



Annual Report

Cook County Whole Foods Co-op where Everyone is Welcome!

2014 OWNERS' ANNUAL MEETING

Owners of the Cook County Whole Foods Co-op are invited to attend the Owners' Annual Meeting on Tuesday, 28 October, at North House Folk School. The Co-op will host a social hour at 6:30 p.m., beverages and light appetizers will be served. Please vote for the Board of Directors—there are two incumbent candidates running for two seats on the board. A ballot is included in this report or you can pick one up at the store or at the Annual Meeting. The business meeting will follow at 7:00 p.m. and we welcome our guest speaker Cindy Hale, PhD; conversation topic:

"Can Local Food Production be Profitable, One Farmer's Story"

To learn more:

clovervalleyfarms.com/learning-farm/research

BOARD REPORT

By Barb LaVigne, Co-op Board President

Last year at our Annual Meeting and throughout the year we heard from you, the owners, that you want more local food in the store. It makes sense: support local growers; get good, fresh produce; keep the money in the community. We, as a board, have been educating ourselves about the opportunities and challenges of providing locally produced food in our store. Just for clarification, when I use the term "local" I mean Cook County. The store already makes a great effort to buy from as close to home as possible but there just isn't a consistent, abundant supply of food grown in Cook County.

So how do we encourage and support local food production? Everyone who has tried to grow anything in Cook County knows the difficulty we face here. Climate, soil (or lack thereof), bugs, high land prices, etc., all conspire to make farming tough. Several local growers have started CSAs, which can absorb the variables of weather and crop success or failure. A CSA customer agrees to buy whatever the grower provides. The Co-op does not have that luxury. Shoppers want a wide variety at a reasonable price. One idea that has emerged through our discussions with local growers is to have them grow one or two "Cook County friendly crops" for our Co-op. Maybe local growers could provide all the spring mix, broccoli, or kale, we need for a couple of months in the summer. And maybe you all would be willing to pay a little more to support that.

We have been reading and brainstorming and looking at what other co-ops are doing and asking some of the same questions:

Cook County Whole Foods Co-op OWNERS' ANNUAL MEETING TUESDAY, 28 OCTOBER

At North House Folk School - Blue Building

6:30 p.m. Social hour, wine, beer & light appetizers served

7:00 p.m. Annual Business Meeting

Guest speaker Cindy Hale, PhD, Research Associate
"Can Local Food Production be Profitable, One Farmer's Story"



Dr. Hale conducts research and education related to forest and ecosystems ecology, plant communities and soil dynamics with an emphasis on the impacts of invasive earthworm species. She has also volunteered to spearhead the Heritage Orchard restoration efforts on the UMD Field Experimental Station and to work with a diverse interdisciplinary team of faculty, staff and students to create research and educational opportunities for students and the community with the newly formed Sustainable Agriculture Program at UMD.

Her family also operates a small, organic, integrated fruit tree orchard, poultry and hog farm. To learn more visit:
clovervalleyfarms.com/about-us/our-farm

-Should we invest in infrastructure to support local food production?

-What about a local USDA certified meat processing facility?

-How about working with the city or county to make some reasonably priced land available to local growers?

-What are the obstacles to local egg production?

-Could we support a local food distribution truck along the Highway 61 corridor?

-Should we consider a community supported greenhouse?

-Is there a possibility for a community supported kitchen for production of jam, jelly, frozen veggies, etc. etc.?

-Could we help local growers form their own co-op as a way of centralizing and organizing their businesses?

No doubt you all have thoughts and opinions. Our job as a board is to discern what is important to you. Come to the Annual Meeting and let us know.

Here is a link to a good article and ensuing discussions from *Orion Magazine*:

www.orionmagazine.org/index.php/articles/article/7807

BOARD OF DIRECTORS**Barb LaVigne - President**

Term Expires 2016

387-2137

blavigne@boreal.org

Erik Hahn - Vice President

Term Expires 2015

387-2802

ehahn123@northlc.com

Judy Peterson - Secretary

Term Expires 2014

387-1322

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Kathy Bolstad

Term Expires 2015

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Don Grant

Term Expires 2016

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Amy Henrikson

Term Expires 2016

387-9359

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Nick Vavrichek

Term Expires 2014

387-3340

yurtboyz@boreal.org

Let Us Hear From You!

