

2016 WINTER / SPRING

Circumspice

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Hancock, MI



are your kids

page 10

coop explorers?



Ways to Save



Co+op basics

Through our membership with National Cooperative Grocer we are able to offer these outstanding pricing programs:

Co+op Basics offers everyday low prices on many popular grocery and household items.

Co+op Deals change twice monthly. See the sales flyer in the store, on the website, in the Mining Gazette, and look for signs in the aisles.*

*Additional Co+op Deals coupons are available six times a year (coupon booklets available at the Co-op).

Co+op deals



Just for
OWNER\$



Once each quarter the Co-op celebrates its Owners with an **Owner Appreciation Day**. Owners in good standing receive a 10% discount on all regularly priced items. Save the dates:

10% Sat, February 13
Thurs, May 19

order **BULK**

The Co-op offers Owners special pricing on bulk or case quantities of pre-ordered product. Applies to any product available to the Co-op, whether we regularly stock it or not.



Students & Seniors

All **students** (including non-owners) who shop on **Sundays** receive a 5% discount on their purchase. Current student ID card required.

All **seniors** 60 and over (including non-owners) who shop on **Wednesdays** receive a 5% discount on their purchase.

5%

**Shop
Weekends**

Weekend Specials are a way of saying thanks to our customers (Owners and non-owners). Look for rotating deals throughout the store.



Co-op Switches to Phenol-Free Receipt Paper

by Diane Hamilton of GreenStar Co-op—Ithaca, NY

As cooperative shoppers, we understand the way that each of our bodies is unique in health and unique in symptoms of dis-ease. So where do we prioritize our own life decisions in a potentially, yet unproven to be “toxic” world, when science is at odds with itself or at odds with our own experience? Most of us find a balance between cost and demonstrated benefit when it comes to all of these potential toxins in our life. We are critical consumers.

At GreenStar, in the service of a community for whom these health concerns matter, we choose paper bags and wooden utensils over plastic; we measure electro-magnetic fields when planning store renovations and resets. We support companies that are committed to a reduction in product processing and product packaging. We actively support the GMO Project and product research and transparency through groups such as How Good, and, in a decision that is good for both our staff and our customers, we’ve made the choice to use vitamin C-based receipt paper developer or e-receipts over bisphenol S thermal printing.

Phenols (such as bisphenol A and S), both in the global marketplace and in our bodies, are an issue of concern that was closely followed by GreenStar’s Customer Service staff during the worldwide race in chemical engineering for phenol-free thermal receipt printing. Following this issue taught us quite a bit about phenols, hormone disruption, and receipt paper, and we want to share what we learned with GreenStar shoppers. To some extent, a whole-foods-based diet containing beneficial nutrients will offer some protection from effects.

Where lies the primary exposure to phenol chemicals in our society? Plastics are also a source of these chemicals, but fasting studies question the idea that food-container-based exposure is the principal source. While there may be no clear answer in an economy infused with plastics, thermal paper is a key source. In 2012,

a study analyzed 16 types of paper and estimated that receipt paper accounted for more than 88 percent of human BPS exposure from paper. One study looking at occupational exposure found nine-fold increases in BPA levels in urine of full-time supermarket, gas station, and airline cashiers, and another study found that BPS levels were in 100 percent of urine samples after only two hours of cashiering without gloves. The developer used on GreenStar receipt paper from 2011 through 2014 was bisphenol S (BPS), generally designated as the best replacement for bisphenol A (BPA) in the last decade, when studies showing adverse effects from low-dosage exposure to endocrine disruptors began the wave of legislation to outlaw BPA worldwide. Despite

“Where lies the primary exposure to phenol chemicals in our society?”

several bills introduced in New York State calling for the termination of phenols in food and drink containers and receipt paper, the only successful bill to date is Senate Bill 3296, which prohibited the sale of BPA-containing pacifiers, baby bottles, and sippy cups for children under three years of age, after December 1, 2010. This law also allowed for the labeling of products as “BPA-free.”

State laws vary, and in the US, BPA and BPS are still the primary developers used for thermal receipt paper. (See box on page 5 for ways to reduce exposure to hormone leaching from thermal paper.) In 2012, a research partnership program of the US Environmental Protection Agency assessed 19 chemical alternatives to BPA specifically in thermal receipt paper, with no clear winners for either human or environmental health. Some manufacturers released phenol-free paper using Pergafast

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Keweenaw Co-op ▶
employee Cynthia Hodur



The Keweenaw Co-op switched to vitamin C-based, phenol-free receipt paper in 2015.

201 or urea urethane compound, which were reported by the EPA as highly persistent in the environment and toxic to aquatic organisms, long-term aquatic health, and human developmental health.

Finally, in 2015, a phenol-free paper free of chemicals discouraged by either the FDA or the EPA is available from Appvion. This paper, brilliantly, uses a natural substance, vitamin C, as a thermal developer. Vitamin C is a weak developer, so you will notice lighter printing that can be temperature-sensitive. Appvion paper is currently used in both GreenStar locations and we're connecting the suppliers with natural food stores around the country to increase distribution. If thermal paper is the larger culprit to endocrine disruption when compared to plastics, then GreenStar has made a significant step.

