



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

SUMMER 2009

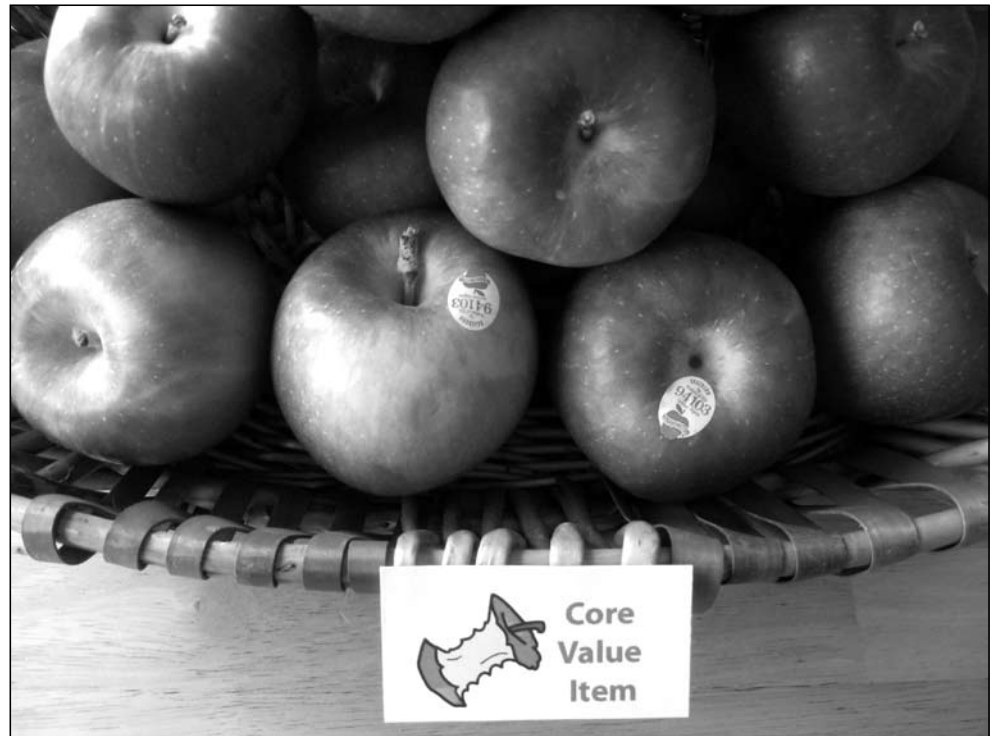
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New! Core Value Program

Healthy Pantry Essentials at Affordable Prices

by Curt Webb — General Manager



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.

The Keweenaw Co-op is committed to serving our community with high quality healthy and organic foods. We are also committed to providing these items at a price that our customers can afford.

While the large chain stores can offer cheaper prices because they purchase products by the pallet from wholesale suppliers, our co-op seeks small local producers and suppliers when possible. Subsequently, our

wholesale cost is often higher and this is directly reflected in our retail pricing.

That coupled with the shaky economy and rising food costs has prompted our buyers to look at a new approach to affordability. Over the past few years we've consistently achieved a slightly higher margin than budgeted. In other words, we have profit margin to spare. To remedy this, we could either make

(...continued on page 4)



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 September 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 our website www.keweenaw.coop.

featured products

Staff selections from their department. Try a few out!



Grocery — Kay Lang

TerraWare™ Biodegradable Tableware

Earth friendly plates, forks and spoons. A plastic alternative cutlery and flatware made from GMO free corn starch! Equivalent in strength to plastic and competitively priced to disposable plastic table ware that is not biodegradable.



Coffee — Darlene Baasto

Peace Coffee - Columbian Organic Dark Roast

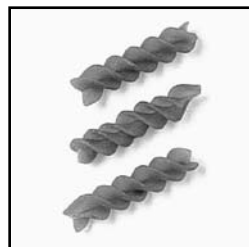
A sweet medium to dark roast with low to medium acidity. This creamy bodied coffee offers a balanced cup, a step towards lighter roasts. Satisfy without bitterness!



Deli — Daniel Krueger

Organic Prairie Sliced Meats

Meats from the independent Organic Valley Cooperative Family Farms. Their mission is to provide your family with the healthiest, wholesome meats, raised humanely, in accordance with organic principles and practices.



