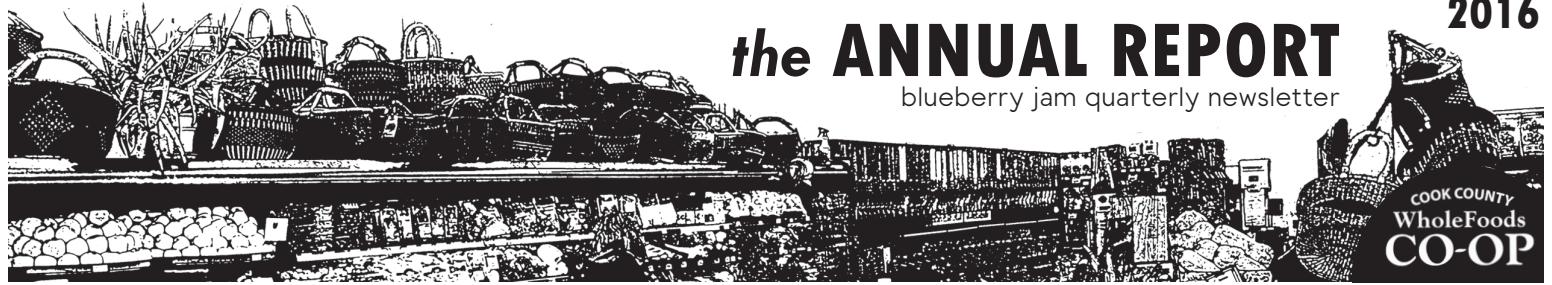


2016

the ANNUAL REPORT

blueberry jam quarterly newsletter

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

184 NEW OWNERS

**MORE THAN
\$4 MILLION
IN SALES**

**11.12% SALES
GROWTH**

**\$6,125
COMMUNITY
CONTRIBUTIONS**

**MORE ON
PAGE 4**

the BOARD REPORT

by BARB LAVIGNE Board President

2016 marks our Co-op's 40th anniversary and the CCWFC's Board of Directors has been inspired by our past. One of the fun projects we have been working on with Reed Schmidt is a graphic time line depicting the Co-op's beginnings, growth and changes over the years. The colorful panels will hang above the eating area and are full of pictures, graphs and information. In looking at our past, one of the things that stood out for me was the evolution of the produce department. I remember, as will a lot of you, when dried fruit was as close as we came to "fresh." Another bit of information that jumped out at me was the number of jobs that have been created. We started as a volunteer organization and now have 30 paid staff. Economic development indeed.

Our past is inspiring. We are the little store that could. And what will we do in the future? Part of the Board's job is to look in that direction as well. We continue to look at ways to keep our food dollars as close to home as possible. Purchases from Cook County suppliers are growing. We continue to look at ways to increase affordability. Check out the co+op basics™ program - a selection of staple foods and household goods that are priced below the suggested retail. The Co-op is able to offer this program not by paying less to employees or farmers, but instead, by working with a network of other cooperatively owned

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Historic Manager's Report page 10

National Co-op Month page 11

food stores across the country to negotiate lower prices on healthy, organic, and natural products. Look for the co+op basics™ tags throughout the store. What else would you like? Let us know - it's your Co-op.

This annual report is a good place to express some thanks. This year has been a very busy one at our Co-op and we should take time to thank the people who handled all that business with efficiency, grace and good humor - even on Sundays when both of the other local grocery stores were closed. Our staff is our greatest asset. Good work and thank you!

And thanks to all of you for shopping at the Co-op. We've come a long way in 40 years. I wonder where we'll go from here?

FORTY YEARS

AND GROWING STRONG

OCTOBER

40th Anniversary!

Time Line Unveiling Party

Wednesday, October 5, 4-6PM

Our Co-op was incorporated 40 years ago on this day. To celebrate, we are installing a time line above the café seating area. There will be cake and merriment. Everyone is welcome to join in the celebration!

Highway 61 Clean Up

Saturday, October 15, 10am-12pm

CCWFC became members of the Adopt-a-Highway program at it's inception in 1990, and we've been cleaning our strip of HWY 61 twice a year ever since. Come be a part of the legacy! Sign up, or show up at the Co-op at 9:45am. When we are finished, meet back at the Co-op for a lunch on us!

welcome NEW OWNERS

Aldrich, Myma
Backstorm,
Richard & Pamela
Bahr, Mary
Benesh, Chad
Bergslien, Bradley
Boulais, Danielle
Bowman, Kristofer
Burkhart, Jocelyn
Cook/Murphy, Bob & Ellen
Dieter, Robert & Trish
Dragswiek, Dylan & Sarah
Fredrikson, John
Henehan, Theresa
& Brendan
Hunter, Mona & Craig
Isle Royale Trans Line