Sure, as health advocates, we still want to know where BP* compounds are found, outside of thermal paper exposure. The phrase "BPA-free" is still seen in our store, and what does it mean? Do not assume that if a can lining is advertised as BPA-free that the can lid is also BPA-free. Do not assume it means the product in a BPA-free container was sourced from storage in a BPA-free container. Do not assume that BPA-free means phenol- or BP*-free. Do not assume that if tested the product will measure free of phenols. Examples exist — such as Eden Foods and Consumer Reports — where much or maximum transparency allows the consumer access to additional information. Phenol alternatives, manufacturing processes, and testing results may be listed. However, at times, "BPA-free" simply means that BPA has been replaced with an alternative such as BPS.

We now know that BPS may be a more dangerous chemical than BPA. In regards to thermal printing, BPS may be a weaker developer than BPA, causing papers coated with BPS to possibly contain up to 40 percent more compound than comparable papers with BPA. BPS is found to last longer in the environment than BPA, and the chemical is accumulating in recycled paper products. Nearly everyone worldwide is exposed to BPS, at least when considering developed areas. Cash money is found to be highly coated with BP* compounds in countries studied across Europe, Asia, and the US. A study published in 2012 found 81 percent of urine samples across seven Asian countries and the US to contain

BPS. Americans measured at 93 percent, second only to Japan. BPA-coated thermal receipt papers were banned in Japan in 2001 (and primarily replaced with BPS). Major manufacturers of thermal receipt paper in the US began voluntarily switching from BPA to BPS between 2006 and 2012. Studies have yet to examine the relationship between BPS levels in urine and circulating or stored concentrations in the body, and with societal exposure. Yet the 81 percent is in line with levels of BPA measured in urine worldwide in previous years. The moral of the story is that BPS was no improvement over BPA. It is absorbed by and interacts with the human body in an essentially identical way.

No studies have tested how readily the body absorbs BP* chemicals from recycled paper goods; however, the fact that the chemicals are mixed in with the paper rather than coated on top means less opportunity for dermal absorption. Should we continue to study products like facial and toilet tissues, napkins, and paper towels that may come into contact with our mucous membranes? Sure, but better yet, let's outlaw BP* chemicals. Contact your State Legislature to support Senate Bills calling for the ban of BP*-based thermal receipt paper or BP*-based

food containers.

The average GreenStar customer purchases items that are packaged in plastic, uses recycled paper products, and uses either cash or a plastic card. Even avoiding the phenol-coating from thermal printing residue, this customer has sufficient reason to be educated. As in thermal receipt paper, estrogen-mimicking chemicals in plastics are leached with heat. Avoiding hot water and hot food combined with plastics is a great first step.

Remember: toxicity is about dose. We live in a toxic world. We educate ourselves to make the choices most relevant to our own daily lives and ideals. As natural-health advocates, we know well about whole health and the differences among individuals in response to toxic disruption. As Ithacans or GreenStar member-owners, we share a certain level of dedication to the reduction of personal and environmental toxin exposure. GreenStar's challenge has been to create the least toxic environment possible in the modern marketplace, both for customers and for our staff.



The phrase "BPA-free" is still seen in our store, and what does it mean?

Ways to reduce phenol exposure from receipt paper:

- Sign up for e-receipts whenever possible.
- Decline receipts whenever possible.
- Do not touch receipts with wet or greasy hands.
- Store receipts separately in an envelope and away from children.
- Do not crumple receipts.
- Do not recycle thermal receipts.
- Wash hands with cold water as soon as possible after handling receipts.

Leaching of Synthetic Estrogens from Common Plastics:

- PET/PETE #1: 75 percent of products leach synthetic estrogens
- HDPE #2: 70 percent of products leach synthetic estrogens
- PVC #3: banned from bottles and children's products; the primary concern is leaching of phthalate DEHP
- LDPE #4: not yet tested for estrogen leaching
- PP #5: 68 percent of products leach synthetic estrogens
- PS #6: 50 percent of products leach synthetic estrogens
- PC #7: 100 percent of product leach synthetic estrogen; leaching is increased by heated dishwashing
- PLA #7: 91 percent of products leach synthetic estrogen.
- PWP: patent pending; a down-cycled plastic; info not yet available
- LSTM: patent pending; possibly a nanoscale technoplastic; no info available

Supplements for Balancing Estrogenic Activity:

If you're concerned about the level of hormone-mimicking chemicals in your blood, you may consider adding one or more of these to your regimen. (List excerpted from Better Nutrition magazine, May 2009.)

D-GLUCARATE is found in all fruits and vegetables, with the highest concentrations found in apples, grapefruit, and broccoli. It helps detoxify excess estrogens and protects from the toxic estrogens made

by the liver. This nutrient is especially important if you are taking hormones of any type. Recommended dosage: 150–300 mg per day.

