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Hancock, MI

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Look for HowGood
tags as you shop!

Coming in July

page 8



Ways to Save

Co-op basics

Co-op deals



Through our membership with National Cooperative Grocers 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).



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% **Tues, August 23**
Mon, November 14

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.



FARMERS MARKETS

New this season: The Co-op will be hosting a community outreach table at different markets on a rotating basis throughout the season—stop by and say hi. We support local food and farms!

Main Street Calumet Farmers Market

Opening Day—Saturday, June 18th

Saturdays, 10am–2pm

6th Street next to the Calumet Theatre | 906.337.6246

New! Houghton Farmers Market

Opening Day—Tuesday, June 14th

Tuesdays, 3:30–7pm

Next to Portage Lake District Library | 906.337.1391

Hancock Tori

Opening Day—Wednesday, June 1st

Wednesdays & Saturdays, 10am–2pm

On the Quincy Green (Quincy Street) | 906.337.1391

Lake Linden Farmer's Market

Opening Day—Saturday, July 9th

Saturdays, 10am–2pm

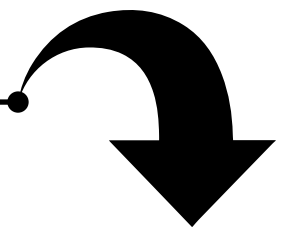
401 Calumet Street | 906.296.9911



Photo courtesy of North Harvest CSA



FOOD & FARM DIRECTORY



After 10 years of annually printing and distributing the U.P. Food & Farm Directory, the Marquette Food Co-op has found a partner for this important publication in a regional local food promotion organization called "Taste the Local Difference" (TLD). TLD's directory lists farms across the U.P. and Northern Michigan as well as farmers' markets, breweries, wineries, restaurants and retail businesses that feature local food. The TLD directory replaces the UPFE U.P. Farm & Food Directory and will be available in various locations throughout the U.P. To search the directory or to be listed contact Tricia Phelps 231.941.6584 x716 or visit www.localdifference.org





Practical Wellness

Don't Sweat It!

by Dr. Kemmy Taylor—Superior Family Chiropractic

Last summer, my girls and I excitedly arrived home in Cape Cod, Massachusetts anticipating all the fun things one would expect when staying in the area: diving for lobsters, long days at the beach, boat rides to the islands and most of all, fun times with all of my family. As I was unpacking our luggage, I heard someone walking slowly up the stairs to the apartment. It was my Mom (“Nannie”). She stood at the door with a look on her face I hadn’t seen before. Intuitively, I knew something was wrong. A moment later, she asked me to stop unpacking for a moment so we could talk. She gave me the news many of you, unfortunately, may relate to: she had cancer. As I sat next to her, listening in disbelief, I felt numb. My Mother, my pillar of strength, had cancer. Each morning, as we sat on her porch sipping coffee, watching fishing boats go in and out of the harbor, I couldn’t think about much else. A blanket of worry covered my every thought.

“Mommy...You won’t let me use that kind of deodorant, so why do you?”

For the past two decades, my goal has been to live a healthy, natural lifestyle, as is the goal of anyone reading this, I’m sure. Researching everything, my husband and I have made decisions we feel have been best for our family. One thing I’ve looked for tirelessly over the years was a chemical-free/non-toxic deodorant that works for my body chemistry. Fear of sweaty, malodorous armpits while adjusting patients was ever so consuming. Trying many natural deodorant brands out there, I had no success. In the end, I kept going back to the same chemical-ridden anti-perspirant deodorant for security reasons. I figured with all the other positive, health conscious decisions I’ve made, this one thing isn’t THE worst thing I can do to my body.