\$120 TO JOIN
one time payment

PAY in FULL or \$12 QUARTERLY INSTALLMENTS (x10)
benefits start with first payment

LOTS of Benefits!

stop by the store to become
an owner! more info at:
218.387.2503
cookcounty.coop

Lambert, Amy
McCartney, Wendy
Monten, Michael & Rosanne
Nelson, Connie
Olson, Bruce & Martha
Olson, Grant & Anna Marie
Oranje, Janet
Pelto, Scott & Beth
Peterson, Erika & John
Rubbelke, Megan
Seltz/Markusen,
Ellen & Jessica
Shepard, Larry
Sommer, Stephanie
Sullivan, Brett
Sunde, Alan & Lisa
Zakrewski, Carolyn

EQUITY FACTS: Ownership in Cook County Whole Foods Co-op is voluntary. Pursuant to our bylaws, you may request a refund of your equity account balance. Refunds will be made within 90 days of a written request if replacement funds are available at that time as determined by the Co-op Board of Directors. If your ownership account expires and you do not request a refund, your account balance will be added to the Co-op's capital fund after two years of inactivity.

ANNUAL MEETING at Voyageur Brewing Co.

Tuesday, October 18, 5:30pm-8pm

Come vote for the three open board seats, play Co-op trivia for prizes, enter the prize raffle, and socialize with owners, staff, and the Co-op board! Oh yeah, and don't forget all the free Co-op deli food + 1 free drink token per person! Live music by **Dat Dere Jazz** (see page 7), before and after the meeting. See you there!

Wellness Wednesday

Wednesday, October 19

Everyone can take an additional 10% off most wellness items, as well as enter the wellness raffle.

Board Meeting

Tuesday, October 11, 5:30-7:30PM

Everyone is welcome to attend board meetings. If you have a topic to introduce, please contact the board in advance.

NOVEMBER

Owner Appreciation Day

Saturday, November 5

Wellness Wednesday

Wednesday, November 16

Thanksgiving: Closed

Thursday, November 24

Regular business hours on Wednesday and regular hours resume on Friday, November 25.

DECEMBER



Holiday Party

+ Owner Appreciation Day

Monday, December 5, 4-6PM

Live music, good cheer, and the community room will be full of good things to eat from the deli and delicious, holiday beverages. Come one, come all!

Wellness Wednesday

Wednesday, December 21

Christmas Eve Limited Hours:

Saturday, December 24: 9am-4pm

Christmas Day: Closed

Board Meetings in November and December
to be decided. Check our website for updates.

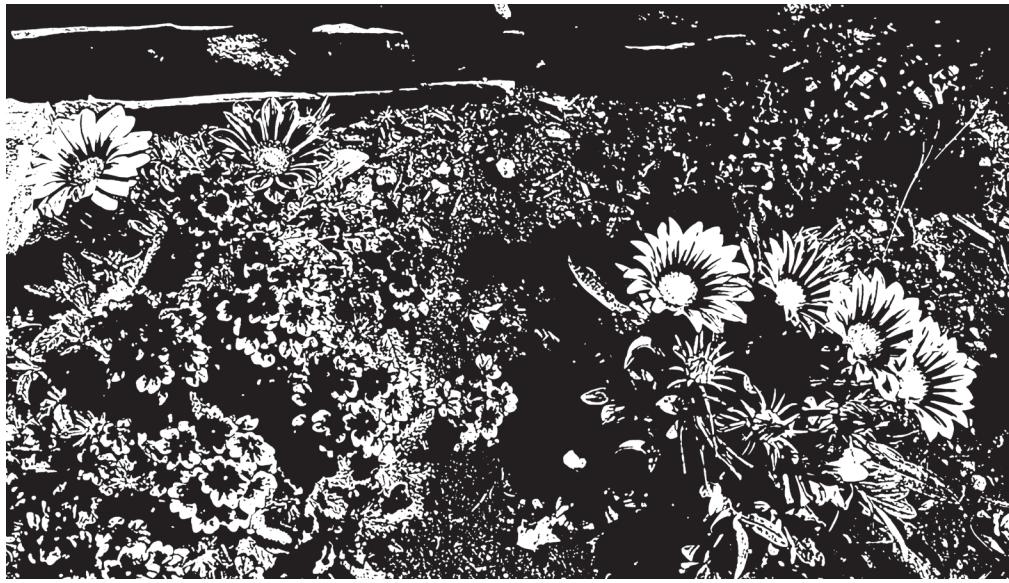
CCWFC has

2224

OWNERS

1311

**FULL EQUITY
OWNERS**



KENT JONES kept our front garden gorgeous all summer long. Thanks Kent!

