



July 2004

Views from Bluff Country

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Board Meeting

July 6th

6:30 p.m. at BCC

"The truth goes through three stages. Firstly, it is ridiculed. Then it is violently opposed. Finally, it is accepted as self-evident."

Schopenhauer

Long Days, Full Season

Summer blesses us here with such abundance that sometimes it's almost overwhelming. That's how I felt last month when faced with the wealth of resources offered at the 48th annual Consumer Cooperative Management Association Conference in Minneapolis.

The events schedule included three days of instructive workshops, speakers, tours of Twin Cities cooperatives, and plenty of opportunities to share experiences among the more than 500 co-op workers who attended from all over the country.

News of the reorganization of the National Cooperative Grocers Association was presented. Bluff Country has chosen not to join that group at this time, but to continue working through its independent CGA, Central Circle Cooperative Grocers Association, to strengthen small cooperatives in our region and to encourage the revival of cooperative distribution to them.

To that end, managers from six Central Circle stores met in Minneapolis June 11th with representatives of three regional food distributors. The discussion explored ways of cooperating to build a better network, ideally a hybrid federation or cooperative in which retailers could invest and have a vote.

All present at the discussion agreed to continue organizational efforts. Retailers will make lists of desired products and local producers, and will recruit other

potential participants. The distributors will continue to explore joint efforts and will contact two larger distributors who have expressed interest but did not attend the meeting.

In other business, Cook County Co-op in Grand Marais was welcomed as a new member of CCCGA, joining Moms Food Co-op (Cambridge, MN), North Country Co-op (Minneapolis), Menomonie (WI) Market, Bluff Country Co-op, Oneota Community Co-op (Decorah, IA) and Mifflin Street Co-op (Madison, WI).

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We've received responses from quite a few members to our discussion about changing Bluff Country's member discount policy. We suspect, however, that we're hearing mainly from our most committed, most involved member owners. To date, the vast majority of respondents have favored eliminating our every-purchase 2% member discount and introducing a higher discount to be applied to one shopping trip a month. The 15% discount for case orders would remain unchanged.

We anticipate that the main effect of this change would be a reduction of the discounts paid out, which in a typical year exceed 2% of sales. Any contributions toward profitability benefit all member owners by enhancing the stability and efficiency of their jointly owned enterprise.

Continued on Next Page

Our business plan for relocation to our new store predicted that BCC would experience financial losses for the first four years. We are now in the final quarter of that fourth year, and it appears we are poised to realize a healthy profit on the year, one year ahead of schedule.

Your management team would prefer to devote the discount dollars saved by the policy change toward establishing consistent profitability so that the co-op can meet its obligations, repay member loans and bank debt, save for future needs, and when the time is right, issue patronage dividends to members.

What do you think? Cast your vote on the ballots available at the co-op's front desk.

**

BCC extends gratitude and best wishes to Scott Degas, who recently left his posts as assistant in the deli and bulk departments. We wish Scott well in his future endeavors, including expanding his massage therapy practice.

**

Thanks to all of the members who showed up to make our first potluck of the season so much fun in June. Don't miss this month's edition - see posters at the co-op for the time and place.

Bob Copeland, General Manager

July 25th is 1% Sunday for Project FINE

Project FINE, a local, private, non-profit organization, was founded in 1990 to facilitate the welcoming and integration of diverse and of continuous newcomers to the Winona area. As the population grows rich in diversity so too grows the needs and obstacles that newcomers face such as language barriers, employment issues, intergenerational tensions, loss of traditions, prejudice, discrimination, poverty and access to services.

Project FINE seeks to create and foster opportunities that build community and facilitate positive integration of ethnically diverse populations. A variety of services are offered by Project FINE including: interpreting and translating in six to ten languages, individual advocacy, and cultural diversity training. Various programs such as Voices in Harmony have also been designed to welcome, listen, and respond to the needs, concerns, and hopes of individuals. Another such program, Building Bridges, is intended to help people of one culture connect with people of another culture through community forums in which newcomers tell the stories of their own heritage, struggles, and process of adapting to a new society.