A few months ago, our oldest daughter walked in on me while I was applying my deodorant. She looked at me with an odd expression. Her big, bright blue eyes filled up with tears. I immediately gave her a hug and asked what was wrong. Her next request prompted the writing of this article. “Mommy, how can you use that yucky stuff after Nannie had cancer? You won’t let me use that kind of

deodorant, so why do you?” I was stunned. She was right. When she has needed to wear deodorant, I’ve insisted it be natural. I’ve educated her as to why I feel this is important. Now, here I was, standing next to my sweet girl, with no good answer for her. Instead of trying to make excuses she surely wouldn’t buy, I chose to make a promise to her: I would stop using the “yucky” deodorant, right then and there. So far, my Mom has been one of the lucky ones, thankfully. After undergoing treatment, Doctors said she should be just fine.

Every day most people slather these “yucky” products under their arms (as I’ve done for a long, long time), an area where many lymph nodes lie close to the surface of the skin. Even though these products effectively block sweat, many of the popular brands are loaded with questionable ingredients that are worth examining, if not replacing with safe alternatives.

The most concerning risk factor for many of these ingredients, especially aluminum, is long-term exposure. Most common deodorants on the shelves typically contain at least one of these ingredients. Although studies about such health risks are not yet definitive, it made sense to me to seek a safe alternative.

To help you, Skin Deep (www.ewg.org/skindeep) has a database that contains over 69,000 products and examines them based over 50 toxicity databases and gives them a safety rating. You can find if your deodorant is on the safe side or if it’s a serious health concern. Otherwise, use the list provided below to research your own product’s ingredients so you can decide for yourself:

Aluminum

This metal is the active ingredient in almost all antiperspirants. When it comes in contact with water (sweat), Aluminum acts as a solvent; and creates a temporary plug in the sweat glands. Sweat is then unable to reach the skin’s surface, leaving your underarms dry.



How to make homemade deodorant

If you’ve been on a quest for a natural deodorant, look no further. This homemade deodorant recipe uses just a few ingredients that you might already have in your kitchen — and is free from the questionable ingredients many commercial deodorants contain.

This deodorant **isn’t intended to suppress perspiration (which is, after all, natural and healthy for your body)**, but to effectively counter body odor without leaving permanent white streaks.

Source: You can find this recipe and more at auracacia.com and in the Wellness Department at the Keweenaw Co-op.

FRESHENING UNDERARM CREAM



INGREDIENTS

- 2 tablespoons cocoa butter
- 2 ½ tablespoons sweet almond oil
- ½ teaspoon (50 drops) Freshen blend
- 2 tablespoons baking soda
- 1 tablespoon Bentonite clay
- 1 tablespoon cornstarch



DIRECTIONS

1. Melt cocoa butter in a saucepan over low heat.
 2. Remove from heat. Stir in sweet almond oil and Freshen blend.
 3. Add baking soda, Bentonite clay and cornstarch. Mix until blended.
 4. Scoop into a 4-ounce glass jar and allow to cool. Refrigerate.
- Use as a cream and apply to underarms with tips of fingers. Make sure your skin is clean and dry before application.



Homemade deodorant tips:

- If the recipe is too soft, refrigerate after mixing to help it solidify.
- The application may feel a bit gritty. This is normal and results from the consistency of the baking soda.
- This recipe can last for several weeks. Just store appropriately to maximize the usage.
- Some people find that one application lasts a day or two, while others need to use daily.
- Store this in a glass container and keep it in a cool, dark place. Heat and moisture can affect this product as it is naturally preservative free.

Triclosan

Triclosan is a chemical compound that acts as an antibacterial.

What you should know: While the FDA has considered triclosan to be safe up until this point, recent scientific studies of the effects of triclosan on animals and aquatic life has encouraged the FDA to reevaluate it. Studies have shown that triclosan can alter hormone regulation. This compound has been incorporated in consumer products for more than 30 years, according to the U.S. Centers for Disease Control and Prevention. It can be found in cosmetic products, cleaning products and antimicrobial soaps. A CDC study found triclosan present in the urine of 75% of the people tested.