Now in beta at CCWFC: CLASS-SHARES

We all know how hard it can be to schedule a time that works for everyone. That's why we are trying something new this year: Co-op Class-Shares.

Formerly, we'd schedule all the event details and hope they worked for at least a few people. Now, with Class-Shares, we present you with the classes. If you are interested, get a group of your friends or family together (non-owners equally welcome), and we will schedule the class around your schedule. You set the terms, we will provide the space and instruction.

FALL / WINTER CLASS-SHARES

HOLIDAY GIFT MAKING with Kim Falter \$30 a group / max. 8 students

Gather your friends and family for this fun, hands-on class, and make lots to take home! Make perfumes, room sprays, body scrubs, and all kinds of things for your loved ones this holiday season. All materials included in the cost of the class.

Holiday Gift Making can be scheduled between NOV 15 - DEC 15, 2016.

STEPS: 1. gather interested parties 2. pick a time 3. contact Reed or Kim at **218.387.2503** or **reed@cookcounty.coop** to set up your event. Class time availability will still be subject to instructor and space availability.

- FOOD SHELF:**
-  food shelf donations
 - 16 4-pack Field Day Peach Cups
 - 24 jars of Field Day Peanut Butter
 - 24 bags of Field Day Pretzels
 - 48 boxes of Cascadian Farms Multigrain Square Cereal
 - 24 cans of Henry & Lisa's Wild Caught canned salmon
 - 24 cans Wild Planet canned tuna
 - 129 packs Koyo Ramen

NEWS HIGHLIGHTS:

CARTER, ATTICUS, & GRACE have been the Explorer's Club monthly-drawing winners from July to September. They each got a nifty, tin lunch box! Thanks for exploring! Drawings are held monthly, on the 5th. All shoppers may sign up their children 12 & under.

BURT & KIM CARLSTAD-GILLIS were the winners this year for the Honest Tea™ Beach Bike Sweepstakes! Congratulations, you two!



thank you FULL EQUITY OWNERS

Aldrich, Myma
 Anselment-Olson, Nancy
 Baker, Jennifer
 Bassett, Tim
 Batz, Kristie
 Benson, Steve & Yvonne
 Bergslien, Bradley
 Bowman, Kristofer
 Branby, Jeanne
 Burkhart, Jocelyn
 Cardinal-Pett/Pett,
 Clare & Stephen
 Cooke/Murphy,
 Ellen & Bob
 Dieter, Robert & Trish
 Dodd, Heidi
 Donaho, Stephanie
 Fredrikson, John
 Gray/Anderson,
 Kathy & Jim
 Harrington/Okie,
 Mary & Jesse
 Henehan,
 Theresa & Brendan
 Hunter, Mona & Craig
 Isle Royale Trans Line
 Iuvancigh, Terry
 Malters, Michele & James
 McCartney, Wendy
 Nelson, Connie
 Olson, Bruce & Martha
 Oranje, Janet
 Pederson, Collette
 Raiho, Pam
 Rubbelke, Megan
 Schuler, Jenny
 Schwinghammer, Heidi
 Seltz/Markusen,
 Ellen & Jessica
 Silence, Sara & Gideon
 Sommer, Stephanie
 Spink, Peter

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!

PERCENTAGE of TOTAL SALES by DEPT.

FISCAL YEAR 2015

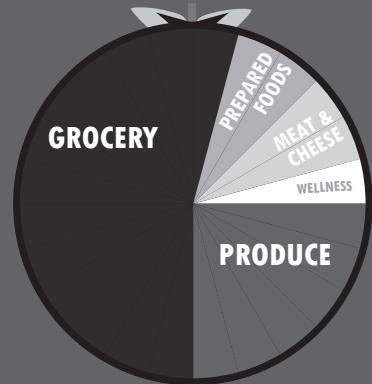
GROCERY 54%

PRODUCE 17%

PREPARED FOODS 12%

MEAT & CHEESE 10%

WELLNESS & GENERAL MERCH 7%



11.12%

TOTAL SALES GROWTH

444 CUSTOMERS A DAY

14% 14%

11%

GROCERY

WELLNESS & GENERAL MERCH

PRODUCE

MEAT & CHEESE

PREPARED FOODS

20%

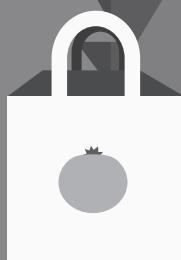
17%

SALES GROWTH by DEPT. 2015-2016

30 EMPLOYEES

162,137

TOTAL TRANSACTIONS



\$24.32

AVERAGE BASKET SIZE

STATE of the CO-OP

by JENNIFER STOLTZ General Manager

It's been an exciting year at Cook County Whole Foods Co-op. We're celebrating our 40th anniversary and continue to grow. In addition to being a profitable grocery store, we made a lot of progress toward our Ends Statement. Ends are written policies which define results, outcomes or benefits that, as a result of all the work done by CCWFC, should occur. Here are some of the highlights of the year:

- Sales of local products totaled \$757,997 (19% of sales), and sales of Cook County products totaled \$80,635 a 22% increase over the last fiscal year
- Discounts to Owners equaled \$37,165
- Offer a free meeting room where we host an average of one meeting per day
- Introduced a Good Harbor Hill Coupon and Scholarship to increase affordability
- Paid out 30,768 bag discounts
- Gave away 4,585 pieces of Explorer's Club Fruit
- Received a sustainability star award for having the most energy efficient co-op in the Midwest
- Wages, salaries and benefits to employees equaled \$888,574
- Installed solar panels on our roof to reduce electricity needs by 15% and will reduce carbon dioxide emissions by 33 Tons per year.

2016 FINANCIAL REPORT

JULY 1, 2015 - JULY 1, 2016

COMPARATIVE BALANCE STATEMENT

	JULY 1, 2016 F.Y. 2015	JULY 1, 2015 F.Y. 2014
ASSETS		
Current Assets	\$613,868	\$676,314
Property/Building/Equipment	\$2,182,896	\$2,211,958
Other Assets	\$(23,671)	\$(23,671)
TOTAL ASSETS:	\$2,773,093	\$2,864,601
LIABILITIES & EQUITY		
LIABILITIES:		
Current Liabilities	\$245,939	\$216,624
Long Term Liabilities	\$1,620,280	\$1,847,813
TOTAL LIABILITIES:	\$1,866,219	\$2,064,437
EQUITY:		
Member Equity	\$459,277	\$423,159
Capital Reserve Fund	\$53,887	\$54,014
Earnings/Assets/Income	\$393,710	\$322,991
TOTAL EQUITY:	\$906,874	\$800,164
TOTAL LIABILITIES & EQUITY:	\$2,773,093	\$2,864,601

COMPARATIVE INCOME STATEMENT

	F.Y. 2015	F.Y. 2014
Sales	\$4,056,925.00	\$3,651,075.00
Less Cost of Goods Sold	\$(2,473,896)	\$(2,214,944)
NET SALES:	\$1,583,029	\$1,436,131
Operating Expenses	\$(1,359,160)	\$(1,239,876)
Other Income/Expense	\$(153,113)	\$(132,436)
NET INCOME:	\$70,756	\$63,819

Board DECLARATIONS of CANDIDACY

HOW DO I VOTE?

at the ANNUAL MEETING:

Voyaguer Brewing Company
October 18, 2016, 5:30pm - 8pm.
We will have ballots there for you to cast, snacks, prizes, games, and free drink tokens.

in the STORE:

The Ballot Box will be in the store from **October 5 - October 18**.

by MAIL:

Mail your completed ballot to:

Cook County Whole Foods Co-op
PO Box 813
Grand Marais, MN 55604

All ballots must be received by **October 18, 2016 to be counted.**

DON GRANT *incumbent*

I am running for my second term on the Cook County Whole Foods Co-op Board of Directors. It has been a great privilege to serve on the Board the last three years, including 2 years as vice president and treasurer. I am a firm believer in Co-op principles and in the Co-op mission as expressed in our Ends Statement. The last few years have seen advancement of the Ends in a number of areas including more affordable healthy food through the co+op basics™ program, increased availability of local foods, increased wages for staff, and installation of solar panels to allow more sustainable operation of the store and reduced operating costs. If reelected, I will continue to assist the Co-op in advancing the Co-op Principles and Ends both in the store and the community at large.

BARB LAVIGNE *incumbent*

I am running for a third and final term on our Co-op's Board of Directors because I believe the Co-op improves our quality of life here in Cook County, and I like being a part of that. I joined the Board before the expansion. The new store is a great success, and I'd like the opportunity to continue to look for ways to improve our impact on our community.

ERIN WATSON

After being involved with the Co-op in various capacities over the last eight years, I am excited to be pursuing the opportunity to serve on the Board of Directors. I have always been invested in supporting community wellbeing and feel that our Co-op plays an essential role in this. Professionally, at the clinic and with the WIC program, I work to connect community members with financial, educational, and nutritional resources. As a board member, I would bring the experiences I have gleaned from this work to the table. If elected, I look forward to playing an active role in ensuring a bright future for our Co-op and the larger community it serves.



DON GRANT *incumbent*



BARB LAVIGNE *incumbent*



ERIN WATSON

CCWFC 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, and services for all. 2. A leader in environmentally sustainable practices. 3. A source of employment that provides meaningful work and fair compensation. 4. A welcoming and friendly gathering place where the community has a sense of belonging. 5. A trusted resource for information on food, wellness, and the value of cooperative principles.