GREEN TEA EXTRACT is a powerful antioxidant containing polyphenols, catechins, and flavonoids, which have been shown to be protective against estrogen-dominant conditions and related cancers. Green tea extract helps eliminate xenoestrogens and supports the liver in metabolizing fats and hormones. Recommended dosage: 100–200 mg per day (look for products with 60 percent polyphenols) or drink green tea throughout the day.

CURCUMIN is a powerful anti-inflammatory, and it also helps eliminate cancer-causing estrogens and environmental estrogens via the liver. Curcumin increases detoxification. Recommended dosage: 50–100 mg per day. Use the spice turmeric in cooking too.

MILK THISTLE, called the protector of the liver, is extremely important for proper estrogen balance in the cells of the body. It detoxifies a wide range of hormones, drugs, and toxins, among other things. Recommended dosage: 50–100 mg per day (be sure that your milk thistle contains at least 80 percent silymarin, an active ingredient in the herb).

SULFORAPHANE from broccoli sprout extract has been shown to stimulate the body's production of detoxification enzymes that eliminate toxic estrogens and balance estrogens in the body. Recommended dosage: 200–400 mcg per day.

VITEX (chaste tree berry), also called the progesterone-enhancing herb, contains no hormones, has no direct hormonal activity, and is not phytoestrogenic. Its main active ingredients work on the pituitary gland to stimulate the production of luteinizing hormone, which in turn increases progesterone and helps regulate the menstrual cycle. Recommended dosage: 2–4 capsules per day with food.

EVENING PRIMROSE, BORAGE, and BLACK CURRANT SEED OIL are classified as "good" omega-6 oils and have been shown in clinical studies to be breast-cancer protective. Recommended dosage: 4,000 mg of borage oil or 8,000 mg of evening primrose oil, every day with food.

Article Source: Diane Hamilton is the Customer Service Manager of Green Star Co-op. Originally printed on 01 February 2015. <http://greenstar.coop/stores/1370-co-op-switches-to-phenol-free-receipt-paper>



From the GM

Celebrating Progress, Planning for the Future

by Curt Webb—General Manager

How can we serve you better? How can we improve your Co-op shopping experience? These questions motivated changes at the Co-op in 2015.

We freshened up our retail space. You've seen the physical changes—I want to highlight some of the less obvious benefits and share some of the feedback we've received.

We've improved energy efficiency: Our new coolers are equipped with energy efficient LED lights, EVM motors, and better insulation. Electric consumption has gone down 11% so far. The new doors lose less heat and provide a more comfortable working and shopping space. The new floor improved safety and greatly enhanced our ability to keep things clean.

The major work is done, but there are still a few more changes ahead. Now that things are reorganized on the sales floor, new signage will help orient you throughout. We hope to update two remaining old coolers and a few shelving and retail fixtures. Beyond that, one glaring

improvement remains: our lighting. It is hard to gauge just how much our current lighting squelches ambiance, but I think you and I will be amazed by the result of the proposed changes, which will also be an estimated 75% more efficient!

The Co-op has maintained positive energy in our store over the years. So I was surprised how much better it could get. I have received many compliments like "I want

to tell you, my shopping experience is so much better now". That's so nice to hear.

Our staff feel it too. I hadn't predicted just how much of a morale booster these improvements could be. While there was added stress during the project and the inherent adjustments to change, our staff took it all in stride, were as helpful as ever during the

project, and have remained upbeat ever since. While staff surveys indicate overall pride in working at the Co-op, having a facility to be proud of has bolstered that feeling.

Staff morale is a key ingredient in the customer experience. In a year when we focused our efforts on

"Electric consumption has gone down 11% so far."



improving customer service, the injection of positive reset energy sealed the deal. Coupled with a new training program and mechanisms that empower staff to make things right, we are seeing continuous improvement. And it shows. I've heard from a number of you: "Your team right now is great. They seem so happy and helpful." I look forward to getting more feedback through our Customer Survey that will be conducted again this summer.

I have heard lots of other customer feedback too: "The aisles are so much wider!" Well, no, but we too were surprised how a new floor can alter perception. "The reset has allowed you to add so many more products." Again, and I hate to be contrary, but that's mostly false. In Produce we did gain a fair bit of merchandizing space, but in the rest of the store we are simply able to better arrange our existing product. Our goal was a more sensible shopping pattern, and the outcome is that you're seeing more of our product offerings.

A few folks have asked: "How much did you raise prices to pay for this?" Well, we didn't. In fact we added a new value program, Co+op Basics, that dramatically lowered prices on staple items in most categories. Any increase in prices you might notice is attributable to a rising cost of goods. Our overall pricing margin did not change.

"But you've done all this work, it must mean you're staying put." There is so much more that we want to do,

so many ways to serve you better: A seating area for the deli to take our community experience to the next level. An accessible community room and classroom to expand our education mission. Ample space to park and ample space to shop once you're in the door. More services and more selection. Better exposure and accessibility to reach an even broader swath of the community. And hopefully some retail synergy with other health-focused businesses to grow our local economy together. Behind the scenes we

need better kitchen facilities, better office space, and better storage facilities. This includes room to better support and grow our local food systems through Food Hub participation.

