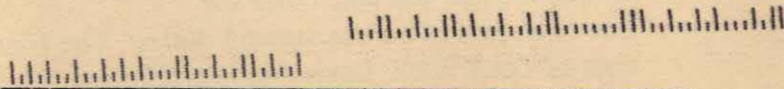




210 S Suffolk St
Ironwood, MI 49938
932 3547



797 x
Larry Sands
Rt 1 Box 185
Hurley, Wi 54534



Northwind Natural Foods is a member owned and operated cooperative. Non-members are always welcome.

Visit us:

*Monday through Friday
9:00 to 5:30
Open Thursday until 7:00
Saturday 9:00 to 4:30*

COME IN AND SEE OUR NEW SELECTION OF BLACK RIVER POTTERY !

- Tea Pots
- Shaving Mugs
- Funnels
- Coffee Mugs
- Honey Pots
- Egg Separators



NORTHWIND NEWS

Winter/Spring 1998 Edition

Northwind Natural Foods Co-op

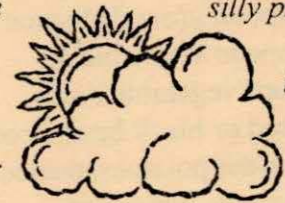
A Newsletter Devoted to Beating Those Mid Winter Blues!

Store Manager's Message

Dear Membership:

As our newest and dearest friend, El Niño, shields us from the fierceness normally felt at this time of year, I feel a little with the intended message of this newsletter.

But, if any of you are interested in escap-mind and body effects of a long and hard sip a nice warm and spicy chai, and read on...



We have it all to pamper yourself in this bathing and massage aids, aromatherapy, books to read as you unwind, vitamins and supplements to boost your immune system and all your systems, and a vast array of good and wholesome foods to comfort and wrap you in great tasting optimum nutrition.

Please try our prepared meal mixes at the co-op. We have Gamush, a wondrous blend of red and green lentils, brown rice, dehydrated vegetables, broth and spices. We have a delectable Wild Rice Vegetable Soup Mix that's loaded with wild rice, vegetables, and spices. Don't forget our old standard 13 Bean Soup Mix, and keep your eyes open for new offerings that we're developing such as: Mushroom Barley Soup, Potato Leek Soup, Corn Chowder, and more...

No matter what the case is, along winter or prolonged gray and dismal season change, please look to us for the ingredients to lift your spirits, your health, and looking ahead to warmer days. Stop in and grab a seed catalog and peruse our aisles for the wonderful things that are wonderful for you.

*Be well,
Linda Ongie, Store Manager*

Here is a vegetarian version of the Jamaican Bobsled Beans and Rice recipe that was published in the Daily Globe a few weeks ago. It's delicious and most all of the ingredients can be found at the co-op. Enjoy!

Zona Wick, Board President

Jamaican Bobsled Beans and Rice

- 1/2 cup chopped onion
- 1/2 cup chopped red or green pepper
- 1 teaspoon minced garlic
- 1/2 jalapeño chile, veins and seeds discarded, minced
- 1-1/4 teaspoons dried thyme leaves
- 1/4 teaspoon ground allspice
- 1 tablespoon vegetable oil
- 1-1/2 cups vegetable broth
- 3 cups red or black beans, cooked
- 2 cups sweet potatoes, peeled, 1/2" cubes
- 3 tablespoons lime juice
- salt and pepper, to taste
- 3 cups rice, cooked

Sauté onion, pepper, garlic, jalapeño, thyme and allspice in oil in medium saucepan, 3 to 4 minutes. Add broth, beans and sweet potatoes to saucepan; heat to boiling. Reduce heat and simmer, uncovered, until sweet potatoes are tender, 10 to 15 minutes. Stir in lime juice. Season to taste with salt and pepper. Serve over rice. Makes 4 servings, about 1 cup each.

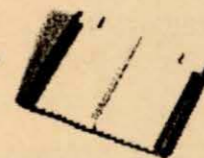
TIP: Dried or frozen onion and green pepper can be used. Garlic granules or garlic powder and ground chile peppers can also be substituted. All of these items are available at the co-op.

