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NORTHWIND NEWS

Since 1977 Northwind Natural Foods Cooperative September, 1995

"Ironwood's Healthy Shopping Experience" 932-3547

Greetings, co-op

members. This summer has been a hectic but exciting time for your co-op. Some of you may have noticed the two billboards (on US 2 West of town and on US 51 South of town) advertising Northwind. Getting the word out about what a great co-op we have is one of the board's goals this year, and the billboards have helped us do that. We have seen many new customers in the last few months. We also ran an ad campaign in the Daily Globe to inform people of the variety of healthful products Northwind carries. Our radio ads have been enhanced with guitar music written and performed by Jody DeCarlo.

The result of many factors, Northwind set a sales record on Monday, July 12th. Total sales for that day were \$819, an all-time high for Northwind by at least \$100. And August sales topped \$11,000! As our sales increase, we are able to afford new products, and a greater variety of products. This is an exciting time for our co-op but a challenging one as well. As we grow, we need to make decisions about how we grow, and we ask more of our employees as they try to keep up with more customers, bigger orders, and a larger store.

If you are volunteering now in the store, thank you, and please keep up the good work! If you haven't volunteered yet, now is a great time to come by and let us know what you like to do. If you have a special interest or talent, we can put it to use. You can really make a difference at this critical time. If you have great ideas but no extra time, jot down your thoughts and let us know what they are. Northwind is YOUR co-op!

Also, welcome Jody DeCarlo who has joined Northwind's staff as Ordering and Merchandising Coordinator. Jody brings with her years of co-op board and management experience, and will no doubt help Northwind grow in the right

direction.

--Terry Dunham, Board President

General Membership Meeting & Potluck Lunch Sunday, September 24, 1:00 pm

Northwind Natural Foods Co-op officially announces to all of its members that the annual General Membership Meeting (GMM) will be held on Sunday, September 24, 1995 at the Ironwood Senior Citizens Center, 104 S. Lowell Street in Downtown Ironwood. The festivities will begin at 1:00 pm. Bring a spiffy dish to share for the potluck prior to the Meeting.

The Board of Directors announces that there will be By-Law changes submitted to the attending membership for their ratifying vote.

There will also be elections for members of the Board. All members of the current four member Board have one more year in their current term. Our By-Laws permit up to nine members. This would be an especially good time to get on the board since the current four members will be serving for the coming year and it'll be a good time to learn the ropes from an experienced Board.

If you have a genuine interest in the co-op, enjoy problem solving with friends, and can spare a little time won't you consider helping the store by joining the BoD?

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. 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

Board Meeting Minutes: Condensed

July 5, 1995

The new green awning was installed and looks good. More bulk bins are being ordered. More store help is being considered by the Board since sales are up and Roger needs more time on the management area of the store.

August 2, 1995

Festival Ironwood '95 was deemed a success. The two billboards have brought in more people: locals and tourists.

Wish list: Microwave, Portable Banner or sign for events such as Festival '95, card display rack.

More radio advertising is being considered along with a TV spot.

The BoD would like to see more of the membership involved in inventory and other projects such as Festival '95 and the monthly WorkBees.

Our annual General Membership Meeting was scheduled for September 24, 1995.

--Zona Wick, Secretary

Board of Directors

Terry Dunham, president	932-6014
Larry I. Sands, vice president	561-2880
Tim Feldt, Treasurer	932-3547
Zona Wick, secretary	561-3009

Board meetings are generally held the first Wednesday of each month. The next monthly meeting of the Board of Directors will be Wednesday, October 4, at 6:00 pm at the store.

Welcome New Co-op Members:

June:

John Liimakka, Wakefield
Pamela Kail, Ironwood
Merissa & Joan Hanisko, Bessemer
Rosemary Jurkovich, Marenisco

July:

Linda Applegate, Hurley
Mark & Debra Reinertson, Saxon
Kenneth & Colleen Raeder, Mercer

August:

Kim Keener, Hurley
Jack Selin, Ironwood
George Beck, Gurney
Betty Barnard, Hurley

If there are any address changes or spelling eras on your newsletter label, please let us know and we'll change it!! Thanks!

The deadline for copy and business ads for the November Newsletter is October 23.

SAME SONG- -FASTER TEMPO

We're growing. You knew that. You own the co-op. You knew that. We need your support, both as a shopper and in shaping the co-op's future. You knew that, too.

So why the repeats? Because our rate of growth is accelerating; because so many of our members are not involved as they could be, even given the circumstances of their busy lives. And too few really look upon themselves as being part owner of a growing organization.

So, please, let us hear from you. Let us know what you think of where we're going and how we're getting there. If at all possible, take a minute or two to put it in writing, so we'll have some sort of written progress report from the people who count most--our members.