Do you have questions, comments or suggestions for the Co-op Board of Directors? Give us a call, e-mail, leave a note, or come to a board meeting. Board meetings are the fourth Tuesday of each month and owners are always welcome. Notify the Board President in advance if you would like a topic to be added to the agenda.

Want to go paperless?

Receive your Co-op "Blueberry Jam" Newsletter via e-mail, it's easy!

Send your name, e-mail address and owner number to:
coopoutreach@boreal.org

**COOK COUNTY WHOLE FOODS CO-OP
2014 CANDIDATES****NICK VAVRICHEK**

I'm Nick Vavrichek and I am running for re-election to the Co-op's Board of Directors. I work as a nurse at the Sawtooth Mountain Clinic. Kent and I are long-time volunteers at WTIP, and have taught classes together at the North House Folk School. When we moved here in 2001, one of the first things we did was to join the Co-op. We buy all of our food at the Co-op except for the food we grow ourselves. The Co-op is very important to me and I want to continue to work at keeping it strong and moving forward.

**JUDY PETERSON**

It has been my great privilege to serve the owners of Cook County Whole Foods Co-op on the Board of Directors and as a manager. We have weathered some stormy seas to get to where we are today and the lessons learned are important, but it's the possibilities for the future that are exciting! We have begun to really study the local food situation and the role of our Co-op in making this a reality. Providing a living wage for our employees is another area the board considers carefully—it is so important in our community that workers receive a wage that can support them. Hopefully, we will also begin considering initiatives such as Food for All, which would improve the health and well-being of our entire community. Thank you all for supporting our Co-op, I look forward to serving you!

**YOU'RE INVITED****HOLIDAY
OPEN HOUSE****Friday, 5 December****Stop by anytime between
3:00 - 5:00 p.m.****Visit with friends and
enjoy some traditional
holiday treats.****Holiday Store Hours:**

Thursday, 27 November CLOSED
 Tuesday, 24 December 9 a.m. - 4 p.m.
 Wednesday, 25 December CLOSED
 Tuesday, 31 December 9 a.m. - 4 p.m.
 Wednesday, 1 January CLOSED

This fall, I would appreciate your vote and I welcome your comments and feedback. I am looking forward to serving three more years on the Board of Directors. Thank you for being part of the success of our wonderful Co-op!

GENERAL MANAGER'S REPORT

by Jennifer Stoltz, General Manager

June 26th marked the one-year anniversary in our new store, and our fiscal year ended four days later on June 30th. While we did all of our homework and knew that our Co-op would be successful, there's always a bit of the unknown with a project as large as our expansion. I am happy to report that we exceeded projections and had a very successful year. Sales grew by 44% and topped \$3.2 million. We even managed to end the year in the black, which wasn't expected until 2016.

The expansion allowed the Co-op to get closer to meeting our Ends by offering more healthy and sustainable products to more people. Our expanded eating area and meeting room have been a huge success, and it's exciting to see it full of people during the

summer and winter months. Sales to owners dropped from 82% to 75%, but that is still a very high rate of sales to owners and it means that we're reaching more people. Higher sales meant that we were able to give more back to the community. We contributed over \$4,500 to community outreach events, the Food Shelf and our Local Growers Fund. We offered more classes and outreach events than previous years with over 120 attendees up from 90 participants the previous two years.

As we head into the second year in the new store, we plan to start working on ways to bring more local food and products into the store and ways to support local producers. To address the issue of affordability, we also have a goal to lower prices on healthy, organic staples. Having great employees is a key component in our success so we plan to increase wages to ensure that we're offering fair compensation.

Our successful year meant that we could do a few additional projects. We added a beautiful garden outside and picnic tables on the beach. Our latest endeavor was the addition of Air Pear fans. This was in response to complaints from customers and staff about how cold the store felt. These fans mix the air so we'll be able to heat and cool the building more efficiently. Shopping, working and eating will be more comfortable as well.

Making a net profit was a huge step after one year of operation in the new space, but there was not enough profit to offer a dividend to owners. However, we will continue to give back to our owners and community over the coming years.

Thank you for making our expanded Co-op such a huge success!

COOK COUNTY WHOLE FOODS CO-OP ENDS POLICIES

As a result of all the Cook County Whole Foods Co-op does, we will be:

1. A successful, cooperative grocery that is a trusted source of healthy, local, and 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; and,
5. A trusted resource for information on food, health issues and the value of cooperative principles.

