

# NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

June, 1994

*"Good Things For You . . . Naturally"*

## Behind the Desk

Well, by all accounts our first-ever Members Only Open House was a great success. If you were there, you know that; if you weren't, there will be another one coming up later this year. You'll be seeing even more new products in the store as a result of member comments on the new item samples provided by North Farm Cooperative.

Progress always seems to be slow while it's happening, but a lot faster when looking back on it. The store, as you've probably noticed, looks quite a bit different from two or three years ago, and while most of the major changes have been completed, we'll still keep working to make it more attractive, more efficient, and more geared to your needs.

Our clerk, Onee Barlow, has left us for a full-time job. We'll miss her, and we are grateful to her for her efforts on behalf of the store. Our new clerk is Violet Pedrin, who will be working Mondays and Tuesdays, and to whom we hope you'll introduce yourself next time you're in the store.

Please never forget that as a member of Northwind Natural Foods Co-op, you are also a part owner, and that we're always anxious to not only see you shopping at the store, but to hear your ideas and comments on how you think we're doing.

We recently attended a meeting of co-op managers from a wide area, and found that not only were the problems our store encounters are pretty much the same as those of other co-ops, but that we are unique in many ways. The major difference were the facts that 1) our membership is a relatively small percentage of our total customers, and that 2) tourism is not the backbone of our non-member shopper base. That in light of the added fact that our membership fees are the most reasonable of any other co-op represented. Your ideas on how we can increase our member base would be most welcome.

As you may also have noticed, your Board of Directors and Manager are really trying to reach out to the membership and to get more member -- and most especially your-- participation in the co-op's future. Our new Members Only Special sales items give you a considerable 20% savings on over a dozen different items each month, which means that

you can save two to three times the cost of your membership every month (plus the usual 2% discount on non-sale items).

Please don't tire of us telling you that Northwind Natural Foods Co-op depends on YOU, and on your friends and neighbors, for its survival.

We look forward to seeing you in the store soon. (As our ads say, "today would be nice.")

*---Roger, Store Manager*



**Have a Happy & Safe  
4th of July**

**Enjoy the Holiday  
Cherish the Freedom**

(See last page for suggestions)

## Good Financial News

Sales up 20%? Out of the Red?  
What's Happening? Is this Ironwood?? Are you  
Sure???

You may have heard the rumor. We can't believe it either. But it's happened. It's finally happened. It seems our co-op has increased its sales beyond any of our wildest dreams, has almost moved out of the red, and reportedly has been seen wearing a happy financial smile on its face.

The cold, hard facts include:

Sales for the 2nd Qtr '94: \$22,968.00  
(Increase of 20% from 2nd Qtr '93 sales)

Expenses: Covered

Net Result: A black-enough figure to almost eliminate the red we've been wearing for oh-so-long  
Highlight: March '94 recorded our highest sales ever

Congratulations and Thank You's to Roger and members/shoppers for a job well done. Keep up the good work!

For more technical info see complete current financial statements on the bulletin board at the store.

--Jody, treasurer

### Fruit Popsicles

Your children will love this low sugar treat.

1-pound can fruit, packed in juice or light syrup

1. Pour fruit and juice into a food mill.
2. Blend until fruit and juice look like a smooth, thick soup.
3. Fill a 5-ounce drinking cup with fruit mixture to 1/4 inch below top and place in freezer.
4. After an hour, when mixture should be partially frozen, put a plastic or wooden spoon or popsicle stick down into the center of each cup. Return cups to freezer.
5. In about 3 hours, fruit mixture should be completely frozen. Take a cup out and warm between hands until popsicle can be pulled out of the cup by the handle.

*Variations: Fruit popsicles can be made with fruit juice alone. Using 16 ounces of juice, follow instructions after step 3. Recipe from USDA.*

Canned fruit available at the Co-op: pineapple, pears, peaches, fruit cocktail.

## Newsletter Ads

To help cover newsletter expenses we are accepting a limited number of small business ads for the newsletter. We hope there will be support for the newsletter from co-op members who have their own businesses or professional services. The cost is very low at only \$12 for a business card size ad. However, the audience you reach is on the cutting edge of society's development, namely the members of Northwind! Contact Larry Sands to place your ad. Copy deadline for our next issue is July 11.

