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The 
COOPERATIVE
 *Spirit*

Winter 2013 Edition

Dates to Remember

Closing at 3:00pm Christmas Eve
Closed Christmas Day
Closing at 3:00pm New Years Eve
Closed New Years Day

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Upcoming
1% FRIDAYS

December

Heifer International
www.heifer.org

January

Tomorrow River
Community Charter School
tomorrowrivercommunityschool.org

February

Camp Hope
www.camphopeforkids.org

If you have an organization that you would like considered for 1% Fridays in 2015 contact Heidi

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Check out our facebook page for sales, coupons, and generally awesome stuff.



Local Love Letter

The Co-op

In four weeks we will bid adieu to the Co-op, just short of 18 years as co-managers. We are beginning to understand why past employees have said how hard it is to leave. This place is special; a small independent grocery that continues to thrive after 41 years. That is unique in these times. Quick responses to customers' needs by a conscientious staff contribute in large part to the store's success, as well as the continued generous support from members and patrons who believe in our mission and enjoy shopping here. We are so optimistic about the Co-op's future, spearheaded in 2014 by new management with fresh ideas for delivering delicious food to the Stevens Point area.

We are proud of the work we have done here together, and thankful the Co-op took a chance on us all those years ago. This job has challenged and changed us; for the better, we hope. We will miss this place.

Our favorite Co-op goodbye came from past employee, poet, and friend, Erick McGinley: "I want to leave little yellow post-it notes with something special and profound on each brick. I want to spend a day with each line and laugh as the world curves around us."

We wish the best to new co-managers, Bridget Lohr and Heidi Sprecher Katzmarek, and the entire staff. See you around the Co-op!

Norah and Maggie

Honey-Glazed Roasted Root Vegetables

Hearty, sweet, and slightly tangy, this dish is delish!

- *1 ¼ pound parsnips
- *1 ¼ pound carrots
- *1 ¼ pound celery root
- *1 ¼ pound beets
- *1/2 cup extra-virgin olive oil
- *1/2 cup honey
- *6 thyme sprigs
- *Salt and freshly ground pepper
- *2 tablespoons sherry vinegar

Preheat oven to 425°. Peel and slice the root vegetables ½ inch thick. In a large bowl toss the vegetables with oil, honey, and thyme and then season with salt and pepper. Divide between two large, sturdy rimmed baking sheets. Cover with foil and roast for 40 minutes, stirring the pans once, until the vegetables are tender. Remove the foil and roast for 10 minutes longer, until glazed. Return them to the bowl and stir in the vinegar (you can again season to taste with salt and pepper). Voila — dinner or a side dish is served!



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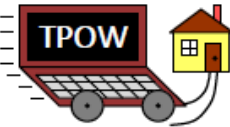
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Celebrating Staff Anniversaries

Scott Henning - 9 years

Board of Directors

- Erica Esser - President
 - Jennifer White - Vice President
 - Gerry Steltenpohl - Secretary
 - Rhody Jakusz - Treasurer
 - Jenny Knade, Mark Klein, Debra Marten, Tim Borchardt
- Board meetings are open to the general membership and held at the Co-op. Agenda additions must be submitted no later than one week prior to BOD meetings. Contact Erica Esser at spacopbod@gmail.com. Meeting dates and times are posted in the Co-op foyer.

SPAC Newsletter

Editor: Heidi Sprecher
 Layout: Anne Hylla
 Contributors: Scott Henning, Anna Lutz, Jeanne Shamrowicz, Heidi Sprecher, Gerry Steltenpohl, Norah Wienandt, Maggie Woodside

Customer Quotes

- "This is my happy place." –Jan R.
- "From the sights, to the sounds, to the textures and colors – it is spirit-lifting in here." –Wendy K.
- "We come here every single day after school. I can't play without my cookie!" –St. Pete's volleyballer

1% FRIDAYS for 2014

- January** Tomorrow River Community Charter School
- February** Camp Hope
- March** Disabled American Veterans
- April** ROCC Point Recovery Center
- May** Project Fresh Start
- June** Dressed to Work
- July** SAVS
- August** Empty Bowls
- September** St. Michael's Foundation
- October** P.J. Jacobs Scholarship Fund
- November** Operation Bootstrap Holiday Basket
- December** Heifer International

Department News

Produce

Fall produce is still in season so we'll keep local root and greenhouse crops around as long as we can. We love our farmers and gardeners 'round here!