Spotlight on 2016 PRODUCER SCHOLARSHIP WINNERS

the WILSON FARM

The Wilson farm is 2 acres of strawberries in Hovland, MN. The berries have been maturing in flavor and yield each year since they pioneered the land for the world-class strawberry patch it's becoming. The cover crop of annual rye, oil-seed radish, and mammoth red clover has been very effective in keeping summer weeds in check, but it's a lot of work to manage weeds without the use of pesticides. The Wilson's asked us for a small grant to get hoes for the whole family, which would help so much with weed control, and we had to say, of course! Sure thing. More berries, please.

When adhering to organic practices, farmers like the Wilsons really only have their own hard work, attentiveness, and ingenuity. And you can definitely taste the love in the Wilson strawberries! They aspire not to create more fields, but to continue to elevate the quality of their strawberries and to maximize their berry yield using sustainable, organic practices in harmony with the land.

the ANDRUS FARM

The Andrus family dreams to make a living growing organic, sustainably raised food. With a lot of dedication and elbow grease, they've steadily been converting their 40 acres of forest into farm. From squash to beets to bright tomatoes, you can find just about anything growing in their small but dense fields: a well-tended cornucopia hidden in the old haunts of the caribou.

Yet without running water or electricity, the demands are many on the Andrus Family. Thanks to their commitment to sustainable and organic practices, CCWFC was glad to grant them a scholarship. It went toward purchasing the necessary equipment for improving and expanding their rain collecting and irrigation systems.

As Ian Andrus told us, "We believe it is so important to have small local farms in and around every community to provide secure, sustainable, fresh, and nutritious food to the people who live there." CCWFC couldn't agree more.



the WILSON FAMILY



IAN ANDRUS

Are you a COOK COUNTY PRODUCER?

If you are a Cook County producer, think about applying for our Local Producer Scholarship this coming winter. We begin accepting applications in January.

What is the BEAUTY of the BOARD?

A few of our board members share their insights and passion for the Co-op Board and why they take the time to serve...

"Working with the other board members is so gratifying because everyone is committed to healthy food and the holistic well-being of our community." -Lorrie Oswald

Lorrie says being on the board isn't just about sitting at the table and hashing out politics: it's intentional socializing, learning about each other, our community, and mindful practice of further fulfilling our Co-op Ends.

"Only with co-ops can we say, 'we own this store,' and take part in bringing positive change to our world."

-Judy Peterson

Judy says that on the board she gets to help make big decisions about how to offer living wages, become more sustainable, increase energy efficiency, and support our local community. Her favorite part of being on the board, though, is the people: the board members, the staff, and the owners.

"We need people passionate about the Co-op's values to lead the way." - Amy Henrickson

Amy believes in food that is as close to its natural state as possible, and food that is as locally sourced as possible, too. She is serving on the Board because she recognizes that in order for the Co-op to continue to prosper and be here for our community, we need people passionate about the Co-op's values to lead the way.

Local Band DAT DERE JAZZ

FRED ANDERSON: guitar

DON GRANT: trumpet

BOB LAMETTRY: cahon

DAVE MACLEAN: drums

MARTHA MARNOCHA: keyboard

JOHN PRAXMARER: bass

at Radio Waves, 2016



DAT DERE JAZZ

BOARD of DIRECTORS



JUDY PETERSON



DON GRANT



BARB LAVIGNE



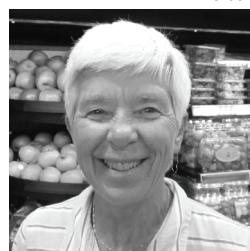
NICK VAVRICHEK



LORRIE OSWALD



AMY HENRICKSON



KATHY BOLSTAD

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DESIGN, EDITING, & PHOTOGRAPHY
Reed Schmidt

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

BARB LAVIGNE president
blavigne@boreal.org

DON GRANT
vice president & treasurer
dcgrant@boreal.org

JUDY PETERSON secretary
gjpete@boreal.org

AMY HENRICKSON
ash@boreal.org

NICK VAVRICHEK
kojnlv70@icloud.com

LORRIE OSWALD
boreallor@gmail.com

KATHY BOLSTAD
bolstadedward@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.**



HISTORIC CO-OP RECIPES

These recipes are from the cookbook, *Favorites*, published by our Co-op in 1992. It was put together by our owners and illustrated by Betsy Bowen.

BOGUS BIRD or Turkey Surprise

by CHEL ANDERSON

Select one enormous winter squash, i.e. hubbard or pumpkin. Clean and stuff amply with vegetables of your choice. Roast until skin turns brown and crispy. Conceal all under tightly tucked aluminum foil. When your carnivorous guests are seated at the feasting table, uncover, carve, and yell... Surprise! Remember: the trick is not to arrange a meal, but rather to find people who can enjoy it. "Nietzsche".