These things aren't possible at our current location. The improvements we just made are a major part of our positioning for relocation. We want to extend our reach into the community, build support and loyalty. And ultimately grow to the point that we need a new facility to meet the demand. Our goal is to maximize the potential of our current space so that there is no doubt that we can succeed in a future home. I do believe that the changes we've made will propel us into a relocation project.

We are excited to share our "new" store with you and of course we want to hear about your experience. We also want to reach out to those who haven't visited in a while as well as those who have never stopped by. To that end, we're planning to have some fun with this: Look for a Grand Re-opening this spring. ::

"The improvements we just made are a major part of our positioning for relocation."

Houghton County Cardboard Recycling Center Opens!

News from the Copper Country Recycling Initiative



Got cardboard? The Copper Country Recycling Initiative (CCRI) is pleased to announce the opening of the Houghton County Cardboard Recycling Facility adjacent to the Houghton County Transfer Station in Atlantic Mine and a satellite location in Chassell. See driving directions next page.

CCRI has plans to continue their work to expand recycling options in Houghton County. Stay informed by checking out the CCRI website (CopperCountryRecycleReuse.com) and find out how you can get involved.

The Copper Country Cardboard Recycling Center was constructed with a \$92,000 grant from the Michigan Department of Environmental Quality to Houghton County. The Copper Country Recycling Initiative and the Houghton County Board of Commissioners were instrumental in the development of this new cardboard recycling center.

The Michigan Tech Center for Science & Environmental Outreach is spearheading an education/outreach program in area schools. High school classes are challenged to compete to see which school can reduce the most school waste from February 15 to April 22. In addition, recycling presentations will be offered in 4th–8th grade classrooms in Houghton County, a recycling activity kit for teachers to borrow will be created and disseminated, a hands on activity booth will be created for the Science & Engineering Festival (part of Western UP Science Fair) on March 17, and CCRI members will make presentations at local meetings of city councils, townships, and organizations to promote recycling opportunities.

Many local businesses have signed on to support the new cardboard recycling facility by committing to recycle for at least the next six months (stop by and tell them ‘thanks!’): Down Wind Sports, Rhythm, Good Times

Music, Surplus Outlet, Chickadees, Cross Country Sports, Kirkish Furniture.

Find out more about the local recycling situation from an informative report prepared by Dr. Richelle Winkler’s students during Fall 2015 semester: www.mtu.edu/social-sciences/research/reports/

Want to know what and where to recycle/reuse in the Keweenaw? Download the guide at CopperCountryRecycleReuse.com

HOUGHTON COUNTY CARDBOARD RECYCLING CENTER



ADDRESS:

Houghton County Solid Waste Transfer Station
17808 Erickson Dr.
Atlantic Mine, MI 49905
Tel: 906.482.8872

HOURS:

M-F: 8 AM – 4 PM
SAT: 8 AM – 2 PM

Chassell DPW Garage
22115 7th St.
Chassell, MI 49916
Tel: 906.481.4000

W: 1PM – 7 PM
SAT: 8 AM – 1 PM

PLEASE DEPOSIT CARDBOARD IN THE CARDBOARD RECYCLING BUILDING

ACCEPTABLE MATERIALS	UNACCEPTABLE MATERIALS
● Corrugated Cardboard	● No Pizza Boxes
● Boxes made of paperboard such as shoe, cereal, or detergent boxes	● No Styrofoam
● Brown grocery bags	● No Bottles/Plastic or Glass
● Brown Kraft paper	● No Paper products such as newspapers, magazines or junk mail
● Small amounts of tape, staples, plastic windows on boxes ok	● No plastic or plastic bags
	● No grease or oil-saturated materials
*All boxes should be free of food & flattened/broken down.	
*Do not place recyclables in plastic bags.	

COST

Free for residential users; commercial users must check with office for rates.

DRIVING DIRECTIONS to HOUGHTON

CARDBOARD RECYCLING CENTER

Head west on highway M26 toward Atlantic Mine/South Range. One mile past the stoplight at Green Acres Road turn right onto Erickson Drive. Recycling Center is on right after about 0.1 mile.

Did You Know?

The six Western U.P. counties recycle less cardboard than any other region in the state.

Cardboard makes up about 10% of Houghton County’s waste.

The cities of Houghton and Hancock together recycle only about 5 percent of their waste.



Caption: Suzanne Van Dam and Evan McDonald, co-chairs of the Copper Country Recycling Initiative, visit the new Cardboard Recycling Center in Atlantic Mine.



The Keweenaw Co-op supports community-wide recycling efforts.

introducing the **coop explorers!**

Kids ages 12 and under are invited to join the Co+op Explorers and be eligible to receive one free fruit of the month per visit! Kids simply need to sign up with parent or guardian in the Produce Department at the co-op. Each child will be issued their very own super official Co+op Explorers card!