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Do you find it's too time consuming to prepare dried beans? Cooking your own dried beans lends better flavor and more nutrition to your final product. Try cooking a large amount at once in your crockpot. No need to presoak if you don't plan ahead, just put them in and cover with 1 to 1-1/2 inches of water and let them cook overnight or while you're at work. Then freeze in smaller containers until ready to use.  
~~~~~

Northwind Board of Directors Meeting Minutes from December 1997 to present - condensed

In November we decided to change our meeting times to early morning rather than evening. So far with the help of some excellent Papua New Guinea coffee from Frontier, our morning meetings have been very productive.

In December, the store had a problem with lighting which may have resulted in decreased sales. Our landlord eventually made the necessary repairs. Despite this, sales remained strong throughout the holiday season and the financial report submitted by our accountant reported that the co-op appears to be in a good financial position.



The Board decided on committee reorganization. The Store Manager has taken over the Product Policy committee as part of her managerial duties. The Marketing committee now consists of Zona Wick, Linda Ongie and Jeanne Matchefts. The In store events committee consists of Zona Wick and Jeanean Santini, and Jay Green is the chair of the Building Committee.

Linda Ongie, Store Manager and Jay Green, Board Treasurer began preparation of an operating budget to help improve cash flow. Their meetings continue.

Linda reported in January that vitamin sales have increased while grocery sales are stable. We are receiving more requests for special order supplements. Our chest freezer broke down and Norm Stone purchased and delivered a new one to the store for us. The Board began to look into an offer made by the Wakefield Co-op to donate freezer display units to our store.

In February Norm Stone assumed the office of Vice President of the Board with the resignation of Larry Sands. Linda reported on a trip she made to Bay Natural Foods in Green Bay, the Staff of Life natural foods store in Shawano and the Enzymatic Therapy plant near Green Bay. Meetings were scheduled with Blooming Prairie to discuss product markup and with all board members to review job descriptions. There will be discussion at future meetings regarding the manager's incentive program.

Watch for notices in the store regarding upcoming board meetings, plan to attend!

??? NEW STORE ???

In October of 1999 the lease on our store expires and the Board has started the process of deciding whether we want to stay at our current location or move elsewhere. The Board has entered into related philosophical discussions which should lead to co-op goals and consequently more obvious directions beyond our current lease. These discussions cover topics like:

- 1) Do we want to stay in downtown Ironwood?
- 2) Do we want to move out to U.S. 2?
- 3) How about moving to Hurley?
- 4) Do we want to expand the business to offer some restaurant services?
- 5) Do we need a bigger store?
- 6) Do we want to buy, build, or lease?

These are all pretty significant questions and the Board encourages all members to give their input. The expiring lease offers a prime opportunity to initiate major changes in the co-op and the Board is anxious to explore whatever the membership wants, trying to take advantage of this opportunity.

Even though the expiration is a year and a half away, buying/leasing remodeling projects can easily take that much time. Therefore, the Board sees a real urgency in setting goals soon and asks that all interested members come to the next Board meeting, Thursday, March 12 at 8:00 a.m. at the member or Linda previ-



ous to the meeting. Furthermore, a committee has been formed to research specific sites, detailing their costs and other ramifications. Larry Sands, current past president, and Jay Green, board member, are the committee co-chairs and members. Please contact them, any board member, or Linda at the store if you have any ideas, suggestions, or offers of help.

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WE NEED YOUR IDEAS !!

Some of us have great runways already built for us. If you have one, take off!

But if you don't have one, realize it is your responsibility to grab a shovel!

Build one for yourself, and for all those who will follow you.

Amelia Earhart (1897-1937) American aviator

Norm Stone is a long time co-op member and was recently elected Vice-President of the Northwind Natural Foods Co-op's Board of Directors. Here he offers his thoughts on co-op membership.

Recollections of a Board Member, Blessedly Incomplete

I moved to Ironwood in September of 1981. In early 1982 I joined what was then Our Peoples Food Co-op just after its move from Bessemer into what is now the Fabric Patch on Lowell Street in Ironwood.