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From the GM

An Attitude of Gratitude

by Curt Webb—General Manager

As spring is a time of new growth and renewal, it feels like a good time to share gratitude. I am grateful for all of the people who work for the Co-op: Our staff for bringing their best and working hard to create an excellent shopping experience every day. Our Owners for believing in cooperation, investing in it, and for spreading the word. And the Board for guiding our Co-op into the future. I am grateful for our loyal customers who keep us hustling and bustling. The farmers, producers and delivery drivers who make it possible to offer all that we do. Thank you for the work that you do to help us fulfill the community's interest in health and nutrition, ethical and sustainable goods, and great food.

I am grateful for good food: Wholesome, flavorful, artisan. Creative, delicious, small-batch. Local, Fair Trade, organic. Nutritious, heirloom, slow. Homemade, homegrown... I cannot be grateful enough for the time I have been afforded to spend with good food of all kinds!

I am grateful for our community: Friends and neighbors who support our efforts as we grow and evolve. Those who lend a hand, and those who ask for help. Local businesses that work to build a thriving local economy. Everyone working in the realm of public health and active lifestyles who encourage and enable a healthy Keweenaw. And our local nonprofits enhancing arts and culture, education, the environment, the human condition, and

social wellbeing. Our civic leaders who come to the table willing to listen and to entertain change. And the broader community of co-ops for offering support and wisdom, for sharing ideas and inspiring change. Thank you to everyone joining us to build honest relationships to be a positive influence in our community.

I am grateful for good health: That I can awaken every day and have the physical ability to be a part of all this good work in our community. From biking to work to climbing the stairs at the Co-op. From lifting fifty pounds of steel cut oats to helping load groceries in the back of a customer's van. And that I have the mental ability to juggle the myriad tasks that lie before me. That I can lead and engage in positive change. In that, I am thankful to be challenged each and every day because in each challenge is opportunity.

I am grateful for the changing of the seasons: The passing of time,

the building stories and unfolding lessons that patient attention can reveal. The renewal of spring, the bounty of summer, the beauty of fall, and the clean refreshment of winter. The spring flowers, ramps and morels, sleeping outdoors, birdsong, homestead chores, homegrown tomatoes, blue skies, fall color, fluffy snow...

I love this place. I am grateful that the sum of its parts is the whole that is the Keweenaw. The Co-op is one of those parts, and together, by choosing to be here, we can continue to enhance this place we call home. ::



Curt, Keren, and Chirps feeling grateful to be alive.

Don't Sweat It! Continued from p.5

The health effects of triclosan for humans are still unclear. Some studies suggest that the chemical could be linked to antibiotic resistance, but evidence is mixed, and the Environmental Protection Agency says more research is needed to evaluate risk. Minnesota has even gone as far as banning the sales of triclosan containing products within the borders of their state. This will take effect Jan 2017. New York hopes to pass legislation next that would prohibit the sale of triclosan by the end of session next month. While many companies are working on removing this from their products, there are still quite a few products which do contain this potentially harmful compound. Be sure to read your label.

Parabens

While most deodorant and antiperspirant companies in the U.S. have stopped using parabens in their products, they are still found in some as a type of preservative.

What you should know: Parabens have the same estrogen-mimicking ability as aluminum; therefore, some scientists believe that they have the ability to cause cancer as well.

Propylene Glycol

Propylene glycol (AKA Propanediol) is a synthetic liquid used to absorb water (sweat) and maintain moisture.

What you should know: While the FDA states that Propylene glycol is "generally labeled as safe" for use in foods, the Agency for Toxic Substances and Disease Registry (a branch of the Dept. of Health and Human Services) lists it as a potential effector for dermal, renal and respiratory organ systems.

Phthalates

Phthalates are often used to maintain fragrance and color in products.