Introducing the Co+op Explorers!

Free Fruit Program for Co-op Kids

Kids ages 12 and under are invited to become a Keweenaw Co+op Explorer and be eligible to receive one free fruit of the month per visit! We already have 122 fruit-munching Explorers signed up!

To become a card-carrying Co+op Explorer, kids simply need to bring a parent or supervising adult to the Produce Department and ask to become a Co+op Explorer. Each child will be issued their very own super official Co+op Explorers card and passport.

Then, once kids are signed up, here's how it works...

Kids and parents stop by the Produce Department, where we keep the designated Co+op Explorers fruit of the month basket. Take a Co+op Explorer sticker and put it on your child's shirt or jacket (that's so staff will know your child or children are fruit eating Co+op Explorers, and they can account for it at the checkout counter). Then, each child is eligible to

take one fruit of the month and enjoy eating it while you shop.

What should you do with the leftover core or peel? Look for the compost bucket at the cashier. If you need assistance, just ask a staff person.

When you check out, please remind the cashier that your child or children ate a free fruit of the month as part of Co+op Explorers so that we can track participation in the program.

That's all there is to it! If you have any questions, please ask any staff member.

Co+op Explorers is a free fruit program for NCG co-ops. The benefits of a free fruit program include promoting healthy eating for kids (and appreciation by parents and the larger community) and a more engaging and fun shopping experience for both parents and kids.



Co+op Explorer, Iris Hribljan, enjoying a Kiwi while shopping.

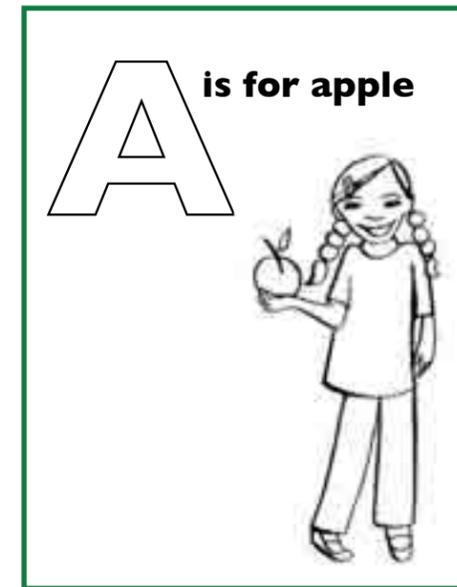
Co+op Explorers Passport:
Explore the world of
fruits and vegetables



Co+op Explorers
Member Card



Co+op Explorers
Coloring Pages



Co+op Explorers
Sticker (top) and
Tattoo (bottom).





HOUGHTON ENERGY EFFICIENCY TEAM (HEET)

Pursuing affordable, sustainable, and community-driven energy solutions for Houghton County energizehoughton.org

Take the HEET 2016 Efficiency Challenge

STEP 1: CAULKING

The Houghton Energy Efficiency Team (HEET) is challenging all Houghton County homeowners to tighten up their houses for 2016. The first project: caulk your windows, doors and floor trim.

“If your New Year’s resolutions involve saving money or energy or both, the HEET Efficiency Challenge will get you there,” said Melissa Davis, HEET energy manager. “For starters, caulking leaks in your home will go miles and miles toward increasing your comfort and reducing heat bills.”

Upcoming Efficiency Challenge projects will include insulating outlets and light switches, plugging basement leaks, insulating rim joists and more.

The Efficiency Challenge could also benefit the entire community. Houghton County is one of 50 regions nationwide competing for the \$5 million Georgetown University Energy Prize, which challenges local governments to rethink their energy use and implement creative strategies to increase energy efficiency.

Throughout the year, three area hardware stores are offering promotions on Efficiency Challenge projects, including Swift True Value, Festival Foods True Value and Ace of Calumet.

Each of the store displays includes simple instructions and tips. “These are projects almost anyone can do,” Davis said. “In just a couple hours, you can give yourself years of comfort and save energy and money.”

How to Caulk Your Home

Cold air sneaks into houses around windows, doors and baseboards. All you need to plug the leaks are some simple tools, a few tubes of caulk and a couple hours of your time.

What you’ll need:

- A caulking gun—the dripless models that prevent excess caulk from being dispensed are well worth the slight additional cost
- Caulk—HEET likes clear, siliconized latex caulk for most interior weatherization applications, since it’s inexpensive, paintable and cleans up easily with water.
- A sponge and bucket of warm water

Where to caulk:

A rule of thumb is to caulk wherever there’s a gap between materials on your walls that could let cold air in from the outside. Such as...

Doors—Caulk between the wall and the door trim

Baseboards—Caulk the top and bottom of the baseboard trim, along the wall and the floor (unless you have a carpet. Don’t caulk your carpet.) If you have a quarter-round (or base shoe) trim, caulk above and below it as well—any place where wood meets the wall.

Windows—Caulk along both sides of the trim, along wall and along the window casing.



