



The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

FALL 2009

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kir-`kum-spi-ke

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

One Small Step, One Giant Leap

The Co-op Votes to Reincorporate

by Roger Woods — Board President

I am not old enough to remember the moon landing, but I certainly understand the feeling that NASA must have had in the control room on that day. The gathering on August 1st to count the ballots had that feel—the planning, the calls, the emails, time in the store and on the street. Would we have enough votes? Were we able to explain the changes and benefits to enough people? Are members really interested in economically participating in the Co-op?

During the count I was chatting with staff and past Board members when somebody whispered to me that the Teller Committee had reached the critical 505 "Yes" votes (final count Yes: 641, No: 44). A couple other people overheard because it got silent followed by a burst of clapping, hooting and hollering.

That moment would not have

been possible without the support of: Mark Stewart (see page 3) the Co-op's legal counsel and long-time member, the staff communicating with the members every time they checked out, and the tireless work of the Board. Thank you to all the members who took time to read, ask



questions, and vote. Regardless of the results of the vote, we had an opportunity to reach out and communicate with as many members as we could reach by mail, phone, e-mail,

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Circumspice

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

STORE HOURS

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

DELI HOURS

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

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

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

The Circumspice newsletter is printed on post consumer recycled paper.

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

featured products

Staff selections from their department. Try a few out!



Grocery — Kay Lang

Gluten-Free Products

Shoppers will find an awesome variety of products to meet their special needs at the Co-op. Every month new gluten-free products are added and a select few are featured on sale—October will be the month for greater than ever gluten-free specials.



Coffee — Darlene Baasto

Café Mam Decaf Line

Fair Trade, organic, decaf coffee with flavors from light to the robust, and dark French to Italian. A complete selection of wonderful decaf coffees.



Deli — Daniel Krueger

Loki Smoked Keta Salmon, Lox & Bellies

Loki is a family-owned fish company in Seattle, Washington. They market their own catch of wild Salmon from Southeast Alaska and Puget Sound. Every fish is sustainably harvested. Made available by our friends at Co-op Partners Warehouse.



Bulk Food & Spices — Rachel Sommer

Granola

Featuring several new granolas, including organic apple acai, lowfat apple cinnamon, supernatural and lowfat boysenberry pear. This line is replacing carob coconut, apple cinnamon, peanut butter, and almond which are no longer available.



Housewares — Karen Rumisek

Preserve Recycled Housewares

Made from 100% recycled plastic or 100% post-consumer recycled paper. Cutting boards, colanders, baking equipment, food storage containers, and table service in a variety of colors and sizes. Meet recycling on the other side!



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 the Co-op logo. A Co-op keepsake!

Continued from front page...

in-store, or in-person. We hope this translates into continued enthusiasm and interest in the future of the Co-op.

Now we get to reflect on what this means to the organization of the Keweenaw Co-op. Yes, legally we are different, membership and ownership will change, but the day-to-day operation is the same. A

small but meaningful indicator of the change is getting to legitimately issue “member-owner” cards to those holding a share of common stock (the **one time** membership investment of \$200 that replaces the annual membership fee). Hopefully you will be in line, starting on November 1st, to receive your member-owner card. ::

Thank You Mark Stewart!

The Board extends a huge thank you to long-time Co-op member Mark Stewart. Mark is a partner in the corporate practice group in the Toledo, Ohio office of Shumaker, Loop & Kendrick, LLP. He provided the Board amazing support over the last year in moving to this new Cooperative model. Every discussion or email with him eased our worries and got us back on track. We would not have been able to accomplish this change with out him!

Co-op Website Goes Live!

Visit Us Online...



News & Events

Download the Co-op Newsletter and read about current news.

Our Co-op

Information about history, membership, governance, employment, and community donations.

Market & Deli

Information about departments, suppliers, specials, discounts, special orders, and Co-op gift boxes.

Featured Specials

Information on current, local and regional produce. Download the monthly specials.

