

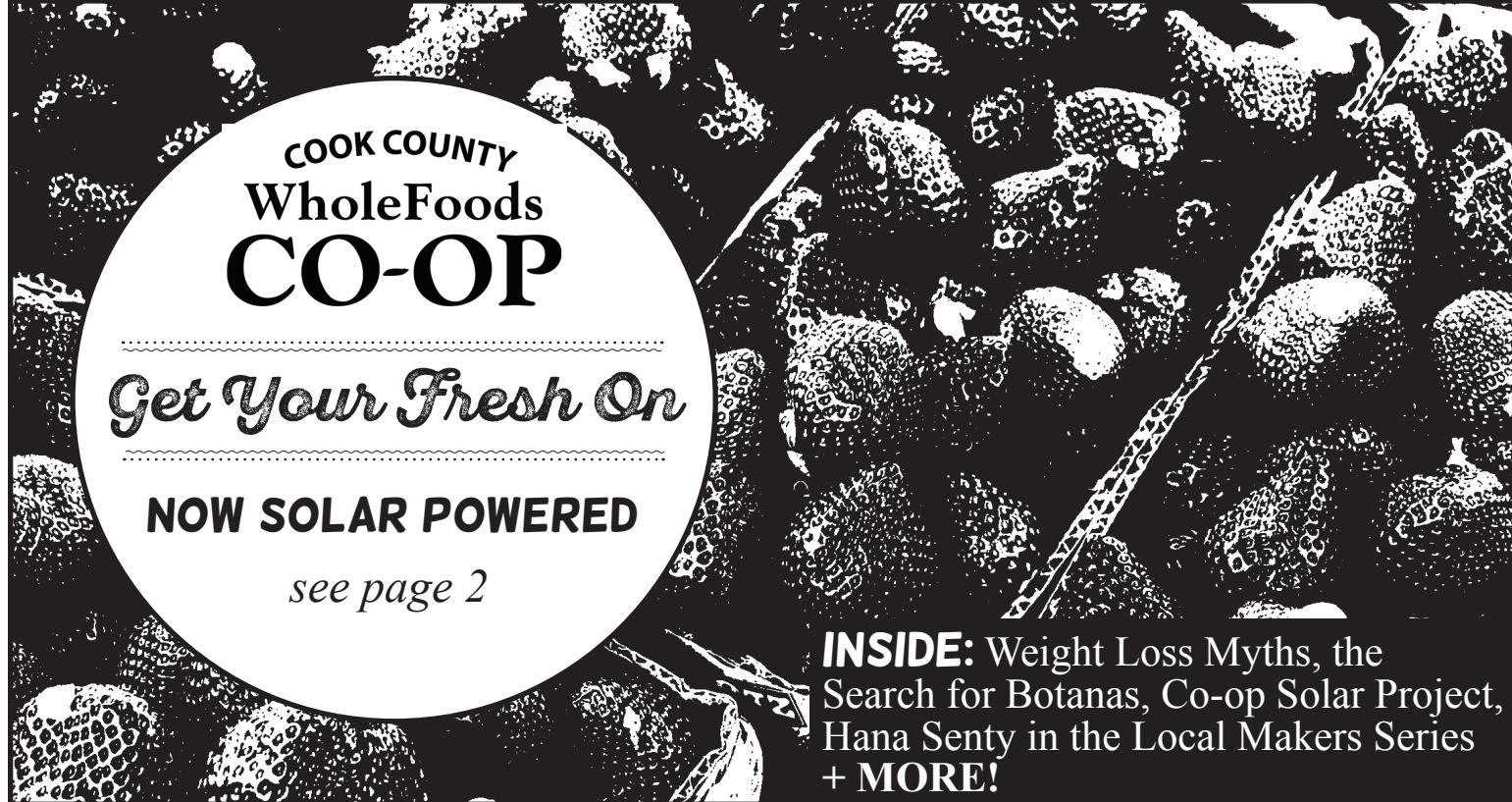
COOK COUNTY
WholeFoods
CO-OP

the blueberry jam

QUARTERLY NEWSLETTER

20 East First Street • PO Box 813 • Grand Marais, MN 55604 • 218.387.2503 • www.cookcounty.coop

SUMMER 2016



**COOK COUNTY
WholeFoods
CO-OP**

Get Your Fresh On

NOW SOLAR POWERED

see page 2

INSIDE: Weight Loss Myths, the Search for Botanas, Co-op Solar Project, Hana Senty in the Local Makers Series + MORE!