Bulk

We are just as bummed as you are that the crazy delicious bulk Chocolate Covered Ginger is currently unavailable. However, never fear because it is anticipated to be back in stock mid-December or early January.

Your voices have been heard echoing through the bulk aisle. You speak, we listen, and ta-da...here by popular demand are bulk Organic Raw Macadamia Nuts...and the crowd goes wild!

Health and Beauty

DivaCup - Hey ladies – rest assured we've got you covered when your moon time rolls around. The Co-op carries the natracare line of organic tampons, pads, and liners as well as the Party In My Pants cotton and flannel cloth menstrual pads. A great new addition to our shelves is The DivaCup, a reusable bell-shaped silicone menstrual cup. The silicone is 100% healthcare grade and contains no chemicals, BPA, latex, or dyes. It offers up to 12 hours of leak-free protection, is easy to use, and eco-friendly. The cups are an initial investment, but they last and will save you a good deal of money overall. The DivaCup comes in two sizes; Model 1 is recommended for women under 30 who haven't delivered a baby and Model 2 is recommended for women over 30 and/or for those who have delivered a baby. More information is available next to them on the HABA shelf.

Grocery

"We love ginger, yes we do, we love ginger, how 'bout you?" Ginger is excellent for aiding in the relief of gastrointestinal distress, nausea, heartburn, headaches, and inflammation. Herbalists have used ginger for thousands of years to restore vital energy and stimulate circulation. Modern science backs what the ancients have

known for centuries: ginger is one of nature's most powerful herbal remedies. When I was a kid I got car sick on every long trip. My mom (who is incredible, but not quite Mary Poppins) thought a spoonful of powdered ginger would be the perfect medicine. Let's just say it was not the ideal way to ingest it. Candied or crystallized ginger, however, is pretty much like magic relief for me. We carry The Ginger People's Gin•Gins in a variety of forms. Family owned and operated, this company proudly manufactures all-natural and organic ginger products. The Hard Ginger Candy, Chewy Ginger Candy (my absolute favorite), and Ginger Caramel Candy can be found on the goodies end cap near the registers. Now that the cold winter months have arrived we will also be carrying the The Ginger People's beverages. Ginger Soother is a unique beverage made with Peruvian ginger, honey, and lemon that will drive away your chills as it warms you from within. We are also stocking their Ginger enerGizer, a potent triple ginger drink with apple that promises to deliver energy without additives. Try it; you'll like it!

Holiday Basket & Heifer International

We are continuing the tradition of collecting donations for our Operation Bootstrap Holiday basket family during November and Heifer International during December. We have jars, which our generous customers have been filling up, at each register, as well as a collection box near the exit door. Additionally, 1% of our total Friday sales for these months will be put toward the respective projects. Each year we request to be paired up with a large family, since our collective energies produce a grand amount of goods. We have been matched with a family of 10 – a grandparent, two parents, and seven children. Our goal is to provide them with food donations, a grocery gift certificate, warm outerwear, and gifts. Thank you all for your support.



SAMPLE

December coupons	<p>✂</p> <p>\$3.00 OFF ANY ONE</p> <p>AFRICAN BASKET</p> <p>valid 12/1/13 - 12/31/13</p>	<p>✂</p> <p>\$1.00 OFF ANY ONE BOTTLE OF</p> <p>WINE</p> <p>valid 12/1/13 - 12/31/13</p>	<p>✂</p> <p>\$1.00 OFF ANY ONE PRE-BAGGED</p> <p>COFFEE</p> <p>valid 12/1/13 - 12/31/13</p>	<p>✂</p> <p>\$2.00 OFF ANY ONE</p> <p>OLIVE OIL</p> <p>valid 12/1/13 - 12/31/13</p>
January coupons	<p>✂</p> <p>\$1.00 OFF ANY ONE</p> <p>YOGURT</p> <p>valid 1/1/14 - 1/31/14</p>	<p>✂</p> <p>\$2.00 OFF ANY ONE</p> <p>CHIPS</p> <p>valid 1/1/14 - 1/31/14</p>	<p>✂</p> <p>\$1.00 OFF ANY ONE</p> <p>FROZEN SEAFOOD</p> <p>valid 1/1/14 - 1/31/14</p>	
February coupons	<p>✂</p> <p>\$2.00 OFF ANY ONE</p> <p>BODY LOTION</p> <p>valid 2/1/14 - 2/28/14</p>	<p>✂</p> <p>\$1.00 OFF ANY ONE</p> <p>CEREAL</p> <p>valid 2/1/14 - 2/28/14</p>	<p>✂</p> <p>\$1.00 OFF ANY ONE</p> <p>SOUP</p> <p>valid 2/1/14 - 2/28/14</p>	<p>✂</p> <p>\$1.00 OFF ANY ONE</p> <p>CRACKERS</p> <p>valid 2/1/14 - 2/28/14</p>