All services offered by Project FINE are expected to be stretched as a result of the arrival of Hmong refugees this coming fall and winter to the Winona area. The refugees will be coming from Wat Tham Krabok, a camp in Thailand,

where several thousand Hmong took refuge after the Vietnam War. Conditions in the barbed wire enclosed camp are poor with little to no health care, minimal education, and even water often an unaffordable luxury. A thirty-five year wait has finally brought the opportunity to resettle not in their familiar homeland, but thousands of miles away in a different environment, and in an unusual culture. Difficulties to be encountered while adjusting will be numerous. The expanded need will require more resources, sensitivity to cultural differences, and support from the community as a whole. Understanding and appreciation of cross-cultural differences and similarities is essential.

One of the ways you can help Project FINE is by shopping at the co-op on Sunday, July 25th when 1% of sales will be donated to their endeavors.

Whoops!

Several members pointed out the error in our article last month on the hazards of Swiffer Wetjets to pets. Well, error is hardly the word for it as the entire story is apparently a hoax. It is a widely circulated "urban legend". There are so many legitimate problems of food and health safety to report on that I regret being taken in by this rumor instead of providing members with some information of benefit. Mea culpa!

Larisa Walk, Newsletter Editor/Typesetter

Finances Looking Rosy

Since I last reported on the progress of our member loans in the January newsletter, many changes have happened. First, I'd like to thank BCC members for making this store a successful reality - both by shopping here and lending financial support where possible. We finished renegotiating our original loans from the move and decided to seek out additional loans to spread out our payments to a doable size. We secured an additional \$29,500 in new member loans and \$3600 in donations (an extra big THANK YOU!). Using these funds and the remaining funds from the Blooming Prairie sale, we paid off loans that could not be extended and/or had high interest rates (relative to the new loans). The total amount of loans that we have been able to retire early was \$55,025, resulting in a savings of \$4321 in interest expense versus paying off the loans according to schedule. The new loans and the renegotiation of existing loans will cost an additional \$5720 in interest. If you subtract the \$4321 in savings, that leaves a net increase in interest expenses of only \$1399 to gain an extra 5 years of pay back time.

With our revised budget projections for this year, and looking ahead for the next few years, we feel that we'll be able to make the payments if business continues "as is". We'll be looking at revising our discount policy to ensure the debt retirement (see article on front cover).

Now the only questions that remain are, "What else can we do? What's next?" Stay tuned for more discussion on ideas after the summer break.

Larisa Walk, Loan Committee

"When spiderwebs unite, they can tie up a lion."

Ethiopean Proverb

Chocolate Delights

The River Chocolate Company, started in late 2001, creates delectable classic hand made truffles, dense, indulgent sauces, unique toffees and other confections that truly are the "Food of the Gods".

River Chocolate uses the very best quality ingredients available and then works to emphasize the special character of each one to create a clarity and depth of flavor that is simply sensational. The result is pure and opulent flavor.

That may be why River Chocolate Company won 2002 "Best in Show - New Food Item" at the Food and Wine Experience after only a couple of months in business. They also won the highly sought after 2003 City Pages "Best Of" for Chocolate in the Twin Cities!

They are committed to using the traditional hand crafted ways of blending the chocolates and dipping and decorating each confection. They use only natural and organic ingredients. Some are very local such as Wisconsin and Minnesota organic and natural cream (42% butterfat!) and butter; others are from more exotic climes such as Morocco, Vietnam, Sweden, Georgia and even Northern California. Their chocolates are of the highest, richest quality from Belgium, France as well as Venezuela, Tanzania, Santa Domingo and Costa Rica. They are blended with spices and flavors to create a unique confection that is utterly delectable.

BCC's Deli is happy to be offering a selection of River Chocolate Company's organic desserts to the chocoholic connoisseurs of the Winona area. Stop in and try them soon. As Oscar Wilde is quoted as saying, "The only way to overcome temptation is to yield to it."

There May be Dolphin in your "Dolphin Safe" Tuna

The San Francisco Chronicle has discovered documents that reveal U.S. government inspectors have been taking massive bribes from Mexican fishing boats to create fake reports that overlook the capture and killing of dolphins during the tuna-netting process. "The whole basis for protecting dolphins in countries

that set nets on them is that there are reliable observers on board," said Mark Palmer of Earth Island Institute. "If the observers are being bribed, obviously, the entire program falls apart."