Bulk Food & Spices — Rachel Sommer

Tinkyada Organic Brown Rice Pasta - Spirals

Now in bulk! Wheat-free, gluten-free, organic and kosher certified, brown rice pasta. An alternative to those avoiding wheat products. Good consistent texture, not mushy. Promising a delightful eating experience. Try some today!



Produce — Jess Juntunen

River Valley Sprouts

Tasty and crisp for your summer salads and sandwiches. Certified organic by MOSA (Midwest Organic Services Association). Screened for Ecoli. From Minnesota



Co-op Gift Boxes — Faye Carr

A Local & Regional Gift

The Co-op offers custom order gift boxes all year long. Choose from over 100 products from 30 local and regional suppliers. Even the White Cedar box is made locally at Vocational Strategies Incorporated and burned with Co-op logo. A Co-op keepsake!

New Skin Care Line

Karen Rumisek — Buyer

Nubian Heritage Soap & Shea Products

New skin care line - Nubian Heritage black soap and shea products! Two refugees from Liberia found themselves on the streets of New York City, homeless and unemployed. One of them had spent years in his homeland helping his grandmother make the family's body care supplies from traditional African herbal recipes, so decided to use his knowledge to start his own business. They purchase their sustainably harvested raw supplies from women's cooperatives and indigenous farmers in

Africa, test products only on themselves and their families, and fund aid projects in both Africa and underserved communities in NYC to help improve the standard of living for both their suppliers and employees. Their products are wholesome, super healing for the skin, and smell great to boot! Check out their great story at:

www.nubianheritage.com



Give Back. Give Local. Give Now.

Donate to the Western Upper Peninsula Food Bank at the Co-op

(Accepting all non-perishable food items including bulk goods)

Donation box located at front entrance of the Co-op

Coming Soon! www.keweenaw.coop

The new website, designed by opusWeb.com, is in the final development stages and is expected to launch by the end of July or sooner. You can go to www.keweenaw.coop now to read current news regarding the proposed reincorporation as well as current and past newsletters. The new site will be updated daily with the deli soup of the day, and monthly with the Co-op's popular monthly specials.



New! Core Value Program

Continued from front page...

a small cut on every product in the store—around 1%, or a significant margin reduction on select items. We chose the latter and are excited to unveil a new program to help people in our community afford to fill their pantries with healthful staples. We're calling this program "Core Value".

So, in order to offer our customers healthy food at competitive prices, we have selected some of our top selling healthy staples and lowered the pricing margin. We chose products that were minimally processed, whole, organic, and essential to a balanced diet. We also included select basic personal hygiene products, supplements, and household necessities.

Hopefully you will find these staple items consistent with those you usually purchase for your home. If you have comments or feedback about what we offer as part of the program, feel free to leave suggestions in our comment log at the checkout.

A note about special orders: Because Core Value items are priced well below normal retail, special order pricing may be equal to the Core Value retail price.

Please inquire if you have questions.

Look for signs with "Core Value Item" around the store and feel good about shopping co-op. ::



Look for the "Core Value Item" signs throughout the store marking selected items for everyday healthy Core Value savings.

WELCOME to the following new members who joined the Co-op between March 7 and June 3, 2009:

Pete & Karen Fenton

Susan & Chris Bushong

Debra H. Oliver & Mark Elmer

Carolyn & George Michaelson

Robert Narhi

Jimalee Jones & Peter Gundersen

Jessica & Jacob Posega

Greg & Nora Anderson

Joseph & Craig Labeau

Kathy & Scott Wetton

Isabelle & Dennis Curtin

Robert & Carol Salmi

Ana Hosie & Joshua Klug, Sr.

