

NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

October, 1994

"Ironwood's Healthy Shopping Experience"

932-3547

GIMME AN "H"!

That's an "H" as in HELP!! The move to the new store is imminent, and we need YOUR help. We need volunteers to help with the physical move itself -- people to take merchandise off the shelves, put it in boxes, and put the boxes into the pick-up trucks we'll need to transport them to the new store. We'll need people to wash off the shelving once the merchandise has been packed up; people to take down the shelving once it has been washed. We'll need people at the new store to bring in the boxes, to set up the shelves, and transfer the merchandise from the boxes back onto the shelves. If all goes smoothly, this shouldn't take more than three or four hours of your time -- and it will probably take place on a Sunday (tentatively October 30 or November 6.) Even before the move, we need volunteers to wash the shelves already in the new store.

I know you're busy; you hardly can find enough time in the day to do everything that has to be done. But at the risk of repeating myself, please never forget that YOU OWN THE CO-OP! Surely you can shoehorn a couple of hours to help your store, your community, and yourself.

There's a volunteer sign-up sheet in the store; please come in and add your name. [Or just call the store at 932-3547] We don't have an exact date for the move yet, but we'll be sure to keep you posted.

A co-op isn't supposed to make money; it is supposed to break even. Just breaking even is a battle we've seldom won. Every dollar of additional overhead has to be made up in additional sales. With the move and the extra expenses of the new store, we've got to increase not only our member base (it's membership renewal time, by the way -- PLEASE renew now, and encourage your friends to join) and the number of shoppers who come through the door, but we've got to anticipate that the hoped-for increased business will require more volunteer time in the store.

As you know, we now have one paid, two-days-per-week clerk, and a full-time store manager. We've been blessed with other dependable volunteers, chief among them Werner Kivi, who has come in every truck day for the past dozen years or more to help unload the truck; Marian Gronquist,

who is invaluable in unpacking, clerking, and bagging on truck days; Julie Buckles, who comes in one full day a month; Ron and Jen Weitzke; and Debi Toth, who helps with clerking duties whenever she can. Over the past year, the rock of our working members has been Marion Stecker, who has devoted one or two full days -- and sometimes more -- each week to helping in the store. Marion is moving from the area in October, and she will not only be sorely missed, but will leave a gaping void in our volunteer support.

To keep expenses down, we will desperately need more working volunteers. If you can find just six hours a month (only three hours if you're a senior -- and how about Saturdays, for example?) to help your co-op grow and prosper, you'll get a lot more than the 10% discount working members earn; you'll have the opportunity to have a break from your normal routine, and the chance to feel good about yourself in the knowledge that you're helping both your store and your community.

We've said it before and we'll say it again and again: PLEASE get involved. Your co-op needs you in more ways than one.

--Roger Margason, store manager



NORTHWIND NEWS is published by Northwind Natural Foods Cooperative, Inc. 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



New Board Elected at GMM

While it was a misty moisty morning to begin with, by the time Northwind's annual General Membership Meeting & potluck picnic got underway it was a very nice afternoon indeed. The picnic was a feast of special delights just this side of overwhelming.

Meeting new friends and old, talking co-op, sharing food formulas, enjoying the babies -- the sort of wonderful time we've come to expect from Northwind's yearly bash. And a big "thank you" to our wholesaler, North Farm Co-op, for providing us with a large selection of product samples to share.

While it would have been nice to have a larger turnout we did have just enough representation (after three persons already belonging to household memberships joined as individual memberships) for a quorum to make the meeting official.

Terry Dunham, Tim Feldt, Zona Wick, and Larry Sands were elected to join Irene Hewitt and Karl Overholt on the board.

At their first meeting the new Board selected its officers: President, Terry Dunham; Vice President, Larry I. Sands; Treasurer, Karl Overholt; Secretary, Zona Wick.

Tempeh-Spinach Salad with Honey-Lime Dressing

One pkg. Lemon Broil Tempeh (6 oz.)
2 tbl sesame seeds, toasted
1 tbl hot chile sesame oil (or regular sesame oil w/ 1/4 tsp cayenne pepper)
1/4 C. honey
1/3 to 1/4 C. lime juice
1/2 C. slivered almonds, toasted
1 bunch spinach, cleaned & shredded
1 sweet red pepper, sliced

Heat tempeh according to pkg. directions. Heat honey, lime juice, hot sesame oil (or plain sesame oil & cayenne pepper) in wok or small pan. Pour dressing over spinach and toss until spinach is slightly wilted. Add warm tempeh, almonds, red pepper and toss.

--submitted by Jeanean Santini

Be sure to check out the many in-store specials this month. To lighten the load of moving the store, Roger will be marking down a wide variety of products all month. Take advantage of the bargains!

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 November 21.