Kickapoo Exchange June 2004 Newsletter

July Specials

GROCERY

	Size	Regular Price	Save	Sale
➤ Garden of Eatin' Tortilla Chips				
Blue Corn, Red Hot Blues, or No Salt Blue Corn	9 oz.	2.99	10%	\$2.69
➤ Kashi CL Crackers				
Cheddar, Honey Sesame, Ranch or 7 Grain	8-9 oz.	3.05	10%	\$2.69
➤ Little Bear Bearitos Tortilla Chips				
White Dipper, Yellow & No Salt Yellow	16 oz.	3.29	10%	\$2.95
➤ Michael Season's Potato Chips				
Lightly Salted, Ranch or Unsalted	8.5 oz.	3.15	10%	\$2.79
➤ Nature's Path Eco-Paks Cereal				
7 Varieties			15%	
➤ Westbrae Natural Vestsoy Soy Milk				
Nonfat Plain, Nonfat Vanilla, Plus Plain, Plus Vanilla	32 oz.	2.15	10%	\$1.89
➤ Steap Green Tea Sodas				
7 Flavors including 3 Diet with Stevia	12 oz.	1.75	15%	\$1.45

FROZEN

	Size	Regular Price	Save	Sale
➤ Julie's Organic Ice Cream				
All Seven Flavors!!!	16 oz.	3.75	20%	\$2.99
➤ Natural Choice Organic Fruit Bars				
Coconut, Orange, Raspberry	6/2.75 oz.	4.45	15%	\$3.79
➤ Natural Choice Organic Sorbet				
Blueberry, Mango, Strawberry, Lemon	16 oz.	3.65	15%	\$3.09
➤ 3 Square Pocket Sandwiches				
Apple Banana, Mushroom Barley, Potato Curry, or White Bean & Basil	4 oz.	1.95	15%	\$1.65
➤ Applegate Farms Turkey Hot Dogs				
	12 oz.	4.39	15%	\$3.69
➤ Quorn Naked Cutlets				
	9.7 oz.	4.59	15%	\$3.89
➤ Woodstock Farms Organic Fruit				
	10 oz.	3.79	20%	\$2.99

REFRIGERATED

➤ Soymage Vegan Soy Cheese				
Cheddar or Mozzarella Chunk	12 oz.	4.75	15%	\$3.99
➤ Rice Dream Enriched Rice Beverage				
Original or Vanilla	64 oz.	3.09	15%	\$2.59
➤ Midwest Harvest (from Grinnell, IA) Organic Firm Tofu				
	16 oz.	2.45	15%	\$2.09
➤ Turtle Island Tofurkey Sausage				
Veggie Italian	14 oz.	4.29	15%	\$3.65
➤ Yves The Good Dog				
Veggie Hot Dog	11 oz.	3.35	15%	\$2.85
➤ Wildwood Organic Soy Smoothie				
Mixed Berry, Vanilla Spice, Key Lime, Apricot Mango	10 oz.	1.49	15%	\$1.25

Stay cool and enjoy the summer heat with plenty of teas and fruit.



July Specials

DELI WEEKLY

	Regular Price	Save	Sale
→ July 1-7			
Apricotango	3.99	10%	\$3.59
→ July 8-14			
The Deep Blue Sea	7.89/#	10%	\$7.09/#
→ July 15-21			
Veggie Wrap with Dill Havarti	3.39	10%	\$3.05
→ July 22-30			
Ginger Montage Wrap	3.49	10%	\$3.09

BODY CARE

→ Giovanni			
Root 66 Directional Root Lifting Spray	7.59	20%	\$6.05
→ Giovanni			
Vitapro Fusion Treatment Stay-In	6.59	20%	\$5.25
→ Emerita			
Menstrual Comfort Cream	11.09	20%	\$8.85
→ Jason			
Satin Shower Body Wash	11.45	15%	\$9.69

BULK

→ Sunspire			
Sundrops Chocolate or Chocolate/Peanut	6.39/#	10%	\$5.75/#
→ Woodstock Farms			
Wasabi Peas	4.59/#	25%	\$3.45/#
Campfire Trail Mox	5.15/#	10%	\$3.85/#
→ Eddies			
Veggie Bowties Pasta	2.89/#	25%	\$2.15/#
Veggie Orzo Pasta	2.59/#	10%	\$1.89/#
→ Mrs. Lepper's Organic			
Garlic Parley Twist Pasta	2.69/#	25%	\$1.99/#
→ Cafe Fair Organic			
French Roast Coffee	7.49/#	\$1	\$6.49/#
→ Equal Exchange Organic			
Breakfast DeCafe Coffee	10.79/#	\$1	9.79/#