Riddle Me This

Play this brain food game and you will not only enjoy yourself and inevitably try to stump your friends and family, but get the answers right and you could win a wacky and wild prize! (Enter before January 1, 2014.)

1. What gets wetter and wetter the more it dries?
2. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
3. You use a knife to slice my head and weep beside me when I am dead. What am I?
4. At night they come without being fetched, and by day they are lost without being stolen. What are they?
5. What is it that, after you take away the whole, some still remains?

Name _____

Phone _____ Member # _____

P.S. if you feel like cheating, the answers are hidden in this newsletter.

For Your Christmas List

We have a variety of **2014 Calendars** gracing our "gotta have it" area near the registers. All of them look like works of art, and many of them have great words of wisdom. So, whether you are looking for a planner to keep your full life a'flyin', an Advent calendar for the little ones at the holidays, a moon calendar so you know exactly when to howl, or something colorful for your wall – you will find it here.



Once again, we are proud to carry Kurt Meyer's fine woodworking. His **Handmade Wooden Ornaments** are the perfect gift for a friend, as a tree decoration, or a way to brighten up a window. Stop in and appreciate the artistry of these beautiful wooden creations.



We have the SunLeaf Naturals Plant Scent' Aroma + Skin Therapy line of **Moisture Sticks and Body Oils**. The four deliciously intoxicating varieties are on sale for the holidays. The moisture sticks are formulated with plant power and provide nourishing aromatherapy for your skin. Simply smooth on the solid scent and smile. Plus – ooh la la – biodegradable packaging! The bath and body oil is ultra-absorbent and is great to use as massage oil or to apply after the bath. It is made from certified organic virgin plant oils high in fatty acids. Breathe deep and enjoy!



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'Tis the Season for Bright Lights and Candy Cane Delights!

By Heidi Sprecher



NOW Solutions Ultrasonic Oil Diffuser is on our shelves and ready to go home with you. It can be used in combination with any of our essential oils, but I highly recommend the **Aura Cacia Uplifting Candy Cane 100% Pure Essential Oil**. I L-O-V-E peppermint! I use it in the bath to ease sore muscles, on my temples and pulse points to relieve headaches, and on diffuser pads to freshen my house. Aura Cacia cleverly combined peppermint, sweet orange, spearmint, wintergreen, and vanilla to create this concoction. Pair the oil with the good lookin', BPA-free, NOW ultrasonic oil diffuser and your senses will be delighted. The diffuser uses high-frequency electrical vibrations to create an ultra-fine mist. This diffusion method doesn't utilize heat, which maintains the integrity and holistic properties of the essential oils. It is extremely quiet, portable, easy to clean, and runs up to eight hours before automatically shutting off. Plus, if you're having a dance party you can turn on the six rotating LED lights! The best part is that the diffuser, the candy cane oil, and the **Candy Cane Mist Aromatherapy Spritz** are all on sale through December.

The Kitchen Table - Coconut Oil

By Anna Lutz

You may have seen it on the shelf among the other oils, or perhaps you have it in your own pantry for that one special recipe. But what exactly is coconut oil? How is it made, and what are its health benefits?



It's a floor wax, it's a dessert topping! From cooking and baking, to cosmetic use, coconut oil does it all. It is a saturated fat, solid at room temperature, and contains health benefiting fatty acids. Made by pressing and collecting the oil from the meat of the coconut, coconut oil is a naturally occurring saturated fat (and therefore offers many health benefits such as improving heart and thyroid health, increasing metabolism, and helping build up the immune system). Coconut oil has a high smoke point which also makes it great for things like sautéed vegetables or popcorn. For lack of better word, coconut oil is fatty, which makes it great for pie crusts or scones. Coconut oil is an excellent skin moisturizer, massage oil, body scrub, diaper cream, and so much more.