Scott Baldwin

Roxanne & Roger Wiik

Brian, Kathy & Madisyn Wright

Christal & Justin Marier

Michelle & Ben Tampas

Judy & Jay Glandon

Robert & Susan Halama

Silvia Froschin

Bette & Dean Premo

Eun Y. Yim & Byung K. Choi

Donavon Young

Gail Kotajarvi

Michael Axford

Natasha, Brady, Nancy

& Mike Olson

Karen Johnson

Phyllis & Bryan Johnson

Lee & Steve Luoto

Keith, Rita & Wendell Hitchens

Lynn Lanala & Amy Traub

Lucas, Dominic & June Guilli

Amy & Wayne Rantamaki

Aron, Nathan Jurmu

& Jessica LaClaire

Phil Taylor & Peg Laird

Tari & Josh Thompson

Judith Houk

Patty Asselin & Jan Arnold

Ester Tanskanen

David Callaghan

Dan Wissman

Lowell & Patricia Kolehmainen

Lynn & Robert Thurmaier

Niloufar Davovdolhusseini

From the Board

by Roger Woods — President



Get Out the Vote

When I work with students in my Quantitative Problem Solving class at Michigan Tech, I always point out that doing nothing is a decision. We are so focused on doing something; we forget that doing nothing is also a conscious decision. As a Board we want all members to know that doing nothing is not a positive decision for the future of the Co-op.

Next month all active members (those who have paid their yearly membership fee) and non-current members who have registered to vote will receive a packet of information concerning an organizational vote to change to a true cooperative. Legally we need to get a "super majority" of Yes votes to move forward. If a member "does nothing" and does not cast their vote it is considered a No vote. We need and want your vote, so I encourage you to do "something" and mail in your vote. (See important dates at the end of this article.)

So why does this vote matter? The Board of Directors has been working hard to strengthen the Co-op for the future and we believe that the key is to create a financially strong co-op through creating a true cooperative rather than our current buying club structure.

Member shares are tax-and interest-free sources of income to the Co-op. Patronage refunds have the potential to significantly reduce our tax burden. Patronage refunds also keep management on task and accountable to the member-owners. All of these factors and others will ensure the Co-op remains competitive, and hopefully expand our market share. This type of growth has the potential to lead to larger product selection, lower prices, and yes, maybe even a new store. It's not all just about abstract ideas of involvement and ownership, it's about being a successful organization that provides the highest quality services possible to its member-owners!

The Board will continue to reach out to the membership over the next month to make sure everybody understands how important this vote is to the future of the Co-op. We encourage you to ask questions, contact the Board or investigate the information at www.keweenaw.coop. Please make sure you vote and participate in the future of the Co-op. ::



July 7th - Deadline

Voting date of record, make sure your yearly membership fees are current or you register to vote

August 1st - Vote Co-op!

Votes due to the Co-op via mail or hand delivery

board of directors

Chris Alquist

calquist@hotmail.com

Director

Term ending 2011

Cindy Drake

scorpios2@live.com

Director

Term ending 2011

Robyn Johnson

robyn@brockit.com

Director

Term ending 2010

Cory McDonald

cpmcdona@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

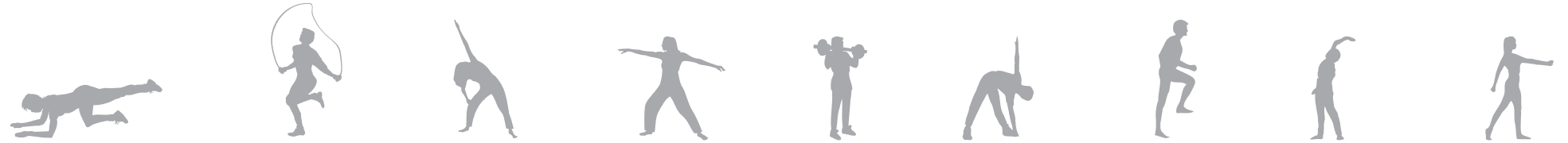
danschneider@keweenaw.coop

Administrative Assistant

Practical Wellness

Exercise and the Health Connection

by Drs. Kemmy Taylor and Mischa Doman — Members



When the weather is as nice as it is now – it’s the perfect time to get outdoors and exercise! If you already have a routine that you enjoy, add more challenge to it to increase your fitness level: increase your speed, add distance, or add hills. It’s also really good for your body to change workouts. Fitness experts explain it is good for us because the body gets set into a routine repeated over and over, making it easier, but not increasing our fitness levels. Doing new things with new muscle groups keeps the body on the improvement road. Even if you choose three or four routines that you like, and switch them up, this will help give your workout variety. There are numerous benefits of regular exercise which will be explained below:

Weight Control

Because exercise helps use up oxygen, it causes your body to burn stored fat and helps you maintain a normal weight. The fantastic thing about exercise is you don’t have to do it all at one time. After all, we do not all have the time with our busy schedules to walk 4 miles after work or school. But you can do 4 miles in short bursts throughout your day. Here’s an idea of how to work that much exercise into your daily regimen: take a 1-mile walk on a treadmill before you start your day. Then, take a 1-mile walk at lunchtime or during a break. Take a 1-mile walk after work with friends or the family dog and to complete your 4 mile goal, take a 1-mile walk on the treadmill while watching your favorite show or reading a magazine before or after dinner.