BOARD REPORT

By Don Grant, Board of Directors,
Vice President & Treasurer

The principles that guide our Co-op are called ends. Our ends are listed on *page 2*. All major decisions made by the Board, General Manager and Employees are made with the ends in mind. For example, the new store was constructed to have low energy usage. Low energy usage reduces operating expenses allowing lower, more affordable prices for food and wellness products. Also, low energy usage buildings have a lower carbon footprint and are considerably more environmentally friendly and sustainable than conventionally constructed buildings. Some of the energy features of the store included:

- ♦ Considerably more insulation than required by code
- ♦ Triple glazed windows
- ♦ Energy efficient lighting (CFLs and LEDs)
- ♦ A heat recovery system that uses the heat extracted in refrigeration to heat water and the building.

FIND OUT MORE ON PAGE 2!



Right: The CCWFC staff is thrilled to accept the Sustainability Star award from NCG for achieving the lowest energy use per square foot on record among Central Corridor NCG co-ops.

MAY EQUITY DRIVE HUGE SUCCESS!

Our goal for the May Equity drive was to reach \$5000: over the course of the month we raised a staggering \$7,443 in equity! Thanks to all our dedicated owners for the incredible support!

CO-OP CALENDAR

July - Sept 2016

OWNER APPRECIATION DAY

Tuesday, July 5

WELLNESS WEDNESDAY

Wednesday, July 20

BOARD MEETING*

Tuesday, July 26,
5:30-7:30pm

OWNER APPRECIATION DAY

Friday, August 5

WELLNESS WEDNESDAY

Wednesday, July 17

BOARD MEETING*

Tuesday, August 23,
5:30-7:30pm

OWNER APPRECIATION DAY

Monday, September 5

WELLNESS WEDNESDAY

Wednesday, September 21

BOARD MEETING*

Tuesday, September 27,
5:30-7:30pm

*Board meeting dates subject to change.
Check our website or at the info desk to
confirm times if you wish to attend: all
owners are welcome! Meetings are held in
the Co-op Community Room.



Bring the sun: CCWFC rooftop, week 3 of panel installation

SYSTEMS GO FOR ROOFTOP SOLAR

By Don Grant, Board of Directors, Vice President & Treasurer

We are in the process of further reducing our energy consumption, operating costs, and carbon footprint by installing a photovoltaic (PV) system on the roof of the building. The system, which converts sunlight into electricity, will generate approximately 15% of the store's electrical needs. It uses 72 QCELLS 310-Watt panels and 4 Fronius inverters to generate up to 22 kilowatts of electricity. It will produce approximately 31,000 kilowatt-hours per year and reduce the Co-op's annual electrical bills by more than \$3,000.

Installing the system also means that electrical utilities will need to generate 31,000 fewer kilowatt-hours per year. Most of the electricity generated by utilities in Minnesota is produced by burning coal. Burning coal produces lots of carbon dioxide, a global warming gas. Reducing utility generated electricity by 31,000 kilowatt-hours will reduce carbon dioxide emissions by 33 Tons per year!!

Installation is expected to be completed around July 1. Once the system is up and running an in-store display will show how the system is doing. Check it out when you're in the store!!

Our Ends Statement

As a result of all that CCWFC does, we will be: **1** A successful, cooperative grocery that is a trusted source of affordable, healthy, local, sustainable products, & services for all. **2** A leader in environmentally sustainable practices. **3** A source of employment that provides meaningful work & fair compensation. **4** A welcoming & friendly gathering place where the community has a sense of belonging. **5** A trusted resource for information on food, wellness, & the value of cooperative principles.