WAYS TO SAVE
5% on the 5th of each month. Owners receive 5% off most items. **FREE coffee ALL day!**



Wellness Wednesday

is the 3rd Wednesday of each month, all non-sale health and body care items are 10% off.

Owner Discounts Every two months take \$5 off a purchase of \$50, seniors (60+) get an additional \$5 discount, two every two months.

Co-op Deals See what's on sale at: cookcounty.coop

Or, pick up the Co-op Deals flyer in the store.

FIND THE CO-OP ONLINE!

The Co-op is now listing Deli items on Boreal.org under *Daily Specials*. You can find which soups and sandwiches are in the Deli each day as well as the salads and spreads that are available.

The Co-op has a Facebook page under Cook County Whole Foods Co-op. You can link to the Co-op's Facebook page from our website and vice versa.

facebook.com/cookcountycoop

We'll let you know via [Facebook](https://facebook.com/cookcountycoop), boreal.org and cookcounty.coop about news and other happenings.

FREE WiFi SPOT

Stop by the Co-op, enjoy a hot beverage or perhaps something from the deli grab & go cooler, relax,



stay warm and enjoy using the Co-op's FREE WiFi hot spot. Convenient, comfortable and it supports the Co-op Ends: a welcoming and friendly gathering place where the community has a sense of belonging.

DELI BLOG

The Deli continues its own blog, [Belly Up!](http://BellyUp.blogspot.com) Find out what's new in the Deli. Look for recipes and more from Kate Keeble, our talented Deli Diva. Find her at:

www.coopdeli.blogspot.com

WELLNESS BLOG

Want to find out more about the products in our Wellness Department? Check out Kim's Wellness blog:

[In Fine Fettle!](http://InFineFettle.blogspot.com)

Find her at:

www.coopwellness.blogspot.com

2013 FINANCIAL REPORT

Comparative Balance Sheet

	FY 2013*	FY 2012
	Jun 30, 2014	Jun 30, 2013
ASSETS		
Current Assets	\$537,552	\$717,571
Property/Building/Equip.	\$2,299,470	\$2,142,819
Other Assets	-\$24,253	\$12,584
TOTAL ASSETS	\$2,812,769	\$2,872,974
LIABILITIES & EQUITY		
Liabilities		
Current Liabilities	\$161,467	\$283,333
Long Term Liabilities	\$1,927,762	\$1,979,291
Total Liabilities	\$2,089,229	\$2,262,624
Equity		
Member Equity	\$418,688	\$408,790
Capital Reserve Fund	\$44,177	\$38,598
Earnings/Assets/Income	\$260,675	\$162,962
Total Equity	\$723,540	\$610,350
TOTAL LIABILITIES & EQUITY	\$2,812,769	\$2,872,974
Comparative Income Statement		
Sales	\$3,231,355	\$2,247,067
Less Cost of Goods Sold	-\$1,927,935	-\$1,366,294
NET SALES	\$1,303,420	\$880,773
Operating Expenses	-\$1,068,777	-\$799,839
Other Income/Expenses	-\$137,413	-\$46,079
NET INCOME	\$97,230	\$34,855

*Fiscal Year 2013 preliminary data

EQUITY FACTS

Ownership in the 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.

LOOK WHAT'S NEW!

BULK DEPARTMENT

Peace Coffee Bird Mtn. Dark Roast-OG
Equal Exchange Espresso-OG
Lundberg Farms Brown Basmati Rice-OG
Frontier Chipotle Chiles
Tierra Tropical Fruit Mix-OG
Chunks Of Energy Cha-Cha-Chia

CHEESE DEPARTMENT

Carr Valley Maustoner Cheese
Carr Valley Bread Cheese
Eichtens Caraway Gouda
Marieke Foenegreek Gouda

COOLER/DAIRY DEPARTMENT

Stoneyfield Smoothies, OG
Follow Your Heart Pesto Vegenaise

GROCERY DEPARTMENT

Tandoori Chef Naan Bread
Woodstock Farm Frozen Brussel Sprouts
Pacific Chicken Bone Broth
Oliví Olive Oil
Four Nuts by Nature Soap Nuts
Coco Libre Coconut Water
Beanfield's Bean & Rice Chips
Dang! Coconut Chips
Frontier Red & Black Hawaiian Sea Salts
Angelic Bakehouse Pizza Crusts

MEAT DEPARTMENT

Pastures A Plenty Potato Sausage
Pastures A Plenty Pork Sirloin Roast
 OG=Organic GF=Gluten Free
 MN=Minnesota WI=Wisconsin

WHERE DOES YOUR MEAT COME FROM?

by Kate Keeble, Deli Manager

The meat department is growing and thriving due to our new meat buyer, Pat Hennessy, and our great customers and their concern for where their groceries come from. Pat recently went on a tour of two different meat producers, Ferndale Market and Thousand Hills Cattle Company, both of Cannon Falls, Minnesota. What he found were happy free range animals and great products. **Ferndale Market** was established in the 1930s during the Great Depression.