YELLOW SPLIT PEA SOUP with Spiced Yogurt

by ADEL TIFFANY

SOUP:

2 T. butter
2 garlic cloves minced
1 inch ginger root, peeled & minced
1/2 tsp. ground cumin
1 celery heart, or 2 sticks, diced
7 cups water or stock
1 2/3 cups split yellow peas, soaked 2 hours plus
1 large onion, minced
1 bay leaf
1 tsp. salt
3 cloves, ground
2 medium carrots, diced
Grated peel & juice of 1 lemon.

SPICED YOGURT:

1/2 cup plain yogurt	1/2 tsp. paprika
1/4 tsp. ground cumin	1/2 tsp. turmeric
1/4 tsp. cayenne pepper	

Warm butter and add onion, garlic, ginger, bay leaf, and salt. Add cumin and cloves. Stir over low heat 3-4 minutes. Drain peas, add to the onion along with celery, carrots, and stock. Bring to boil and then simmer until peas fall apart, about 45-60 minutes. Process soup in a processor or blender, then return to stove top. Add more water or stock for the consistency you prefer. Season with lemon and zest. Serve topped with spiced yogurt.

ROASTED PUMPKIN SEEDS

by JOANNA HUNTER

hulled pumpkin seeds soy sauce

Heat a pan over moderate heat and add hulled pumpkin seeds. Toast lightly, stirring constantly. When all seems to have popped (and before they burn!), sprinkle with soy sauce to taste. Stir well and quickly. Put in a bowl and cool before serving.

HARVEST BARS

uncredited: notes by AMY HENRICKSON

2/3 c. sugar or 1/2 CUP maple syrup
1/2 c. Gold-N-White Flour
1 tsp. baking soda
1/2 tsp. cinnamon
1 1/2 c. coarse chopped pitted dates or dried apricots / cranberries
3/4 c. coarse shredded unpeeled apple
2/3 c. oil
1 1/2 c. rolled oats
1/2 c. whole wheat flour
1/2 tsp. salt
1/4 tsp. ground cloves
1 c. chopped walnuts or pecans / almonds

Grease a 9x13" baking pan. In a large bowl, beat sugar and oil; add eggs and beat 3 minutes. In another bowl, combine oats, flours, soda, salt, cinnamon, and cloves. Add the dry ingredients to the oil mix. Beat to blend thoroughly. Fold in dates, apples, and walnuts, mixing well. Spread batter evenly in prepared pan. Bake at 350 degrees for 20-30 minutes. Cool on rack. If desired, dust with powdered sugar.

FAVORITES

RECIPES FROM
COOK COUNTY
WHOLE FOODS COOP

*Grand Marais
Minnesota*



PATRONAGE REBATES

by JENNIFER STOLTZ General Manager

Since the Co-op was profitable this year, we will be giving money back to our owners in the form of a patronage rebate.

Here's how patronage rebates work:

When a co-op has a profitable year, the board of directors has the discretion to distribute a portion of the profit to our owners. By law, rebates can only come from money that co-op owners spent at our store. It is allocated to each owner in proportion to his or her purchases at our Co-op.

Cook County Whole Foods Co-op's total sales for fiscal year 2015-2016 were \$4,056,925. Owner purchases accounted for 75% of those sales, which is a great rate of owner participation for co-ops! So 75% of our net income (or \$55,689) was available for the rebates. The board of directors looks at our financial performance each year, considers the co-op's needs for the future and decides what portion of the surplus to pay out or retain. This year the board decided to pay out 50% of the surplus as cash and retain 50% as Class B stock. The Class B stock is held in your name as part of your investment in the future of our co-op. We plan to send the checks out by early December. **Please let us know if your address has changed to ensure delivery of your patronage rebate.** Some owners may not receive a check if you made no purchases in the last fiscal year, or if you joined the Co-op after June 30, 2016. Patronage rebates are a great benefit of being a co-op owner.



the SEVEN COOPERATIVE PRINCIPLES*

1 Voluntary Open Membership

Open to all without gender, social, racial, political, or religious discrimination.

2 Democratic Member Control

One member, one vote. (owners are members).