NEWS HIGHLIGHTS:

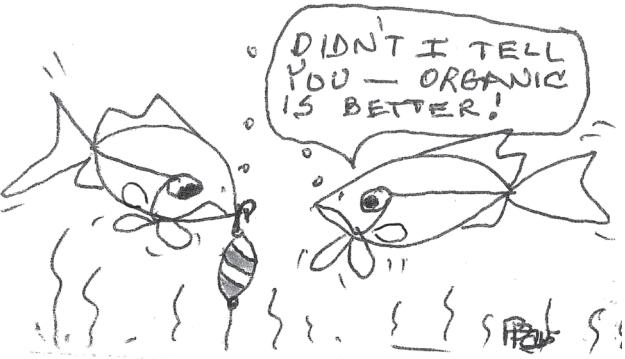
- ♦ The Star Tribune reported that our deli makes "the best mulligatawny soup in the world." Come try it out some Thursday!
- ♦ The Co-op Congratulates Jeff Morgan & Leah Laky: Jeff won the Honest Tea Sweepstakes, and Leah won the Woodstock Wagon! Thanks to everyone who played! And if you didn't win, well, there is always next year...
- ♦ The Co-op welcomes back Kara & Bria + these new employees: Melody & Jordan to grocery, Miko to produce, Kristin to the front end, & Thomas to the deli. Welcome to CCWFC!

Become an Owner

Get savings, patronage rebates, and show your support for your community. The profits your Cook County Whole Foods Co-op makes don't evaporate into the offshore accounts of a few--the profits we make stay in our community, and go back to you, our owners. You govern us, you make us possible, allow us to give living wages, and support sustainable practices at home and abroad.

Find out more about becoming an owner by phone, email, stopping in the store, or visiting our website.

From Our Owners



Cartoon by David Nelson, a CCWFC owner

We Love to hear from our owners! If you'd like to be heard, fill out a thought card at the info desk, or email reed@cookcounty.coop. Not everything will make it to print, but we will get in what we can!

“Jennifer & Andrew--what a beautiful co-op! Thanks for the tour and super job on the ‘new’ co-op!” -- Jan Rasikas, General Manager of Viroqua Food Co-op

“I love the aromatic Chickpea Soup! Please keep making it. Do you ever give out recipes for the different soups? Thank you for providing multiple gluten-free soups & having the ingredients listed. It really helps those with Celiac Disease live a more normal life.” -- CCWFC: Thank you! We will continue serving the chickpea soup! Unfortunately, we do not share our recipes.

“Olive oil! So many to choose from, so little known... Suggesting a tasting and mini class.” -- CCWFC: Great idea! If we can find someone interested in doing a tasting and a class, we will make it happen!

“Can you carry a gluten-free black licorice please?”
-- CCWFC: We are working it! The only one we can find isn't available to us through our distributor, but the search continues...

“Hi! Ellen & Greg really appreciate your store- staying just a day from St. Cloud, and we always visit you!” -- CCWFC: Lovely! Thank you!

FOOD SHELF REPORT



Thank you to everyone who contributed to the Food Shelf this winter both in food and monetary donations. It is much appreciated! Your monetary donations over the past 3 months, went to the purchase of these items for our local Food Shelf:

- 24 jars of Muir Glen Classic Marinara
- 24 bags of Field Day spaghetti
- 96 boxes of Back to Nature Mac & Cheese

Welcome NEW OWNERS

Altenberg, Mikolai
Big Bear Lodge
Boland, Michael
Casey, Lysle
Cook, Andrea
Courtney, Arielle
Curtis, William
Dolan, Gary

Dowden, Jennifer & Dean
Dudley, David

Farchmin, Margarette
Figgins, Hannah

Fredell, Scott
Gabrielsen, Kathleen

Hoch, David & Julie
Holland-Mehlhaaff, Chris

Holleran, Douglas
Ilstrup, Robert

Jacobsean, Sandy
LaRenzie, August

Linder, Laurie & Dave
McClure, Melody

Meissner, Regine
Mitchell, Diana & Jeremy

Olson, Debbie
Pearson, Matt & Erin

Peot, Jordan

Peuramaki, Danielle
Reich, Kristen

Rivard, Jean

Smyth, Patrick
Somnis, Mary & Sarah

Stamps, Thomas
Steckelberg, Jonathan

Swenson-Klatt, Erin
Sydney's Frozen Custard

Valento, Chris
Windigo Lodge
Yeary, Jennifer

WHAT IS FULL EQUITY?

Full Equity means an owner has paid their total \$120 equity share into the Co-op. The more full equity payments we have, the more we can grow, the more we can give back to the community!

WEIGHT LOSS: MYTHS & DILEMMAS

by Kim Falther, Wellness Coordinator



The summer months are upon us! Time to get out and enjoy that warm sun we so crave during those dark days of winter. Yet as we shed those winter layers some of us may notice we've put an extra layer on to our body. It is very natural to put on a few pounds of fat when you live in a cold climate, but it is equally natural to lose that weight as summer gets into full swing. It is the extremes that cause us harm: excessive weight gain and extreme measures to lose that weight. The goal should be healthy weight management. I hope to dispel some commonly accepted obstacles and myths to weight loss so we can all lighten the load with health in mind.