Deli

- Soup of the Day
- Download the Deli Menu

board of directors

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Administrative Assistant

welcome new members

Welcome to the following new members who joined the Co-op between June 3 and August 18, 2009:

Janet & Michael Franti
Kristen Schmitt & Evan Kane
Cindy & Walt Mytty
Rich & Kelly Probst
Carol & Brett Watt
Patt Konstenius
Lynn, Paul, Cutter &
Ellyn Hurst
Laura Sommers &
Gloria Jerabek
Katie Jo Wright
Alina, Alison &
Arthur Pontynen
Ken & Lani Junttonen
Louise Dyble
Leslie June & Dean Whitaker
Rita & Mike Gibson
Stephanie Tubman
Miriam Rios Sanchez
Rudiger Escobar Wolf

Elisabet Head
Rosa Flores
Sarah Freitag
Ronald Strickland &
Beatrice Smith
Chris Johnson
Jessica Juntunen
Terry Dahl & Amanda Reed
Dr. Carl Waisanen & Family
Barry Fay
Meghan Stan
Jeff Slivkoff
Haley & Heather Vingsness
Gregg Nominelli
Aniko Lewis
Terry J. Tiemjma
Cecilia, John Elliott &
Christeen Hooper
Robert & Shannon Handler
Eugenia Jobst

Kathy & Vaunna Syndram
Sue Collins
Keryn Juneau & Lesley Dame
Diana & Harold Bohm
Kristin Tervo &
Alanna Hokenson
Christine Ivory &
Marcel Dijkstra
Kay & Greg Waite
Annie Blau
Ben Sheff
Andrew Kennedy
Phil Hartel
Sarah Briar
Cheryl Cohen
Angel Janssen, Reid Susmark &
Jordan Davis
Corey Tebo, John Pastore,
Lenore Towne, Matt Gardeski &
James Herr



Neighborhood Watch Investing in a New Economy

by Diane Miller — Member

Although we are surrounded by talk of economic collapse, environmental degradation and conflict over the availability of health care, this is also a time when we have made a decision to participate in an alternative perspective on the articulation between wealth and health.

At the Keweenaw Co-op we have declared through a mandate that we are ready to meaningfully invest in our organization and our community. This move represents an opportunity for some of us—who may have shunned traditional investing a la Wall Street—to

participate financially in an economy that is not “too big to fail” and at the same time has direct positive impacts on our health, as well as the larger environment (which, of course, are interrelated).

Through the reincorporation, as we renew our commitment to an organization that follows cooperative principles, we are placing our money in an institution that has a responsibility to healthy lifestyles, a local economy, and environmental stewardship—forces that articulate in a holistic way to suggest possibilities for a new economy. Our dollars buy organic food,

Continued on page 5

From the GM Celebrating Cooperatives

by Curt Webb — General Manager

October is National Co-op Month, an opportunity to celebrate the accomplishments and contributions of cooperatives. Co-op Month promotes cooperatives to our members, the public, and policy makers with the goal of increasing visibility and improving public understanding of our alternative business model.

The theme for Co-op Month 2009 is “Your Values, Your Business,” which highlights the fact that doing business with a cooperative means doing business with an entity that shares your values. Indeed, consumer trust in cooperatives is topping that of investor-owned companies. Our honesty and transparency is paying off.

Cooperatives are unique businesses because they are mutually owned and democratically controlled by their members. They are created to serve communities with needed products and services, guided by the community’s principles and values. Members pool their resources and, in turn, share in the operation’s economic success. Together members accomplish what would be difficult to achieve individually.

Cooperatives work toward multiple bottom lines, setting social as well as economic goals, and tying people and profits together. Revenue generated by cooperatives stays in the community. Profits are reinvested in the business or returned to members based on their patronage. Thanks to the strong support of members, the Keweenaw Co-op will be transitioning to this model in January of 2010.

Cooperatives are everywhere, providing a wide va-

Continued from page 4

riety of goods and services to their members. They take the form of credit unions, health-care and childcare providers, housing cooperatives, media outlets, and insurance, legal and professional services. Cooperatives provide utilities and they produce goods. Nearly one third of farmers’ products are marketed through farmer-owned cooperatives. Cooperatives also sell farm supplies, hardware, recreational equipment, and, like the Keweenaw Co-op, groceries.

Our local credit union has over 8,500 members benefiting from their savings, loan, and credit services.