WELLNESS

	Size	Regular Price	Save	Sale
→ BCC				
Organic Flax Seed Oil	Capsules 90 cap	9.75	20%	\$7.79
→ BCC				
Cal-Mag Caps	250 cap	24.39	20%	\$19.49
→ Pure Essence Labs				
AllerFree Enzymatic Allergy Control	45 V-caps	14.99	15%	\$12.75
→ Nutrex				
BioAstin Astaxanthin Antioxidant	60gel caps	20.79	30%	\$14.55
Also for Increased Sunburn Resistance				
→ NOW Foods				
Grapefruit Pectin Soluble Fiber, 500 mg, Cholesterol Support	120 V-caps	11.99	30%	\$8.35

HOUSEHOLD

→ Green Forest				
Facial Tissue	175 sheet	1.69	15%	\$1.39
→ Orange Mate				
Air Freshener Non Aerosol, Essential Oil in Grapefruit, Orange, Lemon or Lime	7 oz.	4.59	15%	\$3.89
→ Earth Friendly Products				
Shower Kleener Spray with Tea Tree Oil	22 oz.	6.45	10%	\$5.79
→ Halo				
All Halo Pet Products Cloud Nine Shampoo, Dream Coat, Vita-Mineral Mix, Vita-Dreams Greens, Derma Dream Salve, Herbal Ear Wash			10%	
→ O-Zone				
Compact Fluorescent Light Bulbs with Titanium Dioxide Coating that Reduces Room Odor while killing Airborne Bacteria & Mold - 100 watt equivalent brightness	23 watt	39.95	10%	\$35.95
→ 7th Generation 100% Recycled				
Paper Plates	40 ct.	4.35	10%	\$3.89
→ Earthware				
Wheat-Based Tableware Non-Petroleum - Recyclable, Reusable, Biodegradable- Fork, Spoon & Knife	8 sets	4.95	10%	\$4.45

If It's Too Hot, Get Out of the Kitchen (Quickly)

Yahoo it's summer! As I e-mail this to our newsletter editor it's almost 90 degrees and humid. YIKES!!!! This month the bulk department at BCC has great food on sale (see July Specials centerfold). We have two excellent coffees on sale that will be wonderful for your iced mochas. If it's too hot to cook we've got several dinner mixes such as refried beans, tabouli, hummus, chili and others that only need water and a few moments to prepare. They are very tasty and easy - great for a summer meal or lunch. For you folks that require a hearty start in the morning, we've got a complete line of Great River Organic Milling Company products. These

pancake mixes and hot cereals are excellent choices for those sunrise camp breakfasts or all of that exhilarating garden work. The bulk department also has an abundance of dried fruit, twelve kinds of granolas, seventeen kinds of snacks and trail mixes, plus sixteen different kinds of nuts for healthy high energy food. We also have bulk organic peanut butters, almond butter, tahini and local honey for quick easy sandwiches. This summer, whether you have plans to go hiking in Nepal or to just hang out in the backyard, we've got the best food for you. Have a way fun summer.

Dennis, Bulk Department Manager

Ah... I Smell the Light

The newest lighting technology to reach the pages of nearly every healthy lifestyle magazine is the O-Zone Light. These 23 watt compact fluorescent bulbs fit in a standard light socket, produce very little heat, have a lifespan of over 6000 hours and put out the light of a 100-watt incandescent bulb. So why do they cost over \$35 instead of \$7? Besides putting out some splendid light VERY efficiently, they do the work of a vastly more expensive air purifier. The titanium dioxide bulb coating is activated by the ultraviolet light inside the bulb to become a bio-

catalyst. This catalytic action converts room odors and smoke, as well as airborne bacteria and fungal spores, into carbon dioxide and water vapor. And all of this takes place without adding caustic ozone or any other irritants to the air. No major power usage, no filters to replace; just turn on the light and breathe easy! Read more online at www.ozonelite.com. And if you need to stop an odor at its source (compost bucket, laundry hamper, your dog?) don't forget the Atmosklear spray located by the household detergents.

