



September 2004

Views from Bluff Country

Board of Directors

President:

Hans Madland

hans_madland@yahoo.com

Vice-President:

Mike McMullin

mocmyc@hbc.com

Secretary &

Outreach Committee:

Leslie Foote leslie.

foote@winona

.k12.mn.us

Treasurer:

Pat Bailey

pbailey@hbc.com

Local Producer & Food

Systems Committee:

Vicki English

venglich@hbc.com

Emilie Falc efalc@winona.
edu

Education Committee:

Diane Petz

dpetz@hbc.com

Assistant Secretary:

Ramona Redig

ramonaredig@hotmail.com

Loan Committee:

Larisa Walk

boxeldergrove@yahoo.com

Board Meeting

September 7th

6:30 p.m. at BCC

New Board

Members Needed!

2 Year Term.

**Contact a current
board member for
more info.**

Turning Leaves

This month the co-op begins a new fiscal year, an arbitrary division of time, though its culmination does coincide nicely with the harvest of the growing season's bounty. Late summer has held many hints of the seasonal shifts ahead for all of us, and this new year is sure to be a time of change for BCC.

Final figures are not available, but fiscal 2003-2004 was a profitable one for the co-op, our first since the nineties, and one year ahead of the business plan forecast for our progress after relocation.

Our sales grew by about 15% over last year, the first year we grossed more than one million dollars. We've been able to repay many of the member loans that helped us to move, and we've paid ahead on some high-interest loans.

Fallout from the systemic changes implemented by United Natural Foods, our primary supplier, angered a few customers last month, but for the most part we made the required transition rather smoothly. Rest assured that we continue our efforts to expand our base of local and regional suppliers and to encourage cooperative distributors.

**

This month BCC is introducing a new member discount policy. Co-op members in good standing (that is, members who have met, or who are meeting, their share purchase requirement) will receive a 5%

discount once a month, on a shopping trip of their choosing.

Simply tell the cashier when you wish to receive your monthly discount and our computer database will keep track of it. If we are out of a product on the day you use your discount, ask for a rain check that you can use later.

Members will continue to receive a 15% discount on purchases of full-case quantities.

Thirty-two of our 639 active members have been donating their discounts back to the store, designating them for donated equity or staff bonuses. These members may continue to donate their discounts by not claiming them, but will not be able to specify their use until we upgrade our computer system to gain that capability. We'll keep working on it.

Thank you to all of the members who expressed opinions on our discount policy. The majority of respondents over the last four months favored the once-a-month discount, a system common to many co-ops in our region. Of the 21 responses to the survey in our last newsletter, eleven favored the higher monthly discount, eight advocated keeping the old system, and two members suggested that we eliminate discounts completely.

We anticipate that the new system will reduce the co-op's discount expenses, thereby helping us to become more consistently

Continued on Next Page

profitable, and hastening the day when the board of directors can comfortably rebate a share of profits to members as patronage dividends.

**

Volunteers have contributed greatly to our co-op since its inception in 1972. From the days when daily “coordinators” would pay themselves a dollar an hour from the co-op cash box, to the weeks that energetic crews of carpenters, painters and cleaners helped renovate our new store, our members always have given of themselves for the greater good.

Many of our peer co-ops, including most in the Twin Cities, eliminated their volunteer programs years ago, after crackdowns by state labor and federal tax agencies. Programs that offer volunteers compensation (discounts) for performing work that could be done by paid staff run afoul of state labor laws. Technically, all workers in the store must be included in appropriate employment and insurance coverage and their compensation must be fully accountable to all income tax agencies.

Also this month, BCC introduces a new member volunteer program that encourages charitable service, adheres to labor and tax laws,

and fosters the seventh cooperative principle of concern for community.

Members who wish to donate time on the co-op’s behalf may volunteer at several area service organizations and earn discounts at BCC for the month following their work.

Volunteering two to four hours will earn a 5% discount on purchases during the following month; four to eight hours earns a 10% discount, and any service over eight hours per month earns 15% the next month.