What you should know: Studies have shown phthalates to alter hormonal systems. Phthalates have been proven to cause low sperm count and reproductive issues in men, as well as genital reproductive abnormalities in male fetuses and babies. This is thought to be caused by phthalates reducing the level of sex hormones in the body,

which is crucial in the development and functionality of sex organs. Because of this, some researchers are also linking phthalates to breast cancer. The phthalate loophole is that phthalates and numerous other chemicals can be combined to create a "fragrance," and are not required to be listed in the ingredients. The International Fragrance Association published a list of all of the ingredients that could potentially go into a manufactured fragrance for a product. Of the 3,163 ingredients on that list (none of which have to be listed individually on a product's label, since they all fall under the generic term "fragrance"), the Environmental Working Group (a non-profit organization dedicated to protecting human health and the environment) found 1 in every 20 to be highly hazardous.

Although the contents of conventional deodorants have been "deemed safe" by our FDA, you fortunately have the option to choose alternative products if you feel more comfortable avoiding these deodorants. As more information comes to light on these chemical ingredients, more companies are developing safer alternatives and with more products come more options. It's becoming easier than ever to turn to safe, effective alternatives.

For me personally, I chose to make my own. I've had patients and friends of all ages, activity levels and lifestyles try my recipe and so far, everyone is thrilled! After countless hours of research I chose to incorporate the following main ingredients (most of which can be found at the Co-op): organic shea butter, organic coconut oil, baking soda, organic beeswax, Kaolin clay, organic arrowroot powder and essential oils. I'd be happy to share the recipe in full. Should this be of interest you, email Dr. Kemmy at: SuperiorEssentials@hotmail.com. ::

(See also the recipe on page 5.)

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"Result Filters." National Center for Biotechnology Information. U.S. National Library of Medicine, n.d. Web.

Frack, Lisa. "3,163 Ingredients Hide behind the Word 'fragrance' " EWG. N.p., 02 Feb. 2010. Web.

Darbre PD. Aluminum, antiperspirants and breast cancer. J Inorg Biochem. 2005 Sep;99(9):1912-9. <http://www.ncbi.nlm.nih.gov/pubmed/24971846> www.safecosmetics.org

www.beyondpesticides.org

HowGood

The Co-op is proud to announce, starting in July, our shelves will feature HowGood ratings to help shoppers identify the most sustainably produced foods in our store. This means foods that you can feel GOOD about buying because they are: *less processed*, *environmentally friendly*, and *responsibly sourced*.

Identifying quality foods made by producers that care about the consumer, their employees, and the environment is not always easy. Labels can be misleading, and researching every item that you buy is challenging and time consuming.

HowGood does the research for you, and combines the things you care about—organic, local, ethically produced, and more—into one simple rating so that you can make quick, informed decisions about the food that you put in your basket.

HowGood Ratings Scale



BEST

- Industry leaders for sourcing standards, processing practices, and company conduct.
- Producer makes active choices to support their employees and the environment.



GREAT

- Producer employs high standards and has a focus on incorporating sustainable methods.



GOOD

- Producer meets HowGood sustainability standards.

Products that do not receive a tag did not meet HowGood standards or have not yet been rated. This will be an ongoing process so don't worry if your favorite product isn't rated immediately. As we add new products to our shelves we will be adding more tags as we receive the ratings from HowGood.

Please note that only packaged food items are rated. This rating program does not apply to fresh produce, vitamins or supplements, or health and beauty products.

HowGood Research

The ratings are supported by HowGood's independent analysis and extensive research framework. HowGood measures the environmental and social impact of each food product across an average of 60 different metrics covering sourcing standards, processing, and company conduct.

Learn more at www.howgood.com, download the free HowGood app to scan products, or ask a Co-op staff member about the HowGood ratings!

What do tags tell you about your food?