The theme for Co-op Month 2009 is “Your Values, Your Business”

Throughout the United States, nearly 30,000 cooperatives operate 73,000 places of business serving nearly 4 in 10 Americans. They (their members) own over \$3 trillion in assets and generate more than \$500 billion in revenue. They provide over 2 million jobs and over \$75 billion in wages and benefits¹.

Cooperatives are innovators in all sectors. Retail food cooperatives were pioneers of the organic, local, and Fair Trade movements, and they were the first to offer nutrition labeling. They remain innovative in the marketplace ensuring that consumers have more options.

Celebrate the cooperatively owned businesses that you know and love this October. Show your appreciation for all of the work that they do and the alternatives they offer. ::

¹ Research on the Economic Impact of Cooperatives, University of Wisconsin Center for Cooperatives, March 2009

For more on alternative perspectives on wealth, check out David Korten’s recent book *Agenda for a New Economy*, published January 2009. There are also several articles available at YesMagazine.org. ::



Practical Wellness

Got Gratitude?

by Drs. Kemmy Taylor and Mischa Doman — Members

“Everyday, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.” - Dalai Lama

Expressing gratitude not only makes others feel better, it also benefits you and your mood. When you focus on what you are grateful for you gain a wide range of benefits. These include sounder sleep, enhanced self-esteem, increased levels of contentment and improved connections with the world around you.

Being grateful for what we have, and keeping things in perspective, is vital in the struggle to stay in the now and enjoy today as much as possible. What makes all the difference is realizing that we have a choice about where to focus our mind.

All too often, society teaches us to view life from a perspective of fear, lack, and scarcity. Having this type of thinking regularly creates negative thought patterns in the brain of which can be detrimental to the wellness of an individual over extended periods of time. Although fear itself is a primary emotion and is essential for survival, it often misused by many sources such as the media.

With the harsh economic news and jobless rates up, we can still always find a lot to be grateful for, especially with the holiday season fast approaching. The gift of appreciation, a heartfelt “thank you”, can be a daily present this holiday season for those you love. The beauty of this gift is that it will have little effect on your budget. Choosing to focus on what you do have in your life, rather than what you don’t have will not only attract more of what you want in your life, but focusing on the positive by being grateful actually plays a role in your health as mentioned previously.

Why is it then that for so many people, giving thanks can be difficult? We all tend to take good things for granted. Humans instinctively pay more attention to threats to their safety than they do to situations of security and pleasure. We are less likely to notice supportive behaviors, so positive acts are often ignored. A first step to take is to become aware of what you are thankful for in your life. Let’s take a look at some of the ways you can incorporate gratitude into your life, and how it can change your life.

Awareness is the first step toward creating change in any aspect of your life. Take time to consciously notice what brings you joy on a daily basis.

Start a gratitude journal to count your blessings. Each day, jot down at least three things you are thankful for. These things could be as simple as a hug from your spouse, a great conversation with a friend, or a walk in the woods with your child or pet. In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003).

*In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy.**

Re-live and savor each of these events/blessings listed above. Spend time re-creating in your mind the happiness of the experience. You will feel your body becoming more relaxed, your emotions more positive and your thoughts more focused. The joys of life are not only in present activities but also in remembering pleasurable occasions. Research shows an emotional memory file is a neurological/brain activity. The brain makes, organizes, sorts, and controls its files. The brain operates on chemicals. These chemicals produce emotional responses in the brain and body. Reliving positive memories releases an array of “feel-good” chemicals which help in elevating your mood.

Incorporate positive affirmations into your daily routine. An affirmation is a statement of declaration, a reinforcement or affirming of a strong belief. Regular use of positive affirmations reinforces positive thinking and can overcome the effects of previously held bad attitudes. The structure of an affirmation is vitally important.

The first and most important thing to know about an effective affirmation is that it must be in first person format. Begin a powerful positive affirmation with the first person pronoun “I.” The next important structural requirement is often where people have the most trouble. Format the affirmation in the present tense. Many people resist this and in doing so diminish the power of their affirmation. Follow these two words with the desired end result you seek. If, for example, your goal is to have a positive attitude, you could finish your sentence like this: “I am a positive person”. Here’s where many people go astray. Because they’re not yet behaving as a

positive person they resist using present tense, instead preferring to state a much weaker declaration like this: “I will try to be a more positive person”.