BCC members will need to have a form signed by the agency to verify their work. Organizations that have agreed to participate as of this writing include the Winona Area Humane Society, the Habitat ReStore, Big Brothers/Big Sisters, Catholic Workers, Winona Volunteer Services, and Women’s Resource Center. We expect more groups to join us.

Heartfelt thanks to the many dedicated members who have helped our co-op in so many different ways over the decades. We all can take great pride in knowing that “We Own It”.

*Bob Copeland
General Manager*

The Hidden Costs of Farmed Salmon

Do you eat salmon? Lots of doctors and health practitioners are recommending it. Many health savvy magazines are boasting its health benefits. But there’s more to salmon than meets the eye. If you haven’t seen the word “wild” at your local market or co-op when shopping or on the menu when dining out, then chances are the salmon you’re eating is probably farmed. And that spells trouble for you and your family, for wild salmon, and for the oceans.

Many people think that buying farmed salmon saves wild salmon. However, salmon farms don’t protect wild salmon. Instead, farmed fish infect wild fish species with parasites and diseases, and compete for precious food and habitat. Sharing the same waters as wild salmon, farmed salmon are raised in floating feedlots near the shorelines of Chile, Canada, Europe, and the United States. Because they are raised in open cages, thousands of farmed fish are

restricted to floating pens about the size of a small house, which are tethered together. The sheer volume of farmed salmon waste overloads the surrounding pristine waters with fecal matter and antibiotic residue, ultimately killing beneficial organisms and bacteria in the water and on the sea floor. The result is a no-oxygen “dead zone” that can extend out from each tethered feedlot up to 500 feet or better.

Fish farmers administer literally tons of antibiotics each year, with hopes of pre-emptive disease and infestation control amidst the crowded conditions. In addition, red dyes or pigments are added to the feed to bolster the normally gray flesh of farmed fish to more natural looking reddish-pink tones. In effect, a farmed salmon is about as natural as a hormone/antibiotic-laden factory feedlot steer. The

Continued on Next Page

fishmeal and fish oil fed to farmed salmon is more contaminated with cancer causing dioxins than any other livestock feed available, according to a European study. As a result, a Canadian analysis of farmed salmon found that farmed stock was nearly ten times higher in PCB's than wild stock.

It used to be that the oceans seemed like a limitless frontier. But with today's increasingly sophisticated fishing fleets, the annual catch in the world's oceans is reaching the maximum that can be sustained. Already, a quarter of the world's fisheries are depleted or in the process of being overfished. Because salmon are carnivores, it takes nearly two and a half pounds of smaller fish like mackerel and sardines to raise one pound of farmed salmon. Therefore the continued plundering of smaller fish species to feed farmed salmon is an experiment in

planetary food chain manipulation with implications we have yet to fully realize.

The future of endangered wild salmon abundance is wholly dependent on worldwide preservation and restoration efforts. A key to strengthening our ties to this land and its waters is to respect the millennia-old relationship between people and salmon, and to support international, self-reliant fishing communities that continue sustainable methods of harvesting wild fish. Bluff Country Co-op is committed to carrying only wild species of seafood that are sustainably harvested. Our shoppers have the privilege of directly participating in the campaign to support wild fish species by purchasing any Ecofish or Natural Sea product on our shelves. For more information on wild salmon conservation and sustainable fisheries check out www.SectionZ.info or www.ecofish.com.

Lessons Learned After Surviving a Massive Heart Attack

I'm Joe Deden and for the last 25 years I have had the privilege to serve as Executive Director of the Eagle Bluff Environmental Learning Center, a residential environmental learning center located just north of Lanesboro. Last year we provided hands on, experiential learning activities about the ecology of this region for over 20,000 participants.

Growing up on a dairy farm near Red Wing, I have always eaten healthy foods - we primarily raised what we ate. Around age 40 my cholesterol levels became slightly elevated and with the help of my wife, Mary Bell, we changed our eating habits to eat lighter and lower on the food chain.