MTU Rotaract Volunteers caulking the Little Brothers Intern House

How to caulk:

1. With a damp sponge, wipe clean the area to be caulked.
2. Cut the tip off the tube of caulk using the tip cutter in the handle of your caulking gun or a utility knife. The hole should be about 1/8 to 1/4-inch across. You can cut it at an angle or straight across.
3. Stick the wire attached to your caulking gun down through the hole you’ve made in the tube of caulk. This will allow caulk to flow freely.
4. Put the tube into the gun and place the end of the plunger at the base of the tube. Put the tip on the area to be caulked and squeeze while moving the gun along the seam, leaving a thin bead of caulk.
5. Smooth the caulk into the gap with your finger or, if you prefer, use a special tool designed for this. Then with a damp sponge, wipe the edges of your bead smooth. This will make your job look a lot better.

Want to do more? Volunteer!

If you’d like to get some experience before caulking your home—or if you’d just like to help others tighten up their houses—consider becoming a HEET volunteer.

In just a few hours, a team of local volunteers can fully weatherize a house. Not only do you learn valuable DIY skills, you help a neighbor in need and reduce our overall energy use.

Interested? Visit energizehoughton.org and click on “Volunteer” to sign up.

For more information, contact Melissa Davis at melissa@newpowertour.com or 906-281-5986.



These area hardware stores are offering promotions on Efficiency Challenge projects throughout 2016. Look for in-store displays with simple project instructions and tips.



Green Film Series: Issues & Dialogue

3rd Thursday each month, January - May 2016

Location: 6002 Hesterberg Hall, Michigan Tech Forestry Bldg

Time: 7:00-8:30 pm; enjoy coffee, dessert, and facilitated discussion

Cost: FREE; \$3 suggested donation

RACING TO ZERO



Jan. 21 - Racing to Zero (in 139 Fisher Hall)

Follows the collective zero waste efforts of San Francisco which is successfully taking the necessary steps: increased recycling, creative repurposing, composting, and changing patterns of production and consumption. Reducing non-recyclables has already radically reduced the amount of garbage that is sent to the city's landfills. In fact, San Francisco leads the nation by keeping 78% of its garbage out of landfills! (55 min.)

Feb. 18 - Feeding Frenzy: The Food Industry, Marketing & Creation of a Health Crisis

Over the past three decades, obesity rates in the U.S. have more than doubled for children and tripled for adolescents -- and a startling 70% of adults are now obese or overweight. The result has been a widening epidemic of obesity-related health problems. Frenzy examines the impact of the processed food industry and outmoded government policies. (63 min.) ***Event co-sponsored by the Keweenaw Co-op**



March 23 (Wed.) - Lost Rivers

Examines hidden waterways in cities around the world. More and more municipal governments are making their once-buried waterways more accessible. Explores how and why cities buried their rivers beneath them, and the process many are undertaking to "daylight" them once again. (72 minutes)



April 21 - Project Wild Thing

David Bond is concerned about his kids. Like city kids everywhere, they spend way too much time indoors--not like it was back in his day. He decides it's time to get back to nature-- literally. In an attempt to compete with the brands, which take up a third of his daughter's life, Bond appoints himself Marketing Director for Nature--but is Nature past its sell-by date? (83 min.)



May 19 - Bikes vs. Cars (in 135 Fisher Hall)

Following bicycle activists' crusades to foster meaningful change, the film documents cyclists' struggle in a society dominated by cars. From bike activists in Sao Paulo and Los Angeles fighting for safe bike lanes, to the city of Copenhagen where 40% commute daily by bike, BIKES vs. CARS considers the revolutionary changes that could take place if more cities made room for bicyclists. (90 min.)



More info: <http://www.wupcenter.mtu.edu/>

Cosponsored by Lake Superior Stewardship Initiative, Michigan Tech Center for Water & Society, Keweenaw Unitarian Universalist Fellowship, and Keweenaw Land Trust



The Bring-a-Bag Campaign is one of the ways the Co-op gives back to the community. Every bag the Co-op saves because shoppers bring in their own reusable bag earns money for the community. A different recipient is awarded every 6 months.

Does your organization or project need funding?

Applications Due by February 29th

Every year at the Keweenaw Co-op Annual Meeting, Co-op Owners select two local organizations or projects to honor as Co-op Bring-a-Bag recipients.

To be considered for this honor, participants must be a local organization with a 501c3 non-profit status, and must demonstrate how the majority of the donation will be invested locally for one or more of the following causes:

- To provide food for people in need.
- To educate people to produce self-sufficiency and improved lifestyles.
- To educate people on environmental issues and concerns, or to assist in clean-up or preservation of the environment.
- To support educational programs for children.
- To provide supportive services or emergency shelter of those in need.
- To promote social change in the areas of peace, human rights, and human needs.