Refined or unrefined, that is the question. The Co-op sells both unrefined and refined coconut oil. Refined coconut oil is best used when cooking at higher temperatures and has less of a coconut taste and smell, although it does not offer as many of the nutritional benefits as unrefined coconut oil. Not all refined coconut oil is processed the same - some may even be partially hydrogenated, so read the label carefully! Unrefined coconut oil (also called virgin or extra virgin) has no ingredients other than raw coconut.

Home tested and approved! I first tried using coconut oil to sauté summer squash. This was a success! It tasted delicious! With less than a tablespoon of coconut oil, there was no strong coconut flavor and the vegetables did not stick to the bottom of my pan. The flavor that it added complimented and enhanced the flavor of the entire dish. Next, I tried coconut spread (found in the dairy cooler) a blend of coconut and other oils that can be used as a substitute for butter or shortening. Because I enjoy baking much more than cooking, I found this to be particularly useful. Finally, I tried using coconut oil for making popcorn and it worked beautifully! It melted quickly and almost all kernels were popped.

Try coconut oil yourself and find out just how wonderful it is.

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Maggie (finally) Says

By Maggie Woodside

Sometime back in 1997, long time Co-op Board member and so-called friend, Mark Klein, suggested that I begin a Co-op newsletter column to address member suggestions. He reasoned that, since I was known far and wide to be opinionated (and excessively bossy to boot), it would be best if we named the column 'Maggie Says'. As the years progressed, I've successfully turned over the majority of the suggestion box duties to others but it has always managed to come back to me. I remember the suggestion box of old when we would find wrappers and trash dumped in there and times when there just were not enough suggestions and we made some up, just to have something to answer. But, alas and forsooth, this will be officially the last "Maggie Says" to muddy these pages (and you might aptly say good riddance to bad rubbish, and that is just as well). So long and farewell, cooperators and friends.

I am lactose intolerant and also have a hard time consuming large quantities of soy... is it possible to introduce packaged foods that are non-dairy & non-soy? Also, I'd love a coffee station w/nondairy alternatives in addition to soy-would love to be able to buy drip while getting lunch. Thanks, Anja

Thanks for the suggestions, Anja. The Co-op does have many non-dairy and non-soy products throughout the store, but without knowing what types of items you are referring to, it is difficult to say how you might be assisted in your quest. A suggestion would be to, when you next stop in, ask a cashier for assistance and then you can be helped in locating what items you may be searching for. The Co-op has decided to forgo introducing a hot beverage station in the storefront, mostly due to lack of adequate space (you may have noticed that the place is packed!). But we highly recommend Emy J's, located just 4 blocks away, for fulfilling your fresh-brewed coffee cravings!

Has anyone proposed having a second small bike rack along the 4th Ave. sidewalk? I know about the large one in the back, but does anyone else? Trevor

Thanks for asking, Trevor. (Before I get to the part about answering your current question, I'd just like to say that you have been chosen to receive the prize for most suggestions placed in the Co-op suggestion box over the years that Norah and I have worked here. We appreciate your well-reasoned and insightful comments and suggestions. (Stop on in for a little something for your dedication.) We have had suggestions aplenty regarding the 4th Avenue bike rack and we have our best people working on it.

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From The Board

By Gerry Steltenpohl

Goodbye to autumn, that wacky, colorful transition period between summer and winter. Some of us look forward to change, and some of us aren't too excited to be part of it as we lament the transition from bare feet to boots.

Autumn brought the harvest season. We planted cover crops to regenerate the soil over winter and gathered apples and pears for cider, jams and preserves. It was truly an amazing time of year and an equally amazing time of the year at our Co-op. We continue to work hard to provide as much locally grown organic produce as possible and provide you with a healthy shopping choice. We are committed to supporting our local, state and regional farmers.

This autumn, we also began the transition period between our outgoing management team of Maggie and Norah and our incoming team of Bridget and Heidi. We, on the Board, along with our incredible staff, wish Maggie and Norah the best of luck on their retirement after 17 years of managing the store.

They've done an outstanding job of managing the growth and development of our little store on Second Street. But, all things change and, we look forward to working with Bridget and Heidi as we continue to provide quality food at a fair cost. As our name implies, we are a Cooperative and you are this Co-op. We look forward to seeing you around our little store on Second Street sometime soon.

So...Welcome to winter, even if we have to dig our boots and woolies out of the closet. Enjoy!!