Each rating is backed by extensive research on a product's:

sourcing STANDARDS					processing PRACTICES			company CONDUCT			
Growing	Procurement	Labor	Livestock	Distribution	Ingredients	Workforce	Processing	Management	Community	Employment	Environment
Pesticide Practices	Grower Type	Labor Hierarchy	Feed Analysis	Ingredients Sourcing	Ingredient Impact	Geographic Profile	Mechanical Processing	Policy Impact Index	Community Engagement	Risk Profile	Emissions History
Fertilizer Practices	Grower Size	Source Sensitivity	Animal Welfare	Geographic Distribution	Manufacturing Needs	Manufacturing Sensitivity	Chemical Processing	Management Pay Structure	Legal Disputes	Historic Labor Relations	Industry Profile
Grower Type	Industry Profile	Labor Accountability	Pasture Use	Method of Transport	Safety Record	Workforce Benefits	Heat Processing	Discrimination Record	Reputation Index	Geographic Profile	Clean Energy Profile
Grower Record	Ingredient Impact	Current Labor Relations	Pesticide Practices	Carbon Analysis	Geographic Impact	Current Labor Relations	Pasteurization Type	Accounting Record	Competitive Practices	Employment Conditions	Clean Water Act
GreenHouse Gas Profile	Grower Relationships	Labor Conditions	Fertilizer Practices	Grower Size	Preservatives	Workforce Conditions	Ingredient Degradation	Regulatory Infractions	Greenwashing	Industry Record	Chemical Spills
Habitat Risk	Grower Conditions	Labor Regulations	Waste Management	Grower Location	Stabilizers	Workforce Regulations		Disclosure Record	Policy Impact	Discrimination Record	Waste Management
Site Diversity			Antibiotic & Hormone	Refrigeration Needs	Flavor Enhancers			Corporate Structure			
Livestock Index				Packaging							

Download the HowGood app to find out more.



Less Processed • Environmentally Friendly • Responsibly Sourced



A conversation with... Alexander Gillett, CEO & Co-Founder

Q) Consumers today are increasingly concerned about what they eat, where it's coming from, and if it's healthy. How do you solve this problem, and what's the story behind HowGood?

A) My co-founder and brother, Arthur, and I share a deep concern for the effect our food system has on the planet. We knew that others shared this concern and that many producers are considering their impacts as much as their bottom lines. But when shoppers reach the shelf, there's rarely any information that evenly and consistently evaluates products based on sustainability. We began developing a comprehensive research model in conjunction with farmers, scientists, NGOs, academics, and grocers to map the food system, identifying known positive and negative practices and unquantified risks associated with our food system.

Q) How many products has your company researched today?

A) HowGood has researched and rated over 170,000 products, and in 2015, we impacted over 436 million purchases. Our research team aggregates data from over 350 sources and assesses the impacts of certifications including: USDA Organic Standards, Fairtrade USA, Global Animal Partnership, and Marine Stewardship Council. To ensure HowGood maintains a high level of quality and consistency, we review all of the products on a bi-annual basis, unless there is a red flag such as a smaller company being acquired by a larger company, in which situation we reevaluate the product immediately.

Q) How does the rating system work?

A) We license our data to grocery stores in over 23 states in the form of a ratings system that highlights the most sustainable food in the U.S. These ratings are industry and product specific and are indicated by a Best, Great, or Good rating right at the point of purchase, where Best means the top 5% of food produced in the United States, Great means the top 15% of food produced in the United States, and Good means the top 25% of food produced in the United States. HowGood provides increased transparency about products and empowers shoppers with the ability to make informed purchasing decisions in store.

Cooperative, Organic, Fairtrade— Is This the World’s Most Ethical Wine?

by Carla Ranicki—reprinted from *Stories.coop*



Sheep. They’re the secret ingredient to La Rioja’s organic viticulture. Located in north-western Argentina, the cooperative winery already benefits from an arid climate, with little rainfall, cool nights and warm days. It’s perfect for organic growing because you don’t need a lot of chemicals to control pests, says Nick Day, the winery’s sales director for Europe and the UK. Plus we use sheep. We take them around the vineyards and they eat everything weeds, pests, they keep the grass under control and then their manure fertilizes the vines.