THE DIET MYTH: I could shed these extra pounds if I could only find the right diet...

FACT: Until recently, diet has been defined as habitual nourishment, or simply “food and drink regularly provided or consumed”. The current definition has evolved to describe a method of eating that involves restrictions. Our bodies still function similar to our hunter-gatherer ancestors, so when we begin to restrict ourselves the body believes you are in a state of famine and therefore holds on to fat to protect itself. In the long run you not only put the weight back on, but more often, you put on more pounds than before you went on the ‘diet’. The best recommendation to come out of the Dietary Guidelines for Americans 2015-2020 was this: make healthy choices for the long-term with an emphasis on finding a healthy eating pattern that works for you. ‘Diets’ as we’ve come to define them are a very short-term solution.

THE MYTH OF CALORIE COUNTING:
I'll lose weight if I restrict my calories...

FACT: By this logic, one could consume allotted calories from sugary beverages and cake and lose weight. We know this not to be true, because calories are not created equal. A calorie from a piece of salmon is a far cry from a calorie from a donut, yet it is still common to note calories in a given food as if it in some way says something about its nutritional content or its ability to make you healthy. I’m here to tell you it doesn’t. A peach and half of a medium sized chocolate chip cookie are composed of approximately 40 calories. Do you know which one is the healthier option? One of these items will lead to a healthier body and one will lead to weight gain. We need to get to a place where calories take a backseat to nutrient density.

THE SUGAR DILEMMA

The recent government dietary guidelines state that sugar should account for no more than 10% of your daily calories. Which is great--sugar should be limited! But do you know what 10% of your daily calories looks like? According to the government list of estimated calorie intake, an active woman of my size and age, is allotted 200 calories of sugar per day. Do you know what 200 calories of sugar looks like? Don’t feel bad if you don’t have the answers to these questions because how can you know if sugar content is listed in grams on any given product? Do we need to bring a calculator to the grocery store? The answer is yes! Because sugar is in EVERYTHING! Even places you wouldn’t expect, like salad dressing and pasta sauce.

I did the calculations, and my 200 calories of sugar equals 50 grams of sugar which means I can eat 12.5 teaspoons of sugar per day. Remember from The Diet Myth that our bodies are very much in hunter-gatherer mode, and for centuries humans lived with a sugar intake equivalent to approximately 2 pieces of candy per year. When shopping, divide grams of sugar by four to get the teaspoon total. There is no greater contributor to weight gain than sugar, it should be limited for our bodies to function properly and healthily.

Our current food industry is controlled by people out to make a buck, not to make us healthy. This has been bad news for the human body for a while now--and it shows. Our food is literally making us fat and sick. Educated nutritionists, doctors, and scientists all know this, yet the general public is oddly misinformed. Do you ever wonder why that is? We all know what a healthy choice looks like--remember the cookie and the peach? Why do we still make poor choices? According to the Dietary Guidelines for Americans 2015-2020, “about half of all American adults have one or more preventable, diet-related, chronic diseases, including cardiovascular disease, type-2 diabetes, overweight or obesity.”

With incredible access to medical care, education and resources such as clean drinking water and healthy food, why are Americans one of the most overweight, over-medicated and unhealthy populations to ever roam this Earth?

TOSTADA GRANDE de la SELVA

Giant Toasted Tortilla from the Rainforest
of Xalapa, Veracruz

A take on a regional botana recipe by Jeffery Pavelka

Have Ready

- ◆ 2 or 3 12” corn tortillas or 4 or 5 6” tortillas toasted lightly on a griddle or in a cast iron skillet.
- ◆ 2 cans good, organic black or pinto refried beans, heated.
- ◆ Salsa mexicana (*authentic recipe: coarsely chop ¾ c. ripe tomatoes, 1/3 c. white onion, 1/3 c. cilantro and finely chop 3 whole Serrano chiles, seeds and all. Combine all with 3 Tbsp. water and a scant squeeze of lime, let rest ½ hour.*)
- ◆ 1 large orange, zested and juiced.
- ◆ 1 cup Mexican Queso Fresco or Panela, Farmer’s Cheese or Feta, crumbled or shredded.