Read those two examples out loud and you’ll feel the difference in energy and power. Declaring something about the future sets an intention, but still lacks an important ingredient of positive attitude and the desired goal of correcting a bad attitude.

Work with someone who specializes in Positive Psychology. The practice of gratitude as a tool for happiness has been a part of life coaching* protocol for years. But while we may acknowledge gratitude’s many benefits, it still can be difficult to sustain. Working with another person, one will be held accountable to their goals and for sustaining a grateful attitude. Personal development programs provides various methods of incorporating gratitude into your daily routine.

Whichever method you choose to start incorporating gratitude into your life, remember to let the people who matter most in your life know that you appreciate them and why. Some people never hear how much what they do is valued by those for whom they do it. After about three weeks of employing these methods, you will find that your outlook has become brighter. You will smile more, and there will be a new lightness in your step. In time, you will find that your life appears to be moving in a more positive and successful direction. People around you will notice the change in you. Why not let them in on your secret?

***Author, Kemmy Taylor, is a qualified eMerge Life Coach. Learn more about the eMerge program at www.emergecoachingservices.com.**

***Spiral quote: Brother David Steindl-Rast**

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” -Melody Beattie

African Market Baskets

From Ghana to Hancock

BasketAfrica, located in Colorado, has been importing hand-woven baskets from village co-ops in West Africa for 20 years. They believe in Fair Trade and work directly with the artisans to ensure everyone is happy with the conditions and wages, and that everything is made to specifications to guarantee consistently high quality products year after year. The fact that they have worked with most of their producers for over a decade is testament to their good relations.



These beautiful and functional baskets are hand-woven by the men, women, and children of the Fra Fra tribe in northern Ghana, near the town of Bolgatanga. Known as “market baskets” or “shopping baskets” and woven from river grass colored with fabric dyes, they are used by almost all the women to carry their goods to market.



Although the Fra Fra people are primarily subsistence farmers, over the years their traditional basket weaving has become a very important source of income for the villagers in this region.

Reshaping the Baskets

These baskets are very easy to reshape. Run warm water over the basket, wetting all surfaces inside and out. Water won't hurt the basket at all; even the leather handles can get wet. Shake off the excess water, and let the basket set for 5-10 minutes. The water will soak into the grass fibers and they will become very pliable. Mold the basket and its handles and rim into the shape you want, then set the basket on a flat surface to dry. Make sure to provide good air flow—outside in the shade, or indoors near an open window or fan is best. To best retain its shape, make sure the basket is completely dry before carrying any weight in it—it might take 1-2 days to thoroughly dry. ::



Large Oval
\$25.99



Large Round
\$25.99



Small Round
\$14.99



The baskets arrive at the Co-op packed flat in a cardboard box.



Each basket needs to be reshaped before displaying for sale.



The baskets are thoroughly soaked in water before reshaping.



Soaking the baskets in the sink to make the grass fibers pliable.



After shaking off the excess water the wet baskets are reshaped by hand.



Rolling the baskets on a hard, flat surface to align the fibers.



The reshaped baskets dry for a number of days in a well ventilated room.



The baskets on display in the Co-op.



A Co-op shopper checking out with her market baskets.

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.



Instructor David Orozco demonstrates how to make festive Latin bebidas.

Tofurkey from Scratch

Making turkeys thankful—make your own tofurkey

Saturday, November 7

12:00 pm to 2:00 pm

Members: \$25

Non-members: \$30

Instructor: Noah Aschauer

(Cost includes materials fee, recipes, and product tasting.)

Have you ever thought about getting a Tofurkey for the holidays but think they're too expensive for your budget, too processed, or you like making your own dinner? Learn to make your own tofurkey the way you like. Homemade tofu roasts are great for the holidays or any special occasion.

About the instructor

Noah is one of the Co-op's own. You can find him behind the counter in the Deli or baking in the Co-op kitchen.