If you stay with the walking program, you’ll see benefits in: weight loss, muscle strengthening and definition, stronger bones, a lower heart rate, better mood and an improved complexion.

Stronger Muscles

Most people know that exercise keeps muscles strong.

There are many reasons to build strong muscle tissue, which include the loss of body fat and an increase in our metabolism, which helps to burn more calories for greater weight loss. You will have more endurance and increased stamina by building stronger muscles. There are many overall health benefits, as well, to having strong muscles, such as better glucose metabolism, lowered LDL (bad cholesterol) levels, and stronger bones to prevent osteoporosis.

Stronger Bones

Regular, moderate exercise – particularly weight-bearing exercises like walking, running, jogging, and dancing – keeps your bones strong. Studies show that resistance (strengthening) exercises also boost bone mass and keep muscles strong.

Better Skin

Exercise also boosts circulation and the delivery of nutrients to your skin, helping to remove toxins. Your skin color is also improved after exercise because of the increase in blood flow which in turn provides an overall healthier complexion.

Less Stress

Regular exercise reduces the amount of stress hormones in the body, resulting in a slower heart rate, relaxed blood vessels, and lower blood pressure. Increased relaxation after exercise shows on your face with reduced muscle tension.

Improved Mood

Research shows that regular exercise can reduce symptoms of depression in some individuals and enhances psychological fitness. Exercise can even produce changes in certain chemical levels in the body, which can have an effect on the psychological state.

Endorphins are hormones in the brain associated with a happy, positive feeling. A low level of endorphins is associated with depression. During exercise, plasma levels of this substance increase. This may help to ease symptoms of depression. A recent National Health and Nutrition survey found that physically active people were half as likely to be depressed. Exercise also boosts the neurotransmitter serotonin in the brain. Neurotransmitters are chemicals that send specific messages from one brain cell to another. Though only a small percentage of all serotonin is located in the brain, this neurotransmitter is thought to play a key role in keeping your mood calm.

Fewer Colds

Regular exercise appears to help jump-start the immune system, thus helping to reduce the number of colds, flu, and other viruses.

More Brainpower

Cardiovascular exercise, like walking, is especially

good for your brain because it increases blood circulation and the oxygen and glucose that reach your brain. Since walking is not strenuous, your leg muscles don’t take up extra oxygen and glucose like they do during other forms of exercise. As you walk, you effectively oxygenate your brain. Maybe this is why walking can “clear” your head and help you to think better.

Getting Started With Exercise

As you make the daily exercise commitment, be sure to include the following three types of exercise: stretching exercises (you can do this with basic stretches or through dance, yoga, tai chi, and similar activities), endurance or conditioning exercises (endurance exercises include walking, biking, climbing stairs, aerobics, and swimming) and strengthening exercises (you can do them with ankle and wrist weights, resistance machines, resistance bands, or free weights).

Don’t Forget to Hydrate

The more intense the training session, the more heat your body will produce. Before beginning exercise, drink water to help the body compensate for sweating. You can drink more water during exercise if you’re thirsty.

The best part about getting regular exercise is that generally, it’s completely free! In today’s economy this becomes an important factor in our lives. Also remember that whatever weight loss goal you have when starting a fitness program, don’t make losing weight your only goal. Strive to feel better, to have more energy and to be less stressed. Notice the small things that exercise does for you quickly, rather than getting hung up on the narrow goal of the number on a scale. And most of all, remember to do things that you enjoy doing. This way, you’ll be more likely to stick with the routine you’ve established. ::

Weight Control
Stronger Muscles
Stronger Bones
Better Skin
Less Stress
Improved Mood
Fewer Colds
More Brainpower

Open Soon! De la Terre Restaurant

Local and Organic, European Bistro Style Fare in Lake Linden

by Ashley Burcar

In the heart of Lake Linden a new restaurant is underway, De la Terre, which translates to “of the earth.” The restaurant will feature local and sustainable produce, meat, fish, and other ingredients from farms and growers in the area whenever possible. Local art will be used in the restaurant as well to help support the art scene in the Copper Country.