Exciting New (and some local) Body Care Lines

By Jeanne Shamrowicz

Stop in and check out three new product lines in the HABA (Health and Beauty Aids) department: Lion Tree, North Coast Organics, and last, but certainly not least, Happiness is Contagious.

In early September we brought in **Lion Tree's** line of baby wash and baby lotion, along with adult facial wash, facial lotion and body lotion. Lion Tree was started in 2012 by former local Amanda MacNeal and her sister and is based in **Sheboygan, WI**. As mothers, they were concerned about the products they used on their kids and themselves. Their products are vegan, free of GMOs, sulfates and parabens and the baby products are also phthalate-free.

Also arriving in September was **North Coast Organics** deodorants and lip balms. You may have seen some of North Coast's products at the Energy Fair last June. The Co-op now carries Death by Lavender and Revolver deodorants along with their lip balms. North Coast is a **Chicago-based** company that creates organic, vegan, handmade products. Stop in, give them a try and see for yourself!

Finally, November saw us debuting products from **Happiness is Contagious**, a **locally manufactured** line of body butters, deodorants, body oils and natural perfumes from Ann Lesczynski. You've probably seen Ann's smiling face behind the counter of Earth Crust Bakery. Ann has researched and chosen each ingredient for her products carefully and her goal is to spread peace, love and happiness to everyone, everywhere, one body at a time! You can find Happiness is Contagious products on the end cap in HABA where they will be on sale throughout December.

The Sometimes Mysterious Product Label

By Scott Henning



Recently a Co-op member noticed a difference in the nutritional labels between two cans of the same **Farmer's Market Canned Organic Pumpkin**. The iron content between these cans of pumpkin appeared to be the same content wise and yet one listed the 'Recommended Daily Allowance' (RDA) of vitamin A at 380% and iron at 10% (can 1), but the other can listed the same values as 70% and 4% (can 2). Why the distinct difference?

I contacted Farmer's Market Foods, out of Corvallis, Oregon and received an intriguing response:

Can 1: This label reflects the latest crop harvest year, 2013, and the RDA nutritional information based on the USDA's crop averages for canned pumpkin.

Can 2: This label reflects last years' crop harvest, 2012, and the RDA information based on the results of an independent testing lab. The one-time test was conducted on a single batch early in the 2012 crop harvest. Farmer's Market decided to print these results on its can labels for the entire 2012 harvest.

After further testing of various pumpkin batches throughout the 2012 harvest season, Farmer's Market found its independent testing results sometimes varied significantly between batches and learned that that weather, soil conditions, and time of harvest made a difference in test results. Two options were explored: A) Continue independent testing more frequently to come up with their own harvest average and add significant cost to their canned pumpkin. B) Go back to the USDA table of crop averages. This option keeps the costs of canned pumpkin down, as the same product labels can be used each year, unless the USDA averages change.

It is interesting to note that both the 2012 and 2013 products have a BPA-free lining. Farmer's Market changed to a different BPA-free lining in 2013 and because of this new can type, and to be extra safe with the cans' durability, the company reduced the shelf life of the 2013 pumpkin by one year. Therefore, both cans are stamped with a similar 'use by' date in the year 2015. Farmer's Market Foods brand is a single organic farm/organic cannery operation. They farm over 5,000 acres of pumpkin, sweet potatoes, butternut squash, and other crops.