Assemble the toasted tortillas on a platter and quickly:

- 1** Spread the warm refried beans on the tortillas.
- 2** Scatter the bean covered tostada with salsa mexicana.
- 3** Sprinkle the tostada with 1 tbsp. orange zest and a scant squeeze of orange juice.
- 4** Top with the crumbled or shredded cheese and more cilantro if desired.
- 5** **Serve** immediately!

Provecho

A SEARCH FOR BOTANAS: THE PORT OF VERACRUZ

By Jeffery Pavelka, Deli Staff & Globe Trotter

Before joining our deli team, Jeffery Pavelka lived & worked in Mexico for over 20 years. Some of that time he spent travelling to remote corners of Mexico looking for unique, regional botana recipes. Botanas, loosely, are a sort of Mexican tapas: small dishes served at bars and cantinas—comfort food to accompany cold beverages and good friends. What follows is an excerpt from the travel diary / cookbook Jeffery wrote and is in the works to be published.

Coconut palms. Humidity. The smell of the Gulf waters. The Port of Veracruz is not an international tourist destination. Thank God! The sand is dark, somewhat uninviting; the cleanliness of the water, questionable. But I love the Port. I wish I were there right now sitting on the balcony of my favorite kitschy, 1950s hotel in the middle of the bustling malecón, the harbor promenade, watching the enormous cargo ships coming in, off-loading, the sun setting, the huge cranes lit and reflecting on the water, and then the boats mysteriously gone when you wake up the next morning.

There is always a warm, damp breeze. I can feel it on my face as I'm writing. Sometimes it's so strong you have to lean into it as you walk along the promenade. Sailors are everywhere dappered-up in their navy whites and caps. Seagulls slicing through the humid air, an air so thick you can see it. Young kids on the promenade baiting passers-by to throw coins into the harbor waters, and then retrieving them, their treasures.

A fortress anchored out in the harbor, a castle from pirate days. Veracruz was the exit port to Spain for the riches and spices from the Philippines, China, and Japan that crossed the Pacific in Mexican and Spanish galleons for over 250 years. They were off-loaded in Acapulco and if there was an element of luck, the bounty escaped the “land pirates” and made it overland to Veracruz en route to the royal bodegas in Spain.

Chaotic. Seductive. Mesmerizing. A Fellini film. And in the middle of this dizzying and deafening circus, several nights a week and on weekends, at the north end of the central square, the zócalo, there is Danzón. The locals of all classes and ages come out to perform it, elegantly dressed from head to heel in white, women with fans and men sporting their Panama hats, parading and dancing to the music that is Veracruz: Danzón. There is no other music like it; combine the rhythm of the Port, Cuba, the Caribbean and Africa, all mixed together, and you have it, Danzón with its incredibly structured rhythm, a choreographed ballet with pauses, where partners stop, gasp and the women fan themselves and then the pairs, with a last wisp of seemingly unbelievable resurgence, turn, step, grasp and pull each other together into the next stanza, looking at one another as if none of them knew how it happened, how it could go on, when it might end, not wanting it to end, simply being propelled by the music, until the sequins and the beads of sweat on the men's brows sparkle. It is the soul and spirit of Veracruz. Un espectáculo, una gloria.



the blueberry jam

QUARTERLY NEWSLETTER

COOK COUNTY WholeFoods CO-OP

The Blueberry Jam Quarterly is printed 4 times a year, designed in-house, and printed on 100% recycled paper.

Design, Editing, & Photography Reed Schmidt

Reviewed by Andrew Ashcroft & Jennifer Stoltz
Go Paperless! Send an email to info@cookcounty.coop and we will put you on the email list. Once a year, however, the Annual Report is mailed to all members by mandate of our bylaws.

Cook County Whole Foods Co-op
20 East First Street / PO Box 813
Grand Marais, MN 55604

About the Blueberry Jam:
The opinions of the authors featured in the Blueberry Jam do not necessarily reflect the opinions of the Cook County Whole Foods Co-op. Nutritional & Health information found in these pages is not meant to substitute consultation from a licensed health care provider.