De la Terre is currently a work in progress, and is scheduled to be open by the end of summer, though the doors won't open until everything is just right.

The European bistro style menu will be ever-changing with the seasons, as well as the type of local produce that is offered at that time. Two recent graduates of the Western Culinary Institute will be creating delicious and imaginative appetizers, entrées, and desserts for the menu. A carefully selected wine list

is being assembled, and you can expect great import, domestic, and local brews.

We live in a place so lush and abundant in natural resources when it comes to delicious wild game and produce, so why not use what is accessible? There are few places left like the Upper Peninsula, where we are surrounded with fresh water, fresh air, and natural beauty.

De la Terre is going to embrace these aspects of our community by creating fresh and delicious dishes from only the best local ingredients. Not only will the food and atmosphere be amazing, but you will know exactly where your food is coming from.

We hope you are just as excited about this fantastic addition to our community as we are. We look forward to serving you! ::

Gazpacho

Summer is here and it's time to celebrate the edible world around us with fresh local herbs and vegetables. Gazpacho is a traditional Mexican chilled tomato soup perfect for refreshing and nourishing active summer lifestyles. The following recipe can be modified to include whatever garden favorites are ready for harvesting. No cooking is necessary which keeps the kitchen cool, and the only preparation time is in the chopping. Gazpacho gets better in time as the flavors mingle. Check the Deli Case for our always-changing and delicious versions of Gazpacho.

In a large glass or ceramic bowl, combine the following ingredients:

- | | |
|---|--|
| 1 (46-ounce) Can Tomato Juice (add more if you desire a less chunky version) | ½ Garden Red Onion, diced |
| 3-4 Garden Tomatoes, diced | 3 Garden Garlic Cloves, minced |
| 1 Garden Cucumber, zested or peeled, cut in half lengthwise, deseeded, and sliced in half-moons | 3 Garden Super Chilies, minced |
| 2 Garden Zucchini or Summer Squashes, cut in half lengthwise and sliced | A handful each of fresh Garden Parsley, Basil, and Cilantro, chopped |
| 2-3 Stalks Garden Celery with leaves, chopped | ¼ Cup Aged Balsamic Vinegar |
| | ¼ Cup Lime or Lemon Juice |
| | Sea Salt and Coarse Black Pepper to taste |

Stir and enjoy with friends.

by Anitra Bennett — Assistant Deli Manager



Photos from last year's Art in the Garden event. Photos courtesy of Stephanie Trevino.

sponsored events

ART IN THE GARDEN

Sunday, July 26, 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 the Houghton/Hancock City limits and surrounding areas.

QUESTIONS? Please call Melissa Hronkin 906-883-3894 or email m_hronkin@hotmail.com



SUSTAINABLE FARMING FIELD TRIP

Saturday, July 18, 9:30 AM - 2:30 PM

The how, why, and what of sustainable, local farming. We will visit the Hughes commercial farm. We will talk with the staff at Keweenaw Co-op that markets local produce, and we will collect an organic picnic lunch from the Co-op to eat at the Weglarz homestead where Viki and Ray have been no-till, organic gardening for many years.

Location: Hughes Commercial Farm, the Keweenaw Co-op, and Viki and Ray Weglarz's homestead.

Presenters: Pat and Gary Hughes and Viki Weglarz / **Artist:** Margo McCafferty

Book Suggestions:

“Animal, Vegetable, Miracle” by Barbara Kingsolver and “The New Organic Grower” by Eliot Coleman

Part of the 2009 Reading the Landscape of the Keweenaw Program - Art and Natural History Field Trips for Adults.

QUESTIONS? Please call Patricia Van Pelt at 906-482-0160 or 906-289-4930



Neighborfood Watch

Choosing Organic Foods

by Diane Miller — Member

Some of us have been called “selfish” and “elitist” for insisting on organic foods for ourselves and our loved ones. While it may be true that some people feel they can’t afford organic food, to insist on organic food is not a selfish matter. Most of us are aware that our choices have effects beyond the people who eat the food.