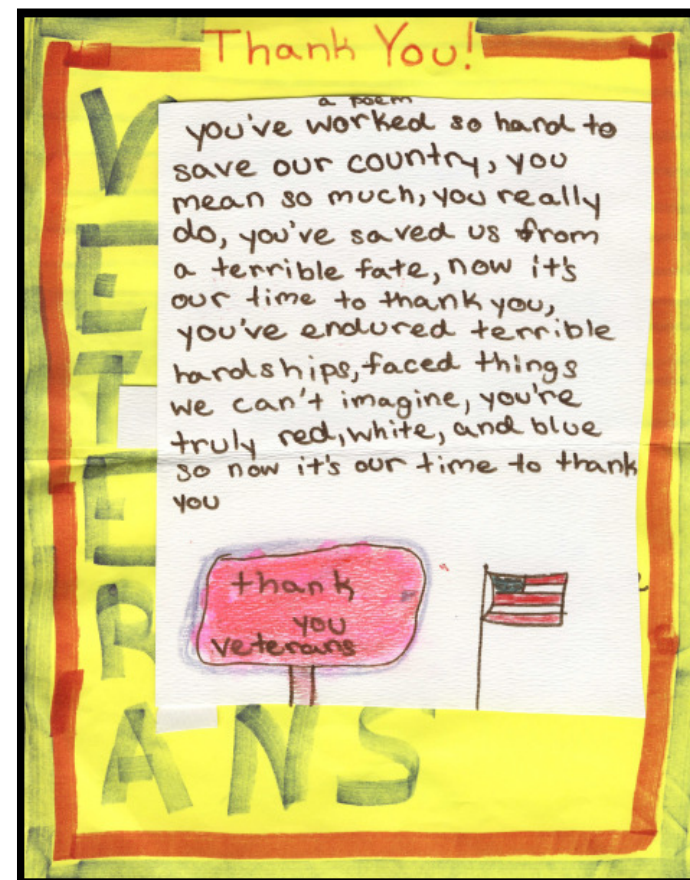
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To **Celebrate Veterans Day** we asked our Co-op patrons to write a thank you note to a veteran. We received a good deal of heartfelt thanks in these notes, and two young ladies went above and beyond by drawing pictures and writing poems. You can view one of their notes above the contest box upon entering the store, and the other poem is right here for you to enjoy. All of the notes were copied and sent to the veterans residing at the King, Union Grove, and Chippewa Falls Veterans Homes. Thank you for your thank yous!

Mmmm Good...

Do you love Earth Crust bread?



If so, bring this entry in by January 1, 2014 for your chance to start the new year off right with some *whole-some* goodness. When it is purchased warm and freshly baked you can take it home, lay it on a cutting board, and gently cover it with a *towel*. Rip off a hunk and let it simply melt in your mouth or fry up some *onions* and get creative with other sandwich fixins'. Try slathering on jam for a sweeter treat or cook up some creamed *corn* to make an open-faced sandwich. No matter how you slice it, Earth Crust bread is a *dream!*

(P.S. The italicized words are the riddle answers)!

Name _____

Member # _____ Phone # _____

Diversionsary Ruse

Thank you to everyone who took the time to share their creative writing by bringing in their Diversionsary Ruse paragraphs. We enjoyed your wordplay, so if you haven't already, be sure to pick up your chocolate prize next time you are shopping. All of the entries were awesome, and if we had room we'd print every single one. The three featured here made us smile, so enjoy them and you too may laugh for a while.

While flipping my cape as I exited the SPA Co-op my eyes went to my rusty pick up like a loose screw to a magnet. Parked under a towering maple its dented fender provided a resting place for a solitary robin taking respite from the hot afternoon sun. Still munching on my Late July Cracker smothered with brie, like ointment on a knee, I noticed blooming zinnias. Their dazzling colors were irresistible to my tired eyes. If I don't win some groovy prizes for this waffle of a paragraph I'll just have to keep on writing. – **Jerry H.**

Once upon a time in a far-away land called Faraway, a young woman named Robin was born. Now, Faraway was beautiful with maple trees and zinnias everywhere and nobody ever complained even though they had waffles every day for breakfast and brie every day for lunch. Although Robin loved her home, she began to wonder if there was more to life than cheese and batter cakes. One day, a handsome stranger wearing a purple cape drove into Faraway. He sat on the fender of his Jeep and spoke words that were as irresistible as a magnet picking up paper clips. He spoke of other lands and other foods and other vegetation. However, the government in Faraway did not want any strangers luring the youth away from Faraway and they began to throw sharpened Frisbees at the stranger. Robin quickly rescued the stranger, applied ointment to his wounds and said, "While Faraway is groovy, I want to go with you, wear a cape, and explore other lands." So the stranger and the girl left Faraway and lived happily ever after in the country of Nearby. – **Jean K.**

When granddaughter Nadia visits, the door to the deck is like an irresistible magnet. She crawls to the door to hear a robin or chickadee chirping in the maple trees or hunting for worms and seeds among the zinnias. After viewing, we take a break to change her diaper. Her parents use cloth diapers so she rarely needs ointment. By now, she has worked up an appetite so we take a break for organic waffles and brie. When her parents come to pick her up Nadia puts on her angel baby cape, sits on the fender of the van, and declares that her Grammy and Grampa are groovy – at least that's what her smiles and hugs say to us! – **Nadia's Grandmother**

To read more excellent Diversionsary Ruse paragraphs, see the bulletin board above the prize box in the store front.