Co-op Board of Directors

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218-387-2137 / blavigne@boreal.org

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218-370-9998 / dcgrant@boreal.org

Judy Peterson: Secretary
218-387-1322 / gjpete@boreal.org

Kathy Bolstad
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Amy Henrikson
218-387-4121 / ash@boreal.org

Nick Vavrichek
218-370-2699 / kojnlv70@icloud.com

Lorrie Oswald
920-737-1190 / boreallor@gmail.com

Want to serve on the board? Have questions for the current board? Don't be shy! We'd love to hear from you.

NEWS from the PRODUCE DEPT.

NEW PRODUCTS:

SOL PRODUCE

Packaged salads & leaf lettuces grown in Duluth by the researcher & developer of Victus Farm. Sol Produce plans on having year-round products.

SUMMER SPECIALS

- STONE FRUIT
- MICHIGAN CHERRIES
- WIS & MN GROWN WATERMELON
- BAY PRODUCE PEPPERS & GRAPE TOMATOES -
A CUSTOMER FAVORITE!

A HEARTFELT FAREWELL...

Hannah in produce is going to grad school! In late August, Hannah and her husband, Jackson, will be moving to Holland, MI, so she can attend Western Theological Seminary. Although excited for this next adventure, she's going to miss her co-op family!



APRIL: 3 IN 1! SUPER TEAM.

Ray says Rochdale Farms Sheermilk Yogurt can't be beat, but Michael & Matt say, "why choose one thing when you can have it all?"



Jeff Morgan was the grand prize winner this May in the Honest Tea Sweepstakes. He took home not only the beach grill pictured above, but also two folding beach chairs. Happy grilling, Jeff!



Hana Senty: find her soap at the Co-op!

Employees of the Month PICK THEIR CO-OP FAVORITES



Nicole recommends fresh, organic peaches. Yum!

MAY



Local Maker Series: HANA SENTY

By Andrew Ashcroft, Customer Service Manager

One of our excellent local products is soap made by Hana Senty. Hana was born and raised in Grand Marais. She's one of the driving forces behind the Cook County Farmer's Market (this is her sixth year selling at it), and her soap is a popular wellness item.

Thanks for the hard work, Hana!

We sell five varieties of her soap, and they contain various herbs (rosemary, mint, basil, clove, frankincense, orange, lavender, etc.) and three of them contain milk that she gets from her herd of goats.

If you stop at her stall at the Farmer's Market, you'll see a variety of produce, plants and some home-made items (the spicy pickles are my favorite) and a week rarely goes by that my daughter Esme doesn't get one of her famous lemon bars (made from Hana's grandmother's recipe).

Give one of her soaps a try and support a local producer! Thanks for the hard work, Hana!



JUNE

Susan can never have too many Alaffia baskets--nobody can.

AFFORDABILITY at the CO-OP

By Jennifer Stoltz, General Manager

As we celebrate our 40th anniversary year, it's exciting to see how far the Co-op has come. We started selling a few staples on Good Harbor Hill and now have over 6900 products on our shelves. We are open seven days a week and have built an environmentally friendly building. We are in the process of adding solar panels to reduce our carbon footprint. We have raised wages and benefits for employees which enables us to offer excellent customer service. We offer a variety healthy food and classes to teach healthy lifestyles. However, affordability is a concern that many shoppers share. We are dedicated to carrying organic and natural foods which often cost more than conventional foods, but good food should not be out of reach for our customers. To answer the question of affordability, we have added the following programs over the last year.

Co+op Basics

Looking to stretch your grocery budget? So are we! That's why we launched the Co+op Basics program. Co+op Basics offers everyday low prices on many popular grocery and household items. Don't worry, we aren't paying our farmers or employees any less. We're simply committed to improving our selection so that everyone can find more value when shopping the co-op. You'll find more than 350 Co+op Basics items in the store. Pick up a Co+op Basics shopping list at the Information Desk or just look for the signs around the store!

Good Harbor Hill Coupon

Love healthy food, but shopping on a limited income? We created the Good Harbor Hill Coupon to help owners with a limited income. It's an additional \$5 coupon credited to your purchase when you spend \$25 or more on one shopping trip per quarter. We originally made the coupon only available on shopping trips greater than \$50 per quarter, but have eased the buying amount based on owner feedback.