3 Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

4 Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

5 Education, Training, and Information

Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

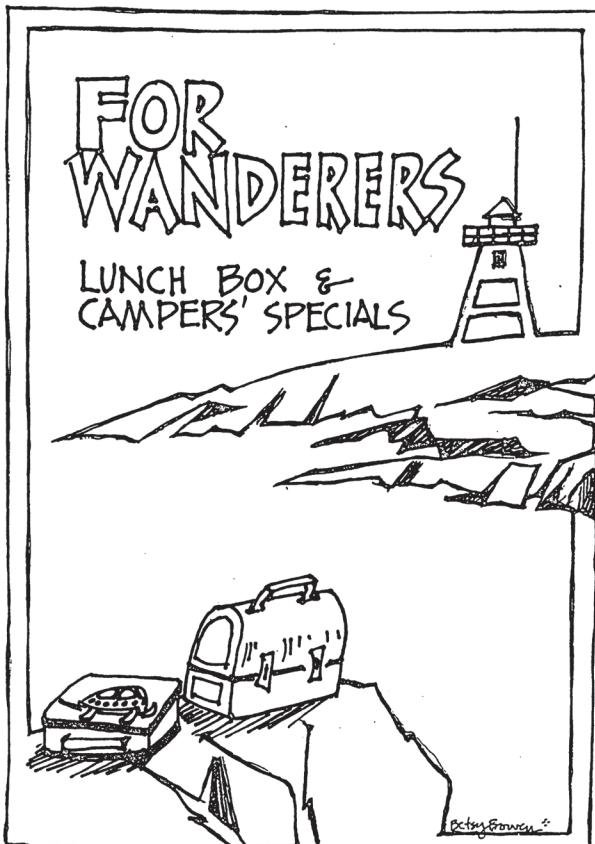
6 Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national, and international structures.

7 Concern for the Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

*Most co-ops adhere to the 7 principles--CCWFC is one of them.



Left and above: details of a few of the illustrations done by Betsy Bowen in the 1992 Co-op Favorites cookbook.

HISTORIC 1986 MANAGER'S REPORT

STORE MANAGER'S REPORT - Ruth Harvey

The Co-op has done a lot of new things since the last Newsletter. I didn't realize it until I started to list things: weekly advertising in the News-Herald, monthly ads in Manny's Shopper, fund-raisers, Fisherman's Picnic Specials, one-month work segments, computerized membership list, new winter hours, stickers instead of sales-slips, gold star specials, and even a file-cabinet!

Some of these happened in the last couple months. The clerks have coped admirably with new hours, new check-out system, and picking up the till also.

People have adjusted well to monthly work segments, although you have to be really committed to put in 6 to 8 hrs. per month. The success of new winter hours is hard to judge yet. With more morning hours, I hope to catch the shoppers who don't want to wait till noon; keep a consistent opening time, and with 2 late afternoons still offer shopping hours for those who work till 5 o'clock.

Using the cash register has cut down on errors. A quick look through the ledger shows most tills coming out even or just slightly off.

When you enter the store now, notice that at the check-out counter has been moved forward. The clerks appreciate the room; no more burned jackets this winter, I hope! Clerks now have a better view of the store.

The big change is the sticker system (I wonder how long people'll look for sales slips...). Simple to use, - just label bags with the price per pound, or the final price if the tare is used on containers. Everything can be weighed, priced, and rung up at one time. It's really faster! One draw-back is lack of counter-space - any solutions?

I'm finally learning to delegate work. Many thanks to Kay Tavernier, the key-and-till person; Cheryl Larson, who calls for workers; and Sharon Crosby, who has membership and worker discounts on computer. They make my job easier with their dedicated and conscientious efforts. They more than earn discounts!

We finally started something we'd been discussing for a year, - sales! We call them "Gold Star Specials." We coordinate some specials with warehouse sales. Hopefully, we can introduce you to new products and offer information and recipes and save you money. Eric MacBeth started this program. He categorized our products, figured prices, found recipes and information, - even named the specials! Sales currently are 2 months, but may switch to one month if the warehouse goes to monthly price lists and sales. Once we iron out bugs in record-keeping, it will be easier to offer monthly specials.

People like the program. I like the idea myself. If someone comes to buy cinnamon on sale and then purchases more items than anticipated, then the sale's doing its job.

Last but not least I want you all to pick up a copy of Common Health Press. The latest issue discusses Common Health's product policy. Inside are recipes, new product information, price lists, etc. New items include biscuit mixes, fruit syrups, and teas. Wheat and Rye berries, steel-cut oats, and other products now are in smaller quantities. I encourage you to special-order new products, as the store can't stock many more.

Things aren't about to slow down at the Co-op. We'll soon have new bins with plexiglass lids. Common Health has some great gift items we're carrying. And don't forget Beargrease is coming! We'll be there with a concession stand. Look for us!

NEW WINTER HOURS

Monday	10 to 2	Thursday	10 to 2
Tuesday	10 to 2	Friday	10 to 6*
Wednesday	10 to 6*	Saturday	10 to 2

* = extra hours for late shoppers

A NOTE FROM THE TREASURER- Teresa Borak

As of August I have taken over the book keeping. Our financial picture looks pretty good just now. We've been able to keep up on our bills, and even have a cushion to go into the winter.

the real joys of this Holiday Season...