Three generations and 75 years later, their philosophy of no shortcuts and raising animals as nature intended, hasn't changed. Their turkeys are raised without the use of antibiotics or artificial growth promoters. The turkeys are free range during the warmer months, and kept clean and happy with Ferndale's pasture rotation process, or rotating the turkeys to new pastures every few days. Ferndale's mission is simple: to provide the very best in local, sustainable foods. Check out our selection of **Ferndale Market** turkey products in the meat case and the freezer section!

Thousand Hills Cattle Company

is a 100% natural grass-fed beef company. Their quality beef is certified grass-fed with no fertilizers, no antibiotics, no hormones and no grain...ever! Their beef is lower in cholesterol and saturated fats and higher in Omega-3. The process in which the steers are raised is also good for the planet! Thousand Hills cattle are rotated from pasture to pasture every few days, which ensures proper grass growth, and optimal grazing for the cattle. Todd, owner of Thousand Hills, raises about 50 head of cattle and purchases them from small family farms that are certified grass-fed. You can browse our variety of **Thousand Hills Cattle Company** products in the fresh meat case.

CLASS DESCRIPTIONS

October-November-December

GLUTEN CONFUSION**Tuesday, 7 October 6:30-7:30 p.m.**

Location: Co-op Conference Room

Hartley Newell-Acero, M.A., C.Ht.

Suddenly "GLUTEN FREE!" seems to be emblazoned on food packages everywhere. But what is it? Why do some people have to avoid it, how can they do so without feeling deprived? Join us as we clear up your gluten confusion and taste how yummy gluten free can be!

\$5 Owners/\$10 Non-owners**WHAT'S YOUR GUT FEELING?****Tuesday, 11 November 6:30-7:30 p.m.**

Location: Co-op Conference Room

Hartley Newell-Acero, M.A., C.Ht.

Most of us don't think too much about our digestive tracts...until they act up. But gut health can have far-reaching physical and mental effects. Join us as we explore the many ways your gut flora influences your overall health, and to taste delicious ways to nourish those friendly bacteria.

\$5 Owners/\$10 Non-owners**Fika Coffee Tasting****Saturday, 15 November 10-11:30 a.m.**

Location: Co-op Conference Room

Joshua Lindstrom-Fika Founder & Coffee Enthusiast

This will be a hands-on class as we explore some of the different descriptors of coffee: strong, weak, bitter, bright, sweet, etc. We will also discuss our own experiences with coffee and how that shapes our experience. We'll end the class with a good, ol' fashioned fika. So bring a friend or a neighbor and come ready to drink some coffee.

\$5 Owners/\$10 Non-owners**HOLIDAY SPA GIFT BASKET****Tuesday, 2 December 6:00-7:00p.m.**

Location: Co-op Conference Room

Kim Falter, Wellness Coordinator

Learn how to make your own spa gift basket for a special homemade gift this holiday season. Get ready to be hands-on as we prepare a body scrub, room spray and bath salts in small batches. You will leave the class with recipe cards, small homemade spa products and ideas for putting together your own personalized gift basket.

\$10 Owners/\$15 Non-owners**INSTRUCTORS****Hartley Newell-Acero, M.A., C.Ht.**

has been a health educator for over 20 years, teaching classes ranging from stress management, nutrition and fitness, to college psychology. An avid cook, and an even more avid eater, she marries her love of good food and good health. A certified hypnotherapist, she often incorporates relaxation and guided imagery into her classes, leaving participants both newly informed and deeply refreshed!

Kim Falter currently holds a B.S. in biology from Northland College. After two winters working in supplement sales at Ada's Natural Market in Fort Myers, Florida, she received her M.S. in Holistic Nutrition from Clayton College. She currently works as the Wellness Coordinator at the Cook County Whole Foods Co-op.

Josh Lindstrom is a coffee enthusiast, roaster and entrepreneur of Fika Coffee. A year ago, Fika