The winery was founded in La Rioja province in 1940 by Italian immigrants, and the cooperative now has 500 member-growers across the province, most with less than three hectares of vineyards, some of which are Fairtrade and organically certified.

They sell their grapes to the central winery in Chilecito in the Famatina Valley, where they receive a guaranteed price. They also benefit from transportation of grapes from the vineyard to the winery, access to credit and an emergency fund, profit distribution, free technical assistance, economies

of scale for the purchase of diesel and other inputs, collective frost insurance and a policy of one member, one vote irrespective of their production size.

Over the years, La Rioja has grown to represent 60% of wine production in the region, with an average of 40 million litres of wine produced every year. As well as being a cooperative, the winery is also a pioneering force in Fairtrade and organic wine. The first Argentinian winery to be Fairtrade certified, it is now the world’s largest producer of certified Fairtrade and organic wines. Already 25% of the winery’s output is Fairtrade certified by FLO, meaning that the certified growers are paid a social premium, based on sales, which they can use for social and infrastructure projects that benefit the whole community.

So far, the village of Tilimuqui, where many of the winery’s workers live, has received a new water facility, providing clean drinking water, and a new secondary school, specializing in agricultural studies. Extra funding for both

projects came from The Co-operative, which sells many of La Riojanas wines in the UK. We’re looking at ways of certifying the whole winery, says Nick, including our production of olive oil, raisins, grape juice. But we use best practices anyway, and the rest of the growers who are not Fairtrade-certified are still sharing the benefits.

La Rioja is also leading the way in ecological packaging: in 2010 they introduced the Fair & Square range of Fairtrade wines packaged in lightweight, unbreakable, 100% recyclable Tetra Prisma containers, made from renewable resources. The winery’s overall goal is to become carbon negative by implementing carbon-neutral projects for better water management and the use of more renewable energy sources like wind and solar.

They are also looking to expand their production of organic wines. Currently 10% of production is organic, from around 345 hectares of vineyards certified by Argencert, Argentina’s organic certification body. Organic is big business, with organic wines representing 44% of all of La Rioja’s sales in Europe, and small projects are certifying more vineyards every year, says Nick. Those sheep are going to be kept busy! ::

COMING SOON!
 Look for LaRiojana Cabernet, Malbec, Bonarda Malbec blend, and Chardonnay wines on the shelf at the Co-op sometime this summer (we’re still waiting for our ship date).



\$5.99/bottle
 (Reg. price 6.99)



Photos of La Rioja Co-op from www.lariojanawines.com





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

Houghton Energy Efficiency Team

Update: HEET Sizzles

newpowertour.com/heet

The Houghton County Energy Efficiency Team (HEET) is fired up. Two major initiatives promise to take a bite out of Houghton County's energy appetite.

A team of AmeriCorps volunteers is turbocharging HEET's home weatherization program. And the Great LED Light Bulb Swaps are expected to help hundreds of residents lower their power bills.

AmeriCorps Soars

Chelsea Krisanda is caulking windows outside an old Dollar Bay home while chatting about her AmeriCorps team.

"Things are going well," says Krisanda, who leads the seven-person group. "The team's really enjoying the work. We don't always get to meet so many different community members and see our work making an impact right away."

The AmeriCorps volunteers are in Houghton through the end of June and are quartered at Grace United Methodist Church. All day long, they weatherize the homes of income-qualified local residents, caulking around windows, doors and other spots that leak in cold air; sealing rim joists (those drafty spaces in the basement between the floor and the foundation); and making other energy-saving fixes.

HEET energy manager Melissa Davis is thrilled with their work. "They are ahead of schedule, and the volunteers are loving it," she said. "We're going to be finishing more houses than we thought."

Communities are often pleasantly surprised by the capabilities of AmeriCorps teams, Krisanda noted. "We are used to mastering skills in a short period of time, and we're motivated," she said. "Plus, Melissa is a great instructor, and because she's so passionate, it's easy for us to buy in."

