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October is NATIONAL CO-OP MONTH, Time to Renew your Membership.

### Nominations to the Board of Directors

I / We would like to nominate the following person/persons for election to the Board of Directors :

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Please mail to Northwind Natural Foods Co-op by the 23rd of September or drop off with the manager at the store any time up through noon on the 27th.

Nominations are willingly accepted and needed to keep our Co-op running successfully .

# NORTH WINDS

Fall 1997 Edition

Northwind Natural Foods Co-op

**General Membership Meeting**  
**Saturday 27 Sept**  
**Pot Luck 1p.m GMM 2p.m.**  
**at Dawson/Schwenke Farm**  
**E4991 Lake Rd, Ironwood**

### From the Manager

September 1997

Happy Harvest Time, Dear Membership!  
This is always such an exciting time of year, with the sights, smells, and tastes of a wonderful harvest....and the clamor of new zucchini recipes being swapped. This is also an exciting time at Northwind Natural Foods Co-op because September is the month that our General Membership Meeting happens. This year it will take place in a barn at Nigheanag Croft, hosted by Russ and Sheri Dawson, on Saturday the 27th of September at 1:00 (Potluck) and 2:00 (Business Meeting). Hope to see you all there, enjoying the day, the hay, and the music provided by the creative energies of Jody DeCarlo and Friends.  
The coming of Autumn also brings a sad

### President's Message

#### Pay Attention

(Some of This May be on the Quiz)

Have you noticed how the crows and ravens get more bold around the garden every year? And for every weed you pull, three grow? And that every year about this time Northwind Co-op has its fabulous blockbuster GENERAL MEMBERSHIP MEETING?!

Used to be the GMM was held in the Spring or Mid-Summer, but in more recent years our annual get-together is aligned with the great bounty of our gardens' harvest at Summer's end. How convenient, since a lavishly luscious potluck lunch precedes the meeting! It's also a befitting

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## From the Manager con't

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Farewell to our clerk and friend, Jim Kritz. He and his wife Colleen are moving their household to Fayetteville North Carolina this month. We'll be thinking of you both this winter as we dig out from still another snowfall, Kritz's! Have fun, be well, and stay in touch!

The Co-op Membership Committee is working doubly hard to come up with new ideas to aid in the understanding and practical use of both natural foods and the spare time that appears sometime after harvest and before shoveling!

We will be offering one, maybe two, classes in October:

### \*\*\*Natural Food/Natural Cooking\*\*\*

October 23, 1997 (Tentatively)  
Gogebic County Senior Center  
6-9PM, Cost: \$8.00 (includes materials)  
Please pre-register at the store

### \*\*\*\*CPR Rectification\*\*\*\*

October 4, 1997 (Tentatively)  
Please sign interest sheet at the store, if you're interested!

### WORK BEE:

All members are encouraged to join us at the store for the following events:

### MOVING OFFICE:

09/17/97, 6:00-:00P.M.

### INVENTORY:

09/28/97 & 09/29/97(if necessary),  
9:00 A.M. - ?? at the store

Please let the store know of your availability, and bring a calculator and a smile.

August 14-16 saw me in Minneapolis for the Blooming Prairie Natural Foods Co-op Annual Meeting and Vendor Show. While there, I learned a few things about new and exciting products, customer service trends, and that the problems that our little co-op faces are not so unique. Our shelves will be sporting some new product choices garnered at this fun event.

Well, that's about all I got for you this time...I can't wait to see you all at the upcoming Co-op events.

Be Well & Happy,

*Linda Ongie*

## October - Bulk Buying Sale - Invoice + 15%

### Truck Schedule

Sept 19	North Farms	Oct 24	North Farms
Oct 3	North Farms	Nov 6	BP
9	BP	14	North Farms
17	North Farms	21	North Farms

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Also, a thank you and good bye goes out to our store clerk Jim Kritz and his wife as they move from the area. Jim's been a real pleasant addition to the store and we're gonna miss him.

You already know October is Co-op month and to celebrate it, may I suggest you remember to renew your Northwind membership. It's really a small token amount to pay to help provide our community with such a unique and healthful resource as Northwind.

Rumor has it that more than one Board member may be leaving the Board for personal reasons. Our Bylaws permit up to nine Directors on the Board. We currently have seven members and if we loose two or three of them the efforts at the administrative level will be curtailed.

I mention this because the General Member-

ship Meeting is when we hold elections to the Board. If you are the type of person that would enjoy serving on the Board and have the time available to devote each month and would like to help the co-op with some behind the scenes decision-making, the consider getting on the Board at the GMM. Having been on the Board for five years, I can tell you that it is a lot of fun as well as challenging. We deal with the whole slate of issues any business our size deals with, plus, because we're a cooperative, we encounter some really unique situations that make the job extra rewarding. Give this some thought right away and then, if you like, give it a try. Call me or any Board member if you have questions.

Eat well, watch for frost, I'll see you at the meeting and we'll talk some more!

*Larry J. Sands*, Board President

September WISE BUYS		
 Bite Size Shredded Oats 12/16oz <b>\$2.39</b>	 Westsoy Non-Fat Plain 12/32oz <b>\$1.79</b>	 Carob Chip Granola Bar 12/4.5oz
Shredded Multigrain Spoonful 12/15.3oz <b>\$2.35</b>	 Island Passion Sauce <b>\$1.99</b>	Oats and Honey Granola Bar 12/4.5oz