EMPLOYEES of the MONTH PICK THEIR CO-OP FAVORITES



AMY SEITZ is making mulligawtawny above, her favorite of our deli soups. Be here quick on Thursdays if you want a bowl: it goes fast!



KRISTIN BOND favors the eggplant: not for its flavor, but for its royal aesthetic and mysterious nature.



KIM & LESLIE, double feature! Kim picks Gaia's Golden Milk for many reasons: ask her about it when you see her in the store. Leslie picks Fage plain 2% yogurt because it is the perfect daily yogurt: high protein, low sugar, lots of probiotics, and it's just plain delicious!

OCTOBER IS NATIONAL CO-OP MONTH

What is a co-op? by coopstrongertogether.coop

We all have childhood memories of parents, teachers and others encouraging us to work together. A co-op is what "working together" looks like all grown up. From the outside, many co-ops look like any other business, since a co-op provides products and services like conventional businesses do. But it's what goes on behind the scenes that makes it different.

A cooperative exists to serve its members, but what makes co-ops unique is that the members are also the owners. So, in addition to getting the products and services you need, you also have a say in the business decisions your cooperative makes.

Rather than rewarding outside investors with its profits, a co-op returns surplus revenue to its members in proportion to how much they use the co-op. This democratic approach to business results in a powerful economic force that benefits the co-op, its members and the communities it serves.

Why co-ops matter

Cooperation is defined as working together towards the same end, and joining forces to accomplish a task that one can't achieve alone. Simply put, co-ops provide the framework that allows people to get what they want in a way that better meets their economic, social and cultural needs.

And because cooperation builds strong bonds between the people who use products and the people who supply them, co-ops offer a way to transform the way business is done. Co-ops give you the opportunity to get the products and services you need on a daily basis while strengthening the community around you.

In addition to a co-op's commitment to serving its members, most adhere to a set of seven principles that help guide the business. And as a result, many co-ops set a standard for the surrounding business community with a commitment to environmental and social responsibility.



On behalf of the food shelf, Ken & Jean accept a \$1000 check from the Co-op, July 2016.

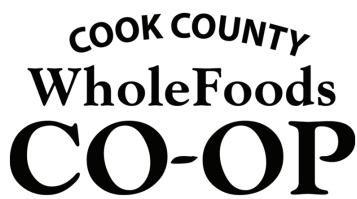
Did you know? Co-ops are all around you

Co-ops of all kinds are all around you. More than 800 million people around the world belong to cooperatives, and at least 100 million of them are employed by co-ops. And more often than you probably realize, co-ops play a vital part of your everyday life.

Consider the cup of coffee and cranberry muffin you recently enjoyed. That premium Sumatra Siborong-Borog coffee was likely purchased from a grower co-op in Indonesia. The flour in the muffin started as wheat from a farmer-owned, grain elevator co-op in the Midwest, and those cranberries might be from Ocean Spray, a producer owned co-op.

Knowing the source of the foods you eat, the services you employ and the products you purchase are just a few of the benefits of joining a cooperative. As a member, co-ops invite you to take part in the way your favorite grocery store or financial institution is run, and share in any profits. This community approach to business is at the heart of the cooperative philosophy.

Find the whole article and helpful links at <http://strongertogether.coop/food-co-ops/what-is-a-co-op>



218.387.2503 | cookcounty.coop

ANNUAL MEETING

at VOYAGEUR BREWING Co.
on OCTOBER 18, 2016
from 5:30-8PM

HOURS

MON-SAT 9am - 7pm

SUNDAY 10am - 6pm

HOLIDAY

DEC 24 & DEC 31: 9am - 4pm

NOV 24, DEC 25 & JAN 1: CLOSED



COOK COUNTY
WholeFoods
CO-OP
2016 Ballot for the
BOARD of DIRECTORS
ELECTION

PICK THREE CANDIDATES

There are three open seats on the board.
Please check three.

- DON GRANT** *incumbent*
- BARB LAVIGNE** *incumbent*
- ERIN WATSON**
- OTHER** _____

Owner Number _____ Required for valid ballot.

Your owner number is the 4 digit number listed after your name on this mailing.

One ballot per ownership.

Ballots must be received by Tuesday, October 18, 2016.

- 1) Bring your completed ballot to the Co-op.
- 2) Or bring it to the Co-op Annual Meeting: Tuesday, October 18, 2016 at Voyageur Brewing Co.
- 3) Or mail it to: Cook County Whole Foods Co-op, P.O. Box 813, Grand Marais, MN 55604.