Good Harbor Hill Scholarship

Being an owner of Cook County Whole Foods Co-op offers benefits such as owner specials, ability to special order products and a quarterly \$5 off coupon. You also get the opportunity to vote in elections and shape the future of your store. It costs \$120 to join the Co-op and can be paid in 10 quarterly installments of \$12. If Co-op ownership seems out of reach for you, apply for the Good Harbor Hill Scholarship. Funds are available for recipients of qualify government programs. We ask all owners to pay at least the first two \$12 payments then you may ask for the remainder in scholarship funds.

How do you qualify?

Co+op Basics are available for all shoppers. More information and financial requirements for the Good Harbor Hill Coupon and Scholarship can be found on the web at <http://bit.do/goodharbor>. You can also stop by the information desk at the Co-op to pick up an application which describes the requirements for each program.

Want to help out someone in need?

We are accepting donations for the Good Harbor Hill Scholarship fund. Simply let a Co-op cashier know that you would like to donate and they can add it to your grocery bill. Any donation amount is welcome.

Questions?

All of these programs are still evolving. Feel free to contact me with suggestions or questions at jennifer@cookcounty.coop or 218-387-2503.



co+op basics: one great way to save at the Co-op!

NEWS from the WELLNESS DEPT.

NEW PRODUCTS!

- MANITOBA HARVEST PROTEIN SMOOTHIES
- BUZZ AWAY BUG REPELLANT
- ANDALOU BODY LOTIONS
- URBAN MOONSHINE: SIMMER DOWN & HIT THE HAY TONICS

Look for some new haircare products from *Nature's Gate* and *Acure Organic* this August. *Aura Cacia* will be coming out with a new line of essential oil blends this September.

KIM'S BIO

Kim, our Wellness Coordinator, has worked at the Co-op on and off in many capacities since 1998 including a term on our board of directors. She holds a B.S. in biology and a M.S. in Holistic Nutrition. Kim lives off-grid in Colvill with her husband and two sons.

FUN SUMMER FACTS

There are a lot of old wives tales about what attracts mosquitos. Research shows that mosquitos are attracted to CO₂ (they can detect it from 75 feet away), and the lactic acid we give off when we sweat. Research also shows mosquitos to be attracted to cheese and the smell of beer. Studies have shown that mosquitos are 500% more active during a full moon-- so try to avoid vigorous activity that involves beer and cheese on a full moon evening!

KEEP YOUR EYES PEELED FOR SOME GREAT DEALS on natural sunscreens and bug sprays this summer!





PO Box 813
20 East First St.
Grand Marais
MN 55604

HOURS SEPT-JUNE:
MON-SAT 9AM-7PM
SUNDAY 10AM-6PM

HOURS JULY-AUGUST:
MON-SAT 8AM-8PM
SUNDAY 9AM-7PM



A BIG CO-OP THANKS TO OUR NEW FULL EQUITY OWNERS!

What is 'Full Equity'? See page 3 to find out!

ABBOTT, JOHN & TRACY
ACERO, HARTLEY
ADAMS, GRANT
ANDRUS, IAN
ARROWSMITH DECOUX, ROSE & JAY
ATTLESON, KATY & GEOFF
ATTRIDGE, JAN
BACKLUND, BARBARA
BACKLUND, TERRY & LORI
BAUMANN, TERESA & DAN
BERGERON, KEITH
BLAKE, HELENA
BOGEN, WAYNE
BOLAND, MICHAEL
BOUGHNER, JILL
BOYD/ST. JOHN, BELVEL & JETTY
CARLSGAARD, KRISTEN
CARLSON, SHAWN
CARTER, KARI
CASEY, LYSLE
CLOUGH/ASH, COLEEN & JERRY
CZESWIK, JOANNE & RANDY
DAUGHERTY, JMJDY
DAY, TIMOTHY
DIMITROVA, PLAMEN
DOLAN, GARY
DRAKE, RUTH
DUDLEY, DAVID
ECKEL, DAVID
EKSTROM, LEAH & HEATH
ELFVIN, RAIN
FANGEL, GREG
FARCMIN, MARGARETTE
FIRST CONGREGATIONAL UCC
FISHER, ORLENE & DARREL
FORIS, LESAANN
FORTIN, ROBB
FOSTER, KRYSTEN
GARRY/HAND, MICHAEL & AMANDA
GENTZ, MIMI & GREG