Nine years ago at the age of 43, I was working two full-time jobs and trying to get a bill through the state Legislature. While jogging one morning, I suffered a massive heart attack. I survived because of my good physical health and the speedy action of the Lanesboro ambulance crew and the Mayo Clinic.

During my recovery, my wife and I searched for available information on alternative life styles, as the long-term drugs that I was recommended to use would have long-term adverse health impacts. Little information was available and I was not supported by my primary health care providers.

Since then we have often discussed how Eagle Bluff would be the ideal place to hold a Wellness Weekend to share alternative health information. Eagle Bluff has a beautiful setting, a chef who makes flavorful, healthy foods, state-of-the-art meeting facilities, and the ability to provide overnight accommodations for a large group. Over the last year, we've worked with Complimentary Alternative Medicine (CAM) and Integrated Health Care professionals from the tri-state area to assemble an exciting weekend conference.

The upcoming CAM Festival which will be held November 5th through the 7th, is the fruit of our labors with 40 different speakers on Complimentary Alternative Medicine. Topics will include various forms of exercise and movement, dietary options, reviews of Eastern medicines and practices, stress and Integrated Health issues such as Chronic Fatigue, Lymes Disease, Homeopathy, Cancer Prevention, Energy Therapies, Menopause-Hormone Replacement and Alternatives and much more.

If you have had, or are having, health related problems, I encourage you to participate in this thoughtful weekend. Join us. Call the Eagle Bluff toll free number 888-800-9558 for more information or check our website www.eagle-bluff.org.

September Specials

GROCERY

	Size	Regular Price	Save	Sale
→ Mrs. Leeper's				
WF/GF Dinner Mixes				
Alfredo, Cheeseburger,	6.42-		15%	
NEW! Creamy Tuna, NEW! Lasagna	8.32 oz.			
→ Annie's Homegrown				
Bunnie Snack Crackers				
Cheddar, Whole Wheat, Ranch, BBQ	7.5 oz.		15%	

Sorry for the mix-up last month due to supplier problems - we will have both of these products on sale for the month of September since they were unavailable last month.

REFRIGERATED

→ Cascade Fresh				
Fat-Free Yogurt				
Plain	32 oz.	2.59	20%	\$2.05
Strawberry or Vanilla	32 oz.	2.99	20%	\$2.39
5 Flavors	6 oz.	.89	20%	\$.69
→ Lightlife 4 Kinds				
Sliced Veggie "Meat"	6 oz.	2.59	15%	\$2.19
→ Midwest Harvest				
Organic Firm Tofu	16 oz.	2.59	15%	\$2.19
→ Lisanatti				
Rice Cheese				
Cheddar or Mozzarella Style	11 oz.	4.69	15%	\$3.95
→ Nancy's				
Cottage Cheese Lowfat	16 oz.	3.79	10%	\$3.39
Organic				
Plain Yogurt Whole Milk Organic	32 oz.	4.29	10%	\$3.85
→ Stonyfield				
Organic Yogurts				
5 LowFat & 3 Whole Milk Flavors	6 oz.	1.09	15%	\$.89
→ Tofutown				
Tofu Tenders	2 Varieties	9 oz.	3.95	20% \$3.15
→ Whitewave				
Baked Tofu	3 Varieties	8 oz.	3.59	15% \$3.05
→ Wildwood				
Soy Smoothies	5 Flavors	10 oz.	1.49	15% \$1.25