Now, more on the growth part. The two billboards we sublet from Indianhead for the months of July and August proved to be a resounding success. We've had more tourist business in the past two months than we've had the past three years. We'd like your input on what you think of them, and whether we should consider acquiring a permanent billboard in the future.

Because business is increasing, we're able to take more advantage of sales specials from suppliers, and to pass those savings on to our members. Watch for them, and take advantage of



them.

October 1 marks the start of our new fiscal year, and membership renewal time. You can renew any time between now and then, if you'd like --still only \$5 per year-- and still one of the least expensive co-op membership fees in the country! And to kick off our membership drive, we're offering a really spectacular incentive: order any item available to us from either North Farm or Blooming Prairie in bulk (that is, in full-case or full-bag) lots at just 15% over the store's cost! October only, and members only. Come in and ask for details.

Great things are happening at your co-op. Come be part of it all!

--Roger Margason, Store Manager

What a beautiful summer!

Gardens are full of ripe, fresh fruits & vegetables, but if you don't have a green thumb, head to the farmers market. Here are a few simple recipes that use garden produce and the other ingredients can be found at the co-op.

Zucchini Bread

3 eggs
1 cup applesauce
2 cups brown sugar
2 tsp. vanilla
2 cups shredded zucchini
1 cup well-drained crushed pineapple (optional)
3 cups flour
2 tsp. baking soda
1 tsp. salt
1/2 tsp. baking powder
1 1/2 tsp. cinnamon
3/4 cup finely chopped nuts
1 cup raisins
1 cup chopped dates

Beat eggs, sugar and vanilla until thick and foamy. Stir in zucchini, pineapple & applesauce. Combine dry ingredients in bowl -- add to zucchini mixture until blended. Bake in two 5x9 loaf pans at 350 degrees for 1 hour.

Late Summer Pasta

1/4 cup fresh basil
4 to 5 tomatoes, sliced in wedges
1/4 to 1/2 cup mozzarella cheese, in tiny chunks or

shredded
2 to 3 cloves garlic, crushed
1 to 2 T. olive oil
salt & pepper to taste

Combine all ingredients and marinate at room temperature for 2 hours. Cook your favorite pasta and toss with tomato and basil mixture. Listen for your taste buds to yell, "Wow!"

--Zona

SEPTEMBER MEMBERS' ONLY SPECIALS (SAVE 20% ON THESE ITEMS)

>>Thompson Multi-Vitamins/Mineral for Women
>>Omega 3 Flax Oil Caps
>>Thompson's E-400 Vitamins
>>Eastwind Crunchy and Smooth no salt Peanut Butter
>>Spelt Pretzels
>>After-the-Fall Spritzers, 4 varieties
>>Rice Dream Original & Vanilla Lite Rice Beverage
>>Millina's Finest Smoked Garlic Salsa
>>Ayla's Organic Salad Dressings, 5 varieties

Lonely? For a Good Time Call 932-3547

Join the fun as a working member at Northwind. Become one of the behind-the-scenes problem solvers. Get to know other fascinating co-op members, earn larger discounts on purchases, and feel good about helping our co-op prosper.

October is Co-op Month

That's right, October is Co-op month all over the country. For Northwind members October is also the month when we renew our membership. The yearly fee of only \$5.00 earns you a discount on everything you buy in the store, enables you to save even more through bulk order discounts, in-store Member's Only Specials and the opportunity for even greater discounts by volunteering a small amount of your time working in the store. There is absolutely no co-op in the nation with lower membership fees and many are substantially higher.

Please renew your membership right away and encourage people you know to join too!

Expanded Store Hours

We're already open earlier and later on Saturdays to make getting here a little easier for you. Watch for expanded store hours on Thursdays coming in September!

Northwind Natural Foods Cooperative, Inc.
210 South Suffolk Street
Ironwood, Michigan 49938
906-932-3547

STORE HOURS

Monday thru Friday

9:00 to 5:30

Saturday: 9:00 to 4:30

Sunday: closed

Northwind Calendar

Sept 24	General Membership Meeting 1:00 pm at Ironwood Senior Center
Sept 30	Inventory after 4:00 pm
Oct. 1	Inventory after 8:00 am
Oct. 4	BoD regular meeting, 6:00pm
Nov. 1	BoD regular meeting, 6:00pm

SPECIAL ALERT

We will be doing a complete store-wide inventory at the end of September and need lots of help to get it done quickly. The dates are: Saturday, September 30 after 4:00 pm and Sunday, October 1 after 8:00 am. Please stop by even if you can only help an hour.

"Good Things For You . . . Naturally"