Through the screen, the homeowner peeks outside at the young people working to tighten up her home before next winter sets in. "They are doing a very good job," she shyly observes. "They really seem to know what they're doing."

The Great LED Light Bulb Swap

**2,326 Bulbs
\$24,000 Savings**

LED Swaps Savings: \$24,000 and Counting

One of the best—and easiest—ways to lower electrical use is to switch from incandescent bulbs to LEDs. After all, LED bulbs use one-sixth the power of incandescents and last 20 times longer. So HEET created the Great LED Light Bulb Swaps to get more LEDs into our community. And it worked.

A total of about 400–500 people came to the Swaps, held March 26 in Calumet and April 23 in Houghton. Those who brought in old incandescents could swap them for a free LED, and Efficiency United sold LEDs at deeply discounted rates to Upper Peninsula Power Company customers. In addition, customers were directed to Efficiency United's online store (efficiencyunited.com/online-store), which experienced a surge in sales after both Swaps.

continued next page

"Our recent event with HEET at the Michigan Tech Lakeshore Center was the most successful event we have been a part of," said Efficiency United's market outreach specialist, Bill Wittenbach.

The Ontonagon County REA gave away LED bulbs, LED night lights, lap blankets, and LED flashlights to its customers, plus coloring books for kids.

When the dust settled, the Swaps had moved 2,326 LED bulbs into Houghton County homes, which should result in savings of about \$24,000 the first year alone.

"Now that people are learning how great LEDs are, we hope that they will continue the switch away from incandescents," Davis said. ::

The Houghton Energy Efficiency Team (HEET) is an ad hoc group of volunteers formed to help Houghton County compete for the Georgetown University Energy Prize. Approximately 50 regions nationwide are in the running for the \$5 million prize, which challenges local communities to rethink their energy use and implement creative strategies to increase energy efficiency.

AmeriCorps is a civil society program supported by the U.S. government, foundations, corporations and other donors engaging adults in involved public service work with a goal of helping others and meeting critical needs in the community.



11,306
bags saved to support Marsin Nature Retreat Center!



Current Recipient
(through September 2016)



The mission of the Senior Meals program is to provide nutritious food and a wellness check so that the seniors in our community feel neither hungry nor isolated. The program receives money in grant form from federal and state agencies, but that money does not cover the complete cost of providing the meals served. There is a suggested donation for meals, but nobody is turned away if they cannot afford to donate. The program currently serves almost 200 seniors in Houghton and Keweenaw counties. Contact Jennifer Szubielak at Portage Health for more information (jszubielak@portagehealth.org).

Our next recipient...



Houghton Energy Efficiency Team

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.

Want to help reduce Houghton County's carbon footprint? Contact Melissa Davis at 231-5986 or melissa@newpowertour.com to learn about volunteer opportunities and HEET programs.

board of directors

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Term ending 2018

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Term ending 2018

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Term ending 2019



From the Board

by Carl Blair—President

Happy Growing Season!

I'm lucky to have written several of these newsletter notes to the Owners over the years—with help from fellow Board members!—and I can say that the spring/summer issue is my favorite. The growth and abundant life of the Keweenaw this time of year always makes me feel re-invigorated and optimistic, I hope you are too.

As we discussed at the Annual Meeting in March, relocation is no longer just a hope or dream, it is an eventuality. We are working to answer the key questions of when (soon) and where (good question). As soon as

possible the Board will present the Ownership with specific proposals.

In the meantime we need your help planning and visioning. While some needs are obvious—a loading dock, a kitchen on the same floor as the Deli, space for customers to sit and enjoy a cup of coffee—we want to know what else *you* would like. The Board invites you to join us on Wednesday, July 6th from 6–8 pm and/or Saturday, July 9th from 1–3 pm to help brainstorm and gather input about how we want our new store to serve us. Both sessions will be held at the Co-op Community Room

(wouldn't it be nice if this space was more accessibly located on the ground floor in the new store?!). You are the Owners—this is, truly, your decision.