FROZEN

	Size	Regular Price	Save	Sale
→ Amy's				
Cheese Pizza Toaster	11.6 oz.	3.65	15%	\$3.09
Pops				
→ Applegate Farms				
Sliced Turkey Bacon	8 oz.	4.09	15%	\$3.45
→ Ecofish				
Wild Alaskan Halibut	varies	21.99/#	15%	18.69/#
→ Moosewood				
Entrees				
Mac & 3 Cheese	10 oz.	3.29	20%	\$2.59
Moroccan Stew or	10 oz.	4.39	20%	\$3.49
SW Cornbread & Red Beans				
→ Lifestream 4 Varieties				
Waffle Fest Continues!	11 oz.	3.39-3.45	20%	\$2.69-2.75
→ Morning Star Farms				
Okara Pattie	9 oz.	4.39	15%	\$3.69
→ Nate's 3 Varieties				
Meatless Meatballs	12 oz.	5.19	15%	\$4.39
→ Quorn Foods				
Veggie "Chicken" Options				
Naked Cutlets, Patties, Tenders	10-12 oz.	4.69	15%	\$3.95
→ Tamale Molly All 3 Varieties				
Gourmet Tamales	10.3 oz.	5.19	15%	\$4.39

HOUSEHOLD

→ E.F.P.				
Dishmate	Lavender	25 oz.	4.09	15% \$3.45
ECOS Laundry Liquid				
with Soy-based Fabric Softener	50 oz.	9.15	15%	\$7.75
→ Halo CLOSEOUT				
All Halo Pet Products				25%
Cloud Nine Shampoo, Dream Coat, Vita-Mineral Mix, Vita-Dreams Greens, Derma Dream Salve, Herbal Ear Wash				
→ O-Zone				
Compact Fluorescent Air Purifying Light Bulbs				
Attention Allergy & Asthma Sufferers! Reduces Odors, Airborne Allergens, Bacteria & Mold Spores	23 watt	39.95	10%	\$35.95
100 watt equivalent brightness				
All Grilling Books & Tools				15%

September

Specials

WELLNESS

	Size	Regular Price	Save	Sale
→ BCC				
Iron-Free Multi Caps	90 cap	18.25	25%	\$13.69
Cal-Mag-Zinc	100 tab	8.99	25%	\$6.75
Ultra Citro Cee	1000 mg 50 tab	8.39	35%	\$5.45
Prolonged Release with Bioflavonoids/Antioxidants				
→ Boiron Homeopathic				
Chestal Cough Syrup	Adults or Kids Formula	4.2 oz.	8.15 20%	\$6.49
→ Herbs, Etc.				
Allertonic	Herbal Softgels	30 gel	9.99 30%	\$6.99
		60 gel	16.65	\$11.65
→ Pure Essence Labs				
AllerFree	Enzymes & Herbs	45 V-caps	14.99 30%	\$10.49
→ NOW				
L-Glutamine	1000 mg	120 caps	17.99 20%	\$14.39
→ Twin Labs				
L-Cysteine	500 mg	60 cap	15.79 30%	\$10.99
Collagen & Muscle Builder, Fat Burner & Detoxifier				
→ Renew Life CLOSEOUT				
Cleanse Smart Kit		2/60 V-Caps	29.95 20%	\$23.95
IBS Kit		2/60 V-Caps	29.95 20%	\$23.95
Intestinal Bowel Soother for Irritable Bowel Syndrome				
Candizyme		45 V-caps	25.95 20%	\$20.75
Candida & Yeast Management Formula				

BAKERY

→ Nature's Path				
Manna Bread	Organic Carrot Raisin or Multi Grain	14 oz.	3.29 20%	\$2.59
→ Rudi's Organic Bakery				
All Sliced Sandwich Breads - 5 varieties		22-24 oz.	3.95-4.39 15%	\$3.35-3.69

DELI WEEKLY

	Regular Price	Save	Sale
→ September 1-7			
Organic Garlic Hummus	5.99/#	10%	\$5.39/#
→ September 8-14			
Tofu Salad Sandwich	3.29	10%	\$2.95
→ September 15-21			
Roasted Red Pepper Hummus	6.99/#	10%	\$6.29/#
→ September 22-30			
Finally! A Veggie Sandwich	3.69	10%	\$3.29