MAINTENANCE-REMODELING-REPAIR
PAINTING-WALLPAPERING-DECORATING
JANITORIAL SERVICES-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



Black River Pottery

Monday - Friday: 7 am - 3 pm
Saturday, Sunday and evenings: by appointment

Nancy Ramsay, Potter
(906) 932-4038 or 932-1093

VOTE!

**EXERCISE YOUR BASIC RIGHT OF
DEMOCRACY ON NOVEMBER 8. Do
YOUR PART BY PARTICIPATING IN
YOUR GOVERNMENT AT THE
NATIONAL, STATE, COUNTY AND
LOCAL LEVELS.**

VOTE EARLY, VOTE OFTEN.



foodforethought

There's a lot of excitement around the co-op these days anticipating our move to the former Ironwood Pharmacy building on South Suffolk Street. The move will provide us with much needed room in a very attractive setting.

If you haven't already done so, please call the the store (932-3547) and sign-up to help with the move. The main move will be on a Sunday, most likely November 6. Certain items will be moved the weeks before and after the main moving day. We're only moving two and a half city blocks but we need many hands to get the job done on time.

Since our member loan program began this past Spring we have only two members participating. Our move to larger quarters will only increase our need for expansion capital. Please consider becoming an active participant in the loan program at this time of greatest need.

All across the nation, October is "Co-op Month." Here at Northwind, October is membership renewal time. All memberships must renew for \$5.00 to keep their memberships current. We know of no food co-op anywhere that has lower rates of membership and renewal than Northwind. In order to maintain your status as a current member you must renew now. Those not renewing will not receive store discounts and will be dropped from the mailing list. *Do it today!*

A special Thank You goes out to attorney Paul A. Sturgul and his office for their great help in writing the lease for the new storefront.

Thank You, also, to Nancy Ramsay for joining our growing list of newsletter supporters/advertisers. If you have a business or professional service serving our community tell our entire membership about it with an ad in our next newsletter. Co-op members do support other members' businesses and your ad will help support *NORTHWIND NEWS*.

Keep up-to-date on your co-op's progress by reading the minutes of Board of Directors' meetings on the store bulletin board. Better yet, join the fun by attending a meeting!

We all owe a big debt of thanks to Doug Clark and Jody DeCarlo for their tremendous, tireless efforts on the Board the past two years. It's difficult to tell what kind of shape we'd be in had these fine people not been at the helm.

Doug's calm determination and fair handed approach in guiding the Board as president enabled us to tackle many weighty issues during his tenure.

Extensive experience with Northwind and her ever insightful reasoning allowed Jody to be a beacon of compassionate toughness at every Board meeting.

I'm sure I speak for the entire membership, Jody and Doug, when I say again, Thank You, Thank You, Thank You.

--Larry Sands, Editor

Board of Directors

Terry Dunham, president	932-6014
Irene Hewitt	932-5242
Karl Overholt, treasurer	561-3120
Larry I. Sands, vice president	561-2880
Tim Feldt	
Zona Wick, Secretary	561-3009



The next regular monthly meeting of the Board of Directors will be Wednesday, November 2 at 6:00 pm at the store. All members are encouraged to attend board meetings. The regular monthly BOD meetings are generally held the first Wednesday of each month. It's best to check the newspaper listing or call the store to confirm the actual date and time.

Shop Northwind

The holiday season is fast approaching and this year you should consider shopping Northwind for your gift-giving ideas. Much of our regular store merchandise makes very thoughtful, health-conscious gifts and stocking stuffer treats. Also, this year we'll be stocking an even greater variety of specialty items that are perfect under any tree. Roger will gladly special order specific items for you from the thousands available through our many wholesale suppliers.

The store will be stocked full of the many goodies you need for those special home made holiday treats and wholesome, healthy feasts.



Remember, too, that members receive an additional 5% bulk discount when ordering in full case lots. This is an excellent way to lower your household costs on those items you use the most.

If you know any hunters who make their own venison sausage make sure you tell them we have the area's best prices on the freshest bulk spices and herbs!

<p>STORE HOURS Monday thru Friday 9:00 to 5:30 Saturday: 10:00 to 4:00 Sunday: closed</p>
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Happy
Thanksgiving

Watch for the opening of our new store in early November at 210 South Suffolk Street (the former Ironwood Pharmacy). We expect to be open at the new location by November 7 or 8. Until then the present store on Aurora street will be open as usual.

All members are urged to help with the move to our new location. There is much that needs to be done during the first two weeks of November at both our present and new locations. Please call or stop by the store to add your name to the list of helpers. Thanks greatly.

Northwind Natural Foods Cooperative, Inc.
134 W. Aurora Street
Ironwood, Michigan 49938
(906) 932- 3547

"Good Things For You . . . Naturally"