What else is underway? By the time you read this, the Keweenaw Co-op and the Marquette Co-op boards will have had a meeting to share our knowledge and experience. As the motto says—we are *stronger together!*

Board activity overall is picking up. At our most recent meeting in May we read and worked through 88 pages of board packets and relocation documents. We are excited, and we want you to be too! The Keweenaw Co-op has never been in a stronger position. We have active owners, strong sales, excellent staff, and a growing presence in the regional and national co-op community. The next few months will be busy and exciting,

seize the chance to be a part of it!

I began this note with a reference to the Annual Meeting in March. We had an increase in Owners present again this year! The Deli, as always, did a great job with the food. Our guest speaker Glenn Anderson, City Manger of Hancock, presented an illustrated overview of the downtown Hancock reconstruction project. In all ways it was a good meeting, except that I as president blew it. I forgot to publicly acknowledge and thank board member and good friend, John Slivon, who ended his six years of active, thoughtful and dedicated service to the Board this year. Thank you John! We appreciate and miss you.

Don't forget next year's Annual Meeting will be in April—but we hope to see and hear from you before then!
::



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 September 15th.

Editor: Faye Carr
Desktop Publishing: B.Hardy
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The Circumspice newsletter is printed on post consumer recycled paper.

Available on the web at:
www.keweenaw.coop

2016 Annual Meeting Results

Reelected for 2016-2019 term



Michael LaBeau



Patrick Walls



Welcome Kim Green! (2016-2019)

New



A total of 67 Co-op Owner households voted this year. One third of the votes (22) were submitted by absentee ballot.

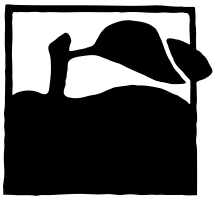
Bylaw 3.1

The proposed change to Bylaw 3.1 passed which means the Annual Meeting will be held in April (instead of March) next year.

Welcome New Owners

Joined January 18 – May 19

Susan Aho	Charity Emkin	Rick Rollenhagen
Regina Alleman	Ernesto Jo Ferrer	Amelia Stefanac
Lynn Anderson	Adrienne Hilman	Alan Stockton
Ruth Beljan	Mary Jennings	Crystal Stone
Carla Belopavlovich	Fred Lazzari	Wendy Stuffle
Jane Bierman-Lytle	Florence Luokka	Rita Sweet
Robert Bishop	Crystal Marier	Mary A. Taddeucci
Erin Burkett	Paula McKaig	Lucas Theisen
Coral Conway	Linda Murto	Holly Thompson
Megan Cutsy	Neil Paynter	Scott Toms
Charlie Darkow	Susan Pennala	Carley Williams
Karalee Defoe	Andrey Petrov	Dan Wood
Jacqueline Ellenich	Marsha Pharr	



Keweenaw Co-op
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 www.keweenaw.coop
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 8am-8pm



OWNER
APPRECIATION DAYS

Tuesday | Monday
August 23 | Nov 14



10% Discount

page 2

Open July 4th
8am-5pm

Closed Labor Day (Sept 5)

Proud Sponsor of

41st Annual

CANAL RUN 2016

1/2 marathon • 10 mile run • 10 mile walk • 5 mile run • 5 mile walk

Hancock, Michigan

JULY 15 • Friday | Pre-race Pasta Dinner
 4:30-7:30pm at Finlandia Hall

All you can eat, \$10 adults and \$5 for kids (kids under 6 eat free), tickets available at the door.

JULY 16 • Saturday | Race Day

Sign up for the race now to receive an early registration discount.

hancockcanalrun.com

Visit the website to register online, sign up to volunteer, and for additional event information.

Working in partnership with
 Organic Valley cooperative
 to fuel Canal Run racers with
 healthy snacks and beverages.