BODY CARE

→ Jason			
Shampoos	Tall Grass Hi Protein, Tea Tree Oil	7.89 15%	\$6.69
Conditioner	For Kid Only!, Swimmer's & Sports	7.39 15%	\$6.25
→ Emerita			
Personal Lubricant		8.99 30%	\$6.29
→ Natracare			
Panty Shield	30 ct.	3.29 25%	\$2.45
→ Shaman			
Shampoos		6.69 15%	\$5.65
Conditioners		6.35 15%	\$5.39

BULK

NEW! Organic Walnuts	7.15/#	15%	\$6.05/#
Organic Black Beans	1.55/#	15%	\$1.29/#
Organic Green Lentils	2.15/#	15%	\$1.79/#
→ Our Family Farm			
Baked Cheese Crackers	5.85/#	10%	\$5.25/#
→ Dancing Star Farms			
→ Cafe Fair Organic			
Espresso Coffee	7.49/#	\$1	\$6.49/#
→ Equal Exchange			
Love Buzz Coffee	8.85/#	\$1	\$7.85/#

The Benefits of Cream Line Milk

Cream line or cream-top milk is a product that has been low temperature pasteurized to kill harmful bacteria, but has not been homogenized. The process of homogenization involves forcing or spraying the milk at high pressure through microscopic holes which break up the butterfat particles and make them mix more uniformly throughout the milk, therefore the cream will not separate. This is done primarily to give the milk product a longer shelf life. However, non-homogenized cream line milk allows the customer versatility. The cream on top can be utilized for homemade whipped topping or cream-based sauces, or the layers can be mixed together for a deliciously creamy glass of milk. Only a non-homogenized cream line milk offers these options.

In addition, cream line milk is also nutritionally superior to homogenized milk. Studies have shown that non-homogenized, cream line milk is actually healthier for the heart and vascular system because the larger butterfat particles do not as readily adhere to artery walls as the microscopic, homogenized particles do. Further studies have shown that homogenized milk may be linked to heart disease. Dr. Kurt A. Oster conducted a thirty-year investigation on this topic and has concluded that homogenized milk causes half of all heart attacks! One would wonder how the breaking down of fat molecules into smaller sizes could actually cause such serious health risks. The problem is an enzyme known as xanthine oxidase or XO for short. This enzyme is found in all milk fat, and would pass through our system normally, if not homogenized. However,

if a milk product has been homogenized, some of the XO may pass through the walls of the intestine and into the circulatory system. When the XO reaches the circulatory system it creates lesions or sores in the artery walls and in the heart tissue. The human body will try to heal these sores by depositing fatty tissue and cholesterol on them. Of course, over time these “healing” deposits build-up and cause blockages in the arteries and heart tissue, which eventually lead to heart disease and/or heart attacks.

If you choose to ignore the medical evidence, then look at the statistical evidence. The process of milk homogenization began in 1932. Before then, heart disease was rare but now it is one of the six leading causes of death in American males. Plus, studies have revealed that half of American children have associated lesions or sores by the age of ten, when the greatest volumes of homogenized milk are consumed. Help protect yourself and your family today by switching to cream line, non-homogenized milk! Bluff Country Co-op exclusively carries Farmers’ All Natural Creamery cream line, artisan milk in recyclable plastic bottles, featuring Whole, 2%, 1%, Skim and Buttermilk. This milk is produced locally by small Amish family farmers in Iowa and is a high quality, organic product with no chemical fertilizers, pesticides, hormones or antibiotics. Taste the difference today! For more information on local, non-homogenized, cream line milk contact the dairies direct at www.farmersallnaturalcreamery.com and www.crystalballfarms.com.

Hello Deli

My name is Brian Britten. I have recently been hired to co-manage the deli. I bring many years of experience in deli management to Bluff Country Co-op and hope to help make your shopping experience more exciting.

My life in food began with a great mom. I was one of the fortunate people who had a mom that can bake anything. So I grew up with someone who baked fresh bread and delights. We also had a huge garden. So I have always been interested in food from the very beginning.