The Small Cherry Packs a Big Punch!

Few foods pack the nutritional and healing powers of the delicious, remarkable cherry. To begin with, they are packed with vitamins C, E, and A. They are one of the best natural sources of vitamin E, and they're loaded with potassium. These are some of the amazing components that cherries contain:

✓ Perillyl alcohol in cherries has been shown to block the formation of a variety of cancers, including those of the breasts, lungs, stomach, liver, and skin, according to studies at Indiana University School of Medicine and other research centers. Even in small amounts, cherries play an important role in cancer prevention.

✓ Quercetin in cherries is a powerful antioxidant. It may significantly reduce the risk of stroke and cancer.

Folklore is full of reports of how cherries "cure" gout. Even today, just six cherries per day are said to relieve its pain and complications, according to "The Doctor's Book of Food Remedies" (Rodale).

When selecting cherries, look for fresh ones with green stems. Buy only the quantity you will use and don't wash them before storing.

To get the most from cherries, eat them raw, although they still have plenty of power after being heated.

Summer Time, and the Cooking is Easy

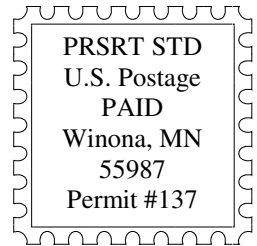
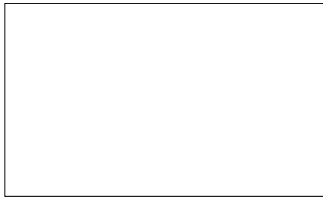
With the onset of summer, the houseware department is expanding our selection of seasonal gadgets. For outdoor cooking, we now have stainless steel basting sets and 18" skewers along with 100 packs of shorter bamboo skewers. There are also books on both meat and vegetarian grilling options.

For those of you up to your necks in salad greens, we now have acrylic, pull-cord salad spinners and stainless steel salad tongs. To chop all those veggies for stir-frys and salads, we've acquired some very heavy, super-sharp, full tang,

stainless steel cleavers. At only \$6.99, these beauties make fine gifts, but you'll want to keep one for yourself!

And for outdoor diners with a conscience, we have Seventh Generation 100% recycled paper plates, Earthware reuseable, biodegradable wheat-based tableware, and insulated stainless steel cups and travel mugs.

We also have Watersafe Test Kits. They combine 4 separate tests that check for Nitrates/Nitrites, Lead, Bacteria, Pesticides, and Hardness (pH).



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ADDRESS SERVICE REQUESTED

Co-op Hours	
Monday - Wednesday	8:30 a.m. - 7:00 p.m.
Thursday & Friday	8:30 a.m. - 8:00 p.m.
Saturday	8:30 a.m. - 7:00 p.m.
Sunday	11:00 a.m. - 5:00 p.

Food Safety Tip

Frozen juice boxes keep lunch bags at safe temperatures and thaw by lunchtime. They can also be used in place of ice in a cooler - less messy and refreshing as well.

Food Safety Illegal?

Creekstone Farms Premium Beef LLC recently announced it would voluntarily test all of its cattle for Mad Cow Disease as a courtesy to its customers and to re-open foreign markets, especially Japan. But the USDA responded, saying it won't allow Creekstone to test all of its cattle. Bill Hawks, the USDA secretary for marketing, said the tests aren't necessary and "would have implied a consumer safety aspect that is not scientifically warranted." Creekstone's chief executive officer, Jon Stewart, disagrees and is ready to take legal action against the USDA, saying the company has every right to test their cattle if that's what their domestic and foreign customers are demanding.

Kickapoo Exchange June 2004 Newsletter

Don't Let the Bad Bugs Bite!

Mosquitos carry a number of organisms that cause dangerous illnesses, including West Nile virus, encephalitis and malaria. While chemical repellents are effective, they carry their own health risks.

If you prefer not to use chemical based insect repellents, try these natural ways to repel the bugs:

- ✓ Eat foods that are rich in vitamin B-1 (Thiamine). These include sunflower seeds, Brazil nuts and fish. Or pop a 25-50 milligram B-1 supplement three times a day starting two weeks before your expected exposure to mosquitos.
- ✓ Try one of the essential oil based repellents - BCC has several options to choose from.