MAINTENANCE-REMODELING-REPAIR  
PAINTING-WALLPAPERING-DECORATING  
JANITORIAL-CARPET DRY CLEANING

**AMERICAN BUILDING SERVICES**

"SINCERE QUALITY WORK"

RESIDENTIAL-COMMERCIAL

MICHIGAN LICENSED CONTRACTOR

LARRY I. SANDS  
715-561-2880

RT. 1, Box 185  
HURLEY, WI 54534



## Welcome New Members

Linda Cox, Elizabeth Vizanko, Lela Boylan, Dave & Helen Anderson, Joan Borchardt, Mark Campbell, Maria Verlos, Julie Buckler, & Charlie Ray, Kym Wilman, Mary Lynn Muth, Barbara Peite, Kathy Jordens, Kim Torrence, Brian Tarro, Aurelia Ryan, Veiko Kesti, Roland & Jan Kitto, Linda Montonati, Dick & Mona Hamann, Bill & Doreen Heilig, Barbara Skoviak, Pat Dragish, Peg Sutherland, Kevin Tucker, Kathryn Jones, Candy Koski, Mary Burns, Marvin Burgraff, Charlene Jordan, Helen Martin, Michael & Donna Burket, Linda Stanley, Kristen Mueller, William Lintonen, Don Leonard.

We currently have 150 active members -- we need more to grow and prosper. Please encourage your friends and neighbors to join us.

If you haven't renewed your membership for '94 please do at your next store visit.

## foodforethought

--the editor's two cents

A special thanks to those members that have invested in their Co-op through the Member Loan and Positive Charge Account programs; and a special encouragement to all members to consider helping your Co-op by these financial methods.

Thanks again, Onee, for all your good service to the store and best of luck with your new job.

Although this editor was out of town at the time, I understand our Members Only Open House was enjoyed by the many that were able to attend. It's a good way for members to sample and give feedback on anticipated new store items.

Rumor has it that our annual General Membership Meeting just may develop as an outdoor picnic/potluck held in a charming setting. Gossip has it pegged for a Saturday in mid to late August. Details in next month's *NEWS* and on the bulletin board as soon as plans are final. Better start looking for those salad and lemonade recipes.

As you know, we're always eager for members to volunteer their time to help with the Co-op's many projects. We especially need to sign someone up as on-going cleaning person. Any takers?

--Larry, editor

### STORE HOURS

Monday thru Friday

9:00 to 5:30

Saturday: 10:00 to 4:00

Sunday: closed

*NORTHWIND NEWS* is published by Northwind Natural Foods Cooperative for its membership. Letters to the Editor and other contributions are encouraged. Typed copy is much appreciated. Consider submitting articles on general areas of natural foods and healthy living or specific foods, nutrients, book reviews, recipes and the like. Please include your name and telephone number. Deliver or mail submittals to the store. Please notify us if you change your mailing address. This issue's editor: Larry I. Sands

## You're Invited

The next Board of Directors meeting will be Wednesday June 29 at 5:30 pm in the store's lavish basement conference room. Please come and help us wade through the many important issues facing our co-op. Board meetings are generally held the first Wednesday of each month. Check the store bulletin board or the newspaper or radio to be sure of the exact time and date each month. All co-op members are encouraged to attend.

### Board of Directors

Doug Clark, president	932-0866
Jody DeCarlo, treasurer	561-3831
Irene Hewitt	932-5242
Karl Overholt, secretary	561-3120
Larry I. Sands, vice pres	561-2880

### **SPACE AVAILABLE**

Your  
informative  
article, recipe,  
helpful hint or  
advertisement  
should be in  
this space!!

Contact the  
editor

**Fruit Milk Shake**  
**A delicious way to serve fruit!**

3 cups ripe fruit in season or canned fruit in natural juice or light syrup.

1/2 cup nonfat dry milk

1 cup water or drained juice from can

8 ice cubes

1. Peel fruit if necessary.
2. Cut fruit into pieces, and mash through a strainer or in a food mill.
3. Crush ice cubes (one way is to place them in a heavy plastic bag and use a rolling pin or hammer).
4. Blend fruit, milk powder, and liquid with a beater. Add crushed ice and blend again.

*Makes about four servings, 1 cup each.* Recipe: USDA, Food & Nutrition Service

***Cherish the Freedom***

SALT FREE, PESTICIDE FREE, SUGAR FREE, HERBICIDE FREE,  
WHEAT FREE, ANIMAL TESTING FREE, EGG FREE, FUNGICIDE  
FREE, DAIRY FREE, ADDITIVE FREE, MEAT FREE,  
PRESERVATIVE FREE, RBGH FREE

***Shop Northwind  
Natural Foods Co-op***

**Northwind Natural Foods Cooperative**

134 W. Aurora Street

Ironwood, Michigan 49938

(906) 932-3547

*"Good Things For You . . . Naturally"*