Mexican Style Brunch

Add some Latin zest to your morning meal

Saturday, October 17

11:00 am to 1:00 pm

Members: \$25

Non-members: \$30

Instructors: Cynthia Hanifin &

David Orozco

(Cost includes materials fee, recipe booklet and supply of chipotle peppers to take home)

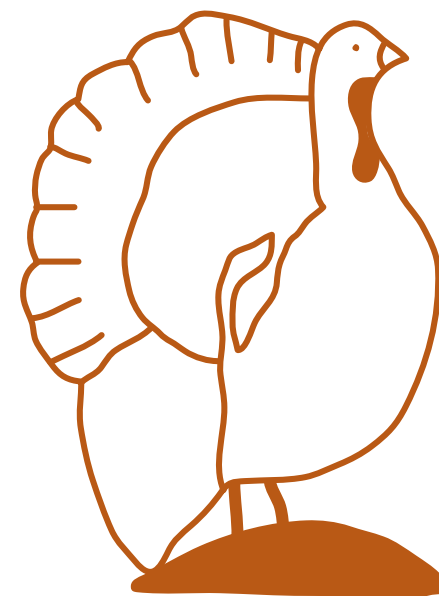
No meal showcases the unique flavors of Mexican cooking quite like brunch. A laidback late-morning feast provides the perfect opportunity to bring together the best of Mexico's hearty breakfast and lunch entrées. In this class, you'll learn how to make a variety of dishes, including huevos motuleños (a Yucatan twist on the classic huevos rancheros egg dish) and a spicy chilaquiles casserole, that work equally well for a casual meal with family or a celebratory gathering with friends. You'll take home a recipe booklet and a supply of versatile chipotle peppers so you can whip up your own Mexican-style brunch anytime.

About the instructors

Cynthia grew up cooking and eating Mexican food in her hometown, Chicago, and opened the first regional Mexican restaurant in Milwaukee. David has lived in Mexico City and the northern state of Sonora, and learned about Mexican cuisine in his mother's kitchen.

Welcome back students! Students shop Sundays for a 5% discount!

Order Your Thanksgiving Fresh, Pasture-Raised, Whole Turkey



Raised by Duerksen's Turkey Farm of Mancelona, Michigan

- Limited supply (we've preordered 65 birds)
- Orders start in early November (first come, first served)
- \$3.69/lb (reduced from last year), not eligible for any further discount
- Sizes range from 12 to 20 pounds
- Pickup by 7pm on Wednesday, November 25
- \$10 deposit required, non-refundable

Muffin Stuffin'

This is a flexible and fun holiday recipe that ensures each serving has the sought after crusty edge. The flour, olive oil, nuts and dried fruit are available in the bulk section of the Co-op. Bring your own container to refill if you wish. Look for Deli-made bread crumbs in the bread aisle. Mix dry ingredients together including produce and cheese. Add combined wet ingredients and stir. Scoop into oiled muffin tin and bake at 400°F for about 20 minutes. Approximate yield: 12 muffins.

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

- | | |
|------------------------------------|--|
| ¾ cup Organic Whole Wheat Flour | ¼ cup Oat Flour-Covered Dates |
| 1 cup Organic Gold 'N' White Flour | 1-2 Celery stalk, chopped |
| ¾ cup Deli-Made Bread Crumbs | ½ Local Onion, chopped |
| 2 tsp. Baking Powder | Handful Fresh Parsley, chopped |
| 1 tsp. Baking Soda | 2 Garlic Cloves, minced |
| 1 tsp. Sea Salt | ½ cup Wisconsin Raw Milk Cheddar, shredded |
| 1 tsp. Cracked Black Pepper | 1 ½ cup Goat Milk |
| 1 tsp. Dried Thyme | ½ cup Olive Oil |
| ½ cup Walnuts | 2 Organic Free-Range Eggs |
| ¼ cup Sunflower Seeds | 2 tbsp. Michigan Maple Syrup |
| ½ cup Craisins | |

Enjoy and Happy Holidays!

by Anitra Bennett — Assistant Deli Manager

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

Closely Watched Trains

Friday, November 13

Dinner at 6 pm

Film at 7:15 pm

Film & Dinner: \$18

Film only: \$5

Go to www.keweenaw.coop in late
October to find out what Chef Daniel has on
the menu for this 1966 Czechoslovak film



For more information call
Calumet Theatre box office
at 906-337-2610

www.calumettheatre.com

Order Your Thanksgiving Fresh, Pasture-Raised, Whole Turkey

(Taking orders in early November...first come, first served! See page 11)