My next experience with food and actually cooking for others was at the Mill Road Café in Galesville. Throughout my college years, I worked there under the tutelage of Jane Herbert. Of course it wasn’t just the food, but how it was prepared. My experience there enabled me to look into the world of natural foods. It’s the first place where I had brown rice and other foods I was not familiar with while growing up. After college, I left the Mill Road Café and pursued my love for coffee.

Working at Gloria Jean's Coffee in Eau Claire, and then in La Crosse, was my next venture down the culinary trail. It was the new thing in food as espresso and cappuccino started to become more popular and people wanted to get away from coffee that wasn't freshly ground. This experience gave me management and training skills that played into my next position at Barnes and Noble Booksellers, but it wasn't long after that I got the craving to work with food again. My craving was satisfied when I got the opportunity to work at People's Food Co-op in La Crosse.

People's Food Co-op gave me a fresh perspective on food. I was given great challenges

to tackle, but education was always in the forefront as we tried to understand where we needed to go as an organization. People's Food Co-op allowed my to sharpen my tools and learn a great deal about natural and organic foods as well as special dietary needs of our customers. However, I needed a change again. I am going back to school for computer networking. I hope that my new challenges with school and with BCC give me new perspectives in my life process.

Please come by and say "Hi" to me if you see me at the Co-op. I look forward to meeting you all.

Brian

Upcoming Community Education Classes

Spanish Tapas, Lynne Rabuse, Saturday, September 18, 9-Noon at WMS Room #220, \$10

Putting Food Up, Pat Bailey & Carolyn Dingfelder, Tues., September 21, 7-8:30 p.m. at BCC, \$10

Food as Medicine, Karen Vrchota, M.D., Wednesday, September 22, 7-8:30 p.m. at BCC, \$10

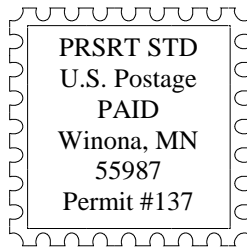
Are You Eating According to Your Body Type?, Peter Gabryshak, D.C.,L.C.P.,

Thursday, October 7, 7-8:30 p.m. at BCC, \$10

Update on Chronic Fatigue, Fibromyalgia, Chronic Lyme Disease, Heart Disease & Strokes,

Karen Vrchota, M.D., Wednesday, October 27, 7-8:30 p.m. at BCC, \$10

Contact Community Ed to register - 654 Huff St., Room 105A, Winona, phone (507) 494-0900



Rural Addresses

We still haven't heard from most of our rural members - we need to have your new addresses updated or you will no longer be receiving a newsletter in a couple of months. Don't forget to let us know as soon as possible!!!

Support Winona Catholic Workers on August 29th

Winona Catholic Workers are a Christian faith community, not an agency; they welcome as their sisters and brothers those who need a place to stay, seeing them as ambassadors of God. The Dan Corcoran House, which provides overnight hospitality to single women and families, opened in 1992. It is named for a local priest whose own example of working for justice, mercy and peace has inspired many of the Catholic Workers. Bethany House, named after the town where Jesus went to receive hospitality from Martha, Mary, and Lazarus, opened in August 1996 and provides drop-in hospitality, Monday-Friday, from 4pm-7pm.

They follow the Catholic Worker tradition by accepting the Gospel invitation to be personally responsible for their neighbors in need. Placing their trust in God's Providence, they rely entirely on private donations of money, food, labor, and furnishings from many individuals, groups, and churches. They pray that through their life work here, God will

transform them into more loving, compassionate persons, and that the houses will help create a just and peaceful world - a society where it is easier for people to be good. In addition to hospitality, the WCW publishes a newsletter, sponsors roundtable discussions on topics of current interest, and occasionally organizes community events of prayer and peacemaking.

BCC members can help support their efforts by shopping on Sunday, August 29th, when 1% of sales will be donated to the Winona Catholic Workers.

Free Homeopathy Class

On Monday, September 13th, after the store closes at 7:00, until 8:30p.m., BCC will host a workshop by the president of Newton Homeopathics. So bring your questions and desire for information and plan to stay after your shopping trip for this free presentation!