Chemical fertilizers and pesticides have actually depleted the soil that they originally were touted to enhance, yet they continue to be used. In some cases these chemicals applied to food have such high levels of lead, arsenic, mercury, and dioxin, that they could not be legally sent to a public landfill, according to the U.S. Public Interest Research Group.

Sometimes, to choose organic means that something else in the budget has to go. Or that we limit our portions instead of overeating. But sometimes, organic is no more expensive than chemically-grown food. At any rate, now that pesticides are showing up in the amniotic fluid of most human pregnancies, and the combinations of pesticides are suspect in a number of birth defects in frogs, fishes, birds, and humans, our insistence on organic food is not a selfish act, but a practice that refuses to support the contamination of an environment that we hope will nurture generations of people and other creatures that we may never meet. Which choice is really the selfish one? ::

Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

How Was This Guide Developed?

Environmental Working Group (EWG) analysts developed the Guide based on data from nearly 87,000 tests for pesticide residues in produce conducted between 2000 and 2007 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at our dedicated website, www.foodnews.org.

SHOPPER'S GUIDE TO PESTICIDES

DIRTY DOZEN

Buy These Organic

- WORST**
- Peach
 - Apple
 - Bell Pepper
 - Celery
 - Nectarine
 - Strawberries
 - Cherries
 - Kale
 - Lettuce
 - Grapes (Imported)
 - Carrot
 - Pear

CLEAN 15

Lowest in Pesticides

- BEST**
- Onion
 - Avocado
 - Sweet Corn
 - Pineapple
 - Mango
 - Asparagus
 - Sweet Peas
 - Kiwi
 - Cabbage
 - Eggplant
 - Papaya
 - Watermelon
 - Broccoli
 - Tomato
 - Sweet Potato

Environmental Working Group (EWG)
www.foodnews.org

Picnic, Camping & Trail Foods

by Susan Burak — Member

For your picnic, make the Co-op Deli your first stop. If you need large quantities, phone ahead and precycle by bringing your own containers.

If you're planning to spend some time out of doors in the Keweenaw, take along something to eat that is delicious, easy to pack, easy to fix, and HEALTHY. Whole grain foods provide sustained energy, high fiber, low fat, and no cholesterol. They are low spoilage and after meal cleanup is easy.

Take a hike with some homemade gorp or trail mix – combining your favorite selection of nuts, seeds, fruits, and chips. Crackers and nut butter with some fruit will taste good on the trail. Fruit juices in individual servings are easy to carry and the container packs out easily. Fruit leathers and energy bars are found in wide array.

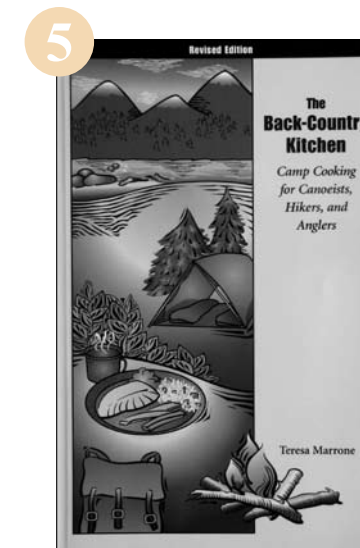
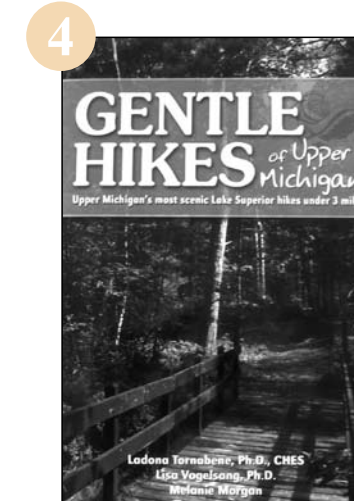
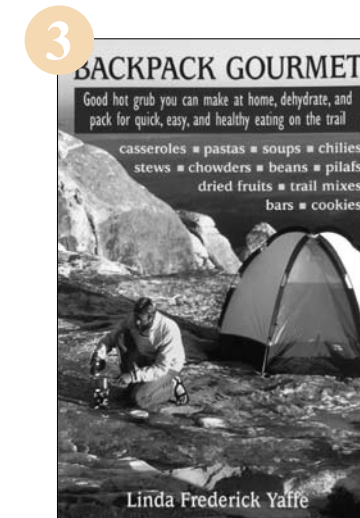
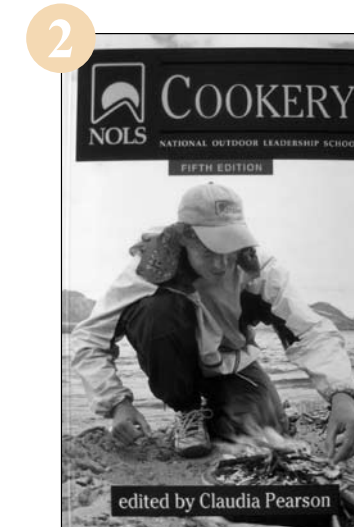
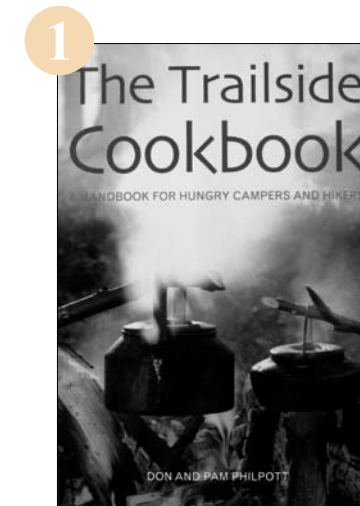
“For your picnic, make the Co-op Deli your first stop.”