GILBERTSON, DAVID & CINDY
GILLIS, CHRIS & ANNE
GLASNAPP, MARY & MARK
GLENNON, BETSY
GORDON, BRENDA & ROBERT
HANFORD, CAROLINE & DANIEL
HARRELSON, GEORGE & MARY
HARSIN, STEVE
HAY, MARY
HEGG, CHRISTINA
HENNEMAN, JOHN & BROOK
HENNES, SUZY
HENNESSY, PATRICK
HENSCHE, WAYNE
HERUTH/JOHNSON, ISAAC & ANNA
HEULE, CLAIRE
HILL, LAURIE
HINCHMAN, RITA & KEITH
HOCH, DAVID & JULIE
HOLDERRIED/KOTZ, SUSANNE & PAUL
HOLLAND-MEHLHAFF, CHRIS
HOWARD, DIANE
HUSBY/CULLEN, SCOTT & TRACEY
ILSTRUP, ROBERT
IRVING, JASON
JACOBSEN, SANDY
JACOBSON, PAUL & DIANE
JOHNSON, CINDY & DAVE
JOHNSON, JOANN & DAVID
KALLBERG, JON & JANE
KARTES, JENNY & MATHEW
KARTES, TARA
KNUTSON, KIM & TOM
KOKEMLLER-BERKA, JANA
KURSCHNER, TOM
KURTZ, JESSIE
LA TRACE, LACEY & NATHANIEL
LACK, STEVE & MONICA
LAKY, LEAH
LAPOINTE, CAROLE

LARSEN, CHERYL
LEE, BETTY
LEHTO, AMY
LEUTY, ROMA & PETER
LIEN, EMILY & TIM
LILJA, JERRY & JOAN
LINDER, LAURIE & DAVE
LINDSTROM, JOSH & STEPHANIE
LOPEZ, JEREMY
LUBAN, LYNNNE
LUCCHESE/HOLLOWAY, DEREK & SUE
LUEBBERT, RUSSELL
LUND/CARLSON, RON & RENA
MARSHALL, JAMES
MARTINEZ, ELIZABETH & LAWRENCE
MCCORMICK, JACOB & APRIL
MCFARLANE, ALICE
MEISSNER, REGINE
MILLER, TODD & SUSAN
MILLER/HARRINGTON, TERRY & SUE
MITCHELL, DIANA & JEREMY
MIXDORF, RYAN & KRISTA
MOTSCHENBACHER, JUDY
MUNDELL, ANNE & JOE
NETLAND, SHONNA & STEVE
OBERG, MELISSA & KIRK
OLSON/BODDY, MIKE & HELEN
ORDEMANN, CHRISTINE
PAULY, MICHAEL
PEDERSON, KIRSTEN & LINDER
PEMBERTON/DETTLER, TAISHAW & ADAM
PERKINS, CAROL
PETERSON, BARBARA & CARROLL
PEURAMAKI, DANIELLE
PIERCE, ALICIA & ERIC
PIFER, ANN & NIC
POWELL, PAULA MARIE
PRATT, AMBER
QUAIFE, COURTNEY & TIM
QUELLO, MARK & MARJORIE

QUICK, DAN & LINDA
QUISTAD, YELENA
REEVES, PATRICK & CHRISTINA
REICH, KRISTEN
RICHARDSON, SUSAN & MARK
RIERSON, GRETCHEN
ROBERTSEN, PEG & STEVE
ROBINSON, GARY & SUSAN
SANDSTROM, ANNA & WILL
SCHMIDT, REED
SCHUETT, TERSENIA
SENTY/HAWKINS, KELLY & KYLER
SLOMKOWSKI, LAURIE
SMITH DEB
SMITH, JEANNE
SMITH, WENDY
SMITH/HANE, JINSEY & JIM
SMYTH, PATRICK
SOMNIS, MARY & SARAH
SPECK, JENNIFER
STARKEY, SHELLY
STECKELBERG, JONATHAN
STRAND/GLUFKE, ANDREW & SIMONE
SWANSON, LINDA
TERRY, CATHY
UPDYKE, SANDRA
VALDIVIA, TERRY & ANNETTE
VEIT, DEB & STEVE
VERNON/MCCLOUDHAM, KATE
WAHLERS, LISA
WALL, STEVEN
WARSHAWSKY, SHERI & DAVE
WATSON, ERIN
WEBERG, AMANDA & MATT
WESTERLIND, ANDREA & ROGER
WICKWIRE, MOLLY
WIITALA, GREG
WILLIAMS, MARTINA & SETH
WILSON, TODD
WOOD, JO