Soon enough I was a coordinator and when removed from that position by popular demand, I became a board member and later board president. My prime objective was to keep board meetings from lasting over two hours. Terry Davis was our first store manager, then Carole Engelsted, followed by Jody DeCarlo, Ed Mascoti, Roger Margasen and now Linda Ongie.

In September of 1991 we changed our name to Northwind Natural Foods — a high point in my tenure. I won the bag of groceries for my suggestion.

Somehow, crammed in here were two moves, the first to West Aurora Street and then in October of 1994 to our present address on South Suffolk Street. Now we are considering another move since our present lease runs out in 18 months or so.

Due to questionable intelligence and unquestioned tenacity, I maintained a presence through most of these changes of personnel and both of the moves. There were many sleepless nights, tense meetings, suicidal inclinations and successful conclusions. In 1992 we even voted to disband and then changed our collective minds.

In short, we are still here, probably better, certainly bigger, thanks to you, our faithful members and customers. Sales in 1982 were \$22,000, in 1986 \$56,000 and last year we topped \$127,000. Did we make any money? Not much but as a co-op, we weren't supposed to.

We have acquired by hook, crook and donation, a substantial list of new equipment — coolers, freezers, computers, cordless phones, etc.

The store is bright and cheery as is the store manager and her staff. Please come in and check us out, but refrain from commenting on the receding hairline of this particular board member.

As ever,

Norm Stone

Benefits of St. John's Wort and Valerian

As our lives become increasingly stressful, people around the world are seeking out natural products that promote calm and relaxation.

Northwind now carries Source Naturals **St. John's Positive Thoughts**.

Positive Thoughts is a groundbreaking formula based on a combination of ingredients working together to support a positive mental outlook.

This is a comprehensive blend of the premier calming herbs, St. John's wort, valerian, kava and lemon balm, which act subtly to soothe and uplift.

Combined with key amino acids, vitamins and minerals, it offers a full-spectrum formula that provides wide-ranging support for a good mood.

The renowned herb St. John's wort have been valued by diverse cultures as far back as the Middle Ages for its ability to support a positive outlook and a sense of well-being.

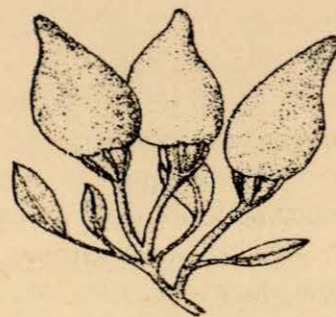
Consumers today are experiencing the same benefits from this infamous herb, which is known for soothing jangled nerves and promoting relaxation without drowsiness. The use of St.

John's wort has become especially widespread in Germany, where consumers have turned to this exceptional botanical in large numbers.

St. John's wort is combined in **St. John's Positive Thoughts** with valerian. Valerian is another herb widely valued in traditional cultures for its calming properties. By combining St. John's wort and valerian, Source Naturals has brought together two of the most renowned calmativie herbs. The two may work synergistically to provide optimal benefit.

St. John's Positive Thoughts is available in 45 and 90 tablet bottles. For best results, it should be taken for at least 6 weeks, but benefits may be felt sooner.

Information provided by Source Naturals



The dry air of northern winters really does a number on our skin. Stop in and browse our large selection of soothing skin care products. Below is a list of many of the items we carry:

Kiss My Face products

- Pure Olive Soap
- Honey and Calendula Moisturizer
- Olive and Aloe Moisturizer

CamoCare Facial Therapy Aloe Vera 80 Products

- Bath and Shower Gel
- Liquid Soap

Nature's Gate Products

- Herbal Moisturizing Lotion
- Herbal Skin Therapy

Masada Bath Salts

Aurora Products

- Warm Skin
- Weather Guard with Aloe

Jason Vitamin E All Purpose Moisturizing Creme



Massage away those wintertime blues using these products:

Earth Therapeutic Peace Paks contain:

- Anti-Stress Massage Lotion
- Loofah Pad
- Woody Bumpy Massager

Light Mountain Massage Oil available unscented or in sandalwood, patchouli or sweet almond scents

Arthritis sufferers may find relief in these fine products

Boswellin Cream from India
Triflora Arthritis Gel

BOARD VACANCY

With the recent resignation of Larry Sands, the Northwind Board of Directors is accepting nominations for a new board member. If you or someone you know has some time or talent to lend to our effort, please contact a current board member or leave a message at the store. Thank you.

BOARD of DIRECTORS			
Zona Wick, President	561-3009	Jeanne Matchefts, Secretary	476-2460
Norm Stone, Vice President	932-5087	Jeanean Santini	932-0276
Jay Green, Treasurer	932-4352		