For breakfast on the trail, create your own “Quick Mix” for pancakes, biscuits, muffins and coffee cake. Rolled grains, combined with dry milk powder and dried fruit make a yummy cereal. In camp, the night before, put the ingredients in a pot or thermos, add boiling water, cover tightly. Breakfast is ready in the morning when you are.

Make your own instant meals with powdered broths, dehydrated veggies, and quick cooking grains such as bulgar and couscous. Just add boiling water and you have a meal. Instant refried beans and instant black beans travel well. Again, just add boiling water to reconstitute. TVP (texturized vegetable protein) is a good substitute for meat and a great traveler. Happy camping! ::

Look for these camping and trail books at the Co-op:

(1) The Trailside Cookbook: A Handbook for Hungry Campers and Hikers, (2) National Outdoor Leadership School (NOLS) Cookery, (3) Backpack Gourmet: Good hot grub you can make at home, dehydrate, and pack for quick, easy, and healthy eating on the trail, (4) Gentle Hikes of Upper Michigan: Upper Michigan's Most Scenic Lake Superior Hikes Under 3 Miles, (5) The Back-Country Kitchen: Camp Cooking for Canoeists, Hikers, and Anglers.



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

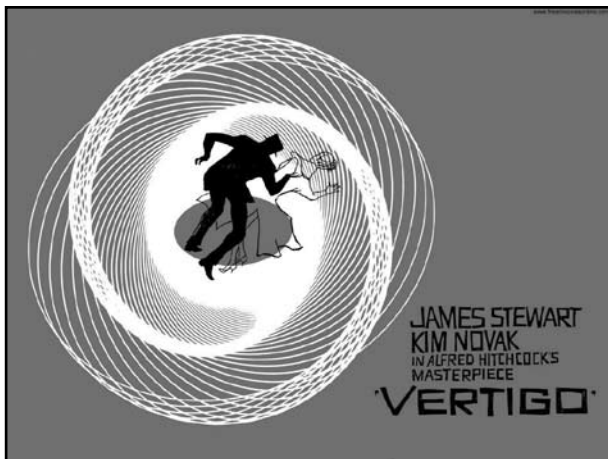
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Change Service Requested



Club Indigo Coming Attractions...

starring the Co-op Catering Cast and Crew



Vertigo Friday, August 14

Dinner at 6 pm
Film at 7:15 pm
Film & Dinner: \$18
Film only: \$5



Closely Watched Trains Friday, November 13

Dinner at 6 pm
Film at 7:15 pm
Film & Dinner: \$18
Film only: \$5



For more information call
Calumet Theatre box office
at 906-337-2610
www.calumettheatre.com

The Co-op will be closed July 4th & Labor Day - September 7th