Pick up an application at the store or online (www.keweenaw.coop/bring-a-bag.php) and send to:

Attn: Faye Carr, Marketing & Outreach
Keweenaw Co-op
1035 Ethel Avenue
Hancock, MI 49930
482.2030
faye@keweenaw.coop

Current Recipient

(until March 2016)



Marsin Nature Retreat Improvement Project

Marsin Nature Retreat is a special project of the Keweenaw Land Trust intended to provide facilities and a natural setting to build community and raise awareness about environmental conservation and stewardship. Funds received will be used to make facility and site improvements, specifically focusing on energy efficiency and reducing their environmental footprint as a step towards sustainability. By making these improvements and attracting a greater community of users, they hope to increase support of the project.

www.keweenawlandtrust.org





Practical Wellness

Healthy New Year: Looking at the Big Picture

by Dr. Jill Kalcich—Keweenaw Holistic Family Medicine

“Maybe you are searching among the branches for what only appears in the roots”—Rumi

As we move into 2016 one of the most common New Years resolutions are related to health and wellness. Whether we want to lose a few pounds or heal a chronic illness, we all need to move toward creating health.

So, how do we create health? How do we create conditions that allow for health to flourish? The answers depend on how you approach these questions.

Often we think in terms of “body part” problems.

If we have a headache, it is a head problem, knee pain is a joint problem, so we are given treatments that suppress or mask symptoms related to that body part. When we approach illness and disease in terms of only symptom suppression we are forever treating the leaves without addressing the roots of our problems.

If we are truly working to help health bloom we need to start looking at the underlying dysfunction causing our symptoms. What is out of balance? Is there too much inflammation? Is there a hormonal imbalance? Is there a problem with detoxification?

When we approach a problem from a more holistic point of view we can see that symptoms are the end result of an imbalance that can occur far upstream from the site of the problem. Mood problems may be related to digestive dysfunction; knee pain may be due to inflammation from too much sugar; headaches may be linked to nutrient depletion.

There is no one size fits all answer for everyone, but I have repeatedly been amazed by how much the body can heal once you address some of the root causes.

1. Diet: I consider the role of food to be the most important in health creation. Food is information. It informs every cell of our body. It turns on and off signals for inflammation, detoxification and millions of other functions in the body. Every meal choice is a move toward health or disease. Doing a trial of an elimination diet can be an enlightening experience. A great resource is 10 Day Detox Diet by Mark Hyman, M.D.

2. Exercise: Move your body on a regular basis. The benefits of exercise extend to every part of your body. Bone strength, heart health, mood and memory are just some of the benefits.

3. Connection: We are all seeking connection in our lives and without it our health suffers. Take time to connect with what is important to you. Spend time in nature or in quiet contemplation, be still and listen. Look at the big picture.

Wishing you a happy, healthy 2016. ::

Jill Kalcich, MD is the owner and founder of Keweenaw Holistic Family Medicine located in Calumet, MI. She is a Certified IFM Practitioner.



Welcome New Owners

Joined Aug 14, 2015 – Jan 17, 2016

Amy Bastion
Elizabeth R. Benyi
Jennifer Breitmoser
Edward M. Burger
Andrea Campaign
Audrey Carlson
Jonathan Clifton
David Cunningham
Briana Ellwanger-Thomas
Brad Fortin
Jeff Foss
Margaret Hanson
Larry Hermanson
Cindy Hinkel
Anjila Holland
Maria Janowiak

Andre Jones
Kurt Kilpela
Sandra Limmatta
Jaime Lishinski
Bill Marlor
Kyle Marsh
Susan Nielsen
Shana L Porteen
Linda Quarless
Smitha Rao
Dorothy Richetta
Jacob Rupright
Janet Uusitalo-Franti
Stephen B. Wilmers
Robert Zupko



Owner Appreciation Days • 10% Discount

FEB 13 & MAY 19

New! A Business Directory for Owners of the Keweenaw Co-op

The Co-op is always looking for ways to connect our Owners and support local businesses. That’s why we’ve decided to create a directory of businesses operated by owners of the Keweenaw Co-op. If you would like your information to appear in this directory please fill out and submit a listing form (at the store or online). If you have any questions or problems contact Faye Carr at the Co-op (faye@keweenaw.coop).

Please remember this is a benefit of ownership for Keweenaw Co-op Owners.



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Download the HowGood app and empower yourself as a consumer to make a conscious choice at the checkout line. Type in a product name, or scan a barcode, to quickly search through HowGood’s social and environmental sustainability ratings for over 120,000 products!

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cblair@mtu.edu
President
Term ending 2018

Heather Dunne

heather.dunne@finlandia.edu
Vice President
Term ending 2017

Samantha Gonzalez-Flora

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Secretary
Term ending 2017

Mike LaBeau

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Director
Term ending 2016

Mike Mallow

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Director
Term ending 2018

Sergei Casper

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Director
Term ending 2018

Susan Serafini

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Treasurer
Term ending 2018

John Slivon

john@jrsdesign.net
Director
Term ending 2016

Patrick Walls

patrick.walls1980@gmail.com
Director
Term ending 2016



From the Board

by Carl Blair—President

Greetings from your Board! I am writing this in the middle of January so it is hard to know what to put in this article as so many activities are underway that by the time you read this I am sure progress will be made in many areas!

First off, please make sure to put the Annual Meeting, March 17, on your calendar. There you can get the latest updates, participate in electing board members, enjoy soup, and reconnect with old friends and make new ones.

Second, the Board would like to say thanks to General Manager, Curt Webb and his team. While the numbers are not final, it looks like the Co-op saw about 8% growth in sales for 2015! When one considers that national GDP growth was less than half of that, and also that many co-ops are struggling, we can be proud of our management, staff and owners who have worked together to make this happen!

As a third note, we are asking for your cooperation in facilitating a more effective Annual Meeting (March 17) this year. Over the last few years, with a natural desire to one-up the previous year's food, we've reached a breaking point. Last year, our wonderful Deli staff provided a magnificent spread, that then required them to spend the rest of the meeting managing the food and cleaning up. Which means that these folks, many of whom are Co-op Owners, were not able to take part in the meeting. So this year, the Board and staff have agreed to scale back to a simpler meal of soup and bread so that Deli staff/owners have time to clean up and participate in the meeting. The meal starts at 5:00pm and the business meeting starts at 6:10pm. If you plan to come for the meal, we ask that you please arrive in time (i.e. do not arrive at 5:55 and expect to eat).

Board Elections

As you may know, we are shifting things around to bring more voices and votes to the governance process. Beginning this year, we will have "absentee" ballots. In other words, if you cannot join us on March 17, then you can vote at the store the week before the meeting. Next year, we hope to have a secure e-vote system in place. Why? Simply put, we currently

Co-op Owners and customers are invited and encouraged to attend Board meetings. The Board meets from 6–7:30pm on the second Wednesday of each month in the Community Room upstairs at the Co-op.

have nearly 1200 owners, next year we expect around 1500, and we need more than the 3-4% of the owners who come to the Annual Meeting to vote. This is a time of opportunity and growth. You are an Owner and we need your participation.

Look for the Annual Report at the store and on the website to find out more about the board candidates. We are fortunate to be in the situation that we are—growth, financial health, opportunity, and a team of folks willing and eager to serve to help take what is good and make it even better! If you did not toss your hat into the ring to serve on the board this year, how about next year? The opportunities continue to grow.

Beginning this year, we will have "absentee" ballots.

Relocation—The 800-Pound Gorilla

Long term Co-op Owners know this story well: Should we or shouldn't we move? This year your Board said loud and clear—WE SHOULD—relocation (expansion) is now an official policy and priority of the Co-op. There, the cat is out of the bag.

Why? Our loved store is just too small. It has served fine for a store with 1.5–2 million in annual sales, but the Co-op is now over 3 million in annual sales, and next year we may reach 3.7 or even 4 million.

We want to do more than just sell delicious, healthy food—we want to be a leader and inspiration in the community—but we do not have the facilities, storage, seating, community room, the space, to do what we need.

I support the co-op movement for many of the reasons I think most of us do; to try to make a real difference in the world. If our current facilities don't allow us to do this as well as we could, and new ones will enable us to do better; why not?

Yes, there will be challenges, including organization, planning, financial issues, etc. But these are challenges, not blockades. Compared to the many similar relocations that we've studied in detail, we are in great shape to relocate. We are determined to make it work. People are ready to rise to the occasion. The owners, staff, and community are behind us. Let us seize the moment!

This is a time for Co-op Owners to get excited and involved. The Co-op is in great shape. This is our opportunity to work proactively for positive change. We can do more, we can impact more, we can help more. But we need to hear your thoughts, hopes, dreams, and wisdom to make it happen. Let's not miss this opportunity. We have waited for a long time, now we can move forward! Join us on March 17 and take another step on the road ahead. ::



Circumspice

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

STORE HOURS
Open daily 8am-8pm

kir-'kum-spi-ke

The name Circumspice, Latin for look around, was inspired by Michigan's state motto—*Si Quæris 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.

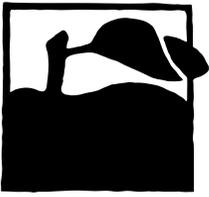
The Circumspice newsletter is published three times a year for the Owners and customers of the Keweenaw Co-op. The newsletter provides information about the Keweenaw Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op Management, Staff, Board, or Owners.

The next deadline for submissions is May 15th.

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Available on the web at:
www.keweenaw.coop



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GO VOTE*

2016 Annual Meeting
Thursday, March 17 • 5–8:00pm

Soup's On at 5pm (until 5:55 pm)
Call to Order at 6:10 pm

First United Methodist Church
 401 Quincy Street, Hancock

- Community Meal
- Door Prizes
- Board Elections (p.18)
- Bring-a-Bag Vote (p.15)
- Childcare Provided

**Bring
 a bowl
 for soup!**



*** New this year!**
Absentee Ballots
 (see p.18)

Note: The 2015 Annual Report will be available at the store and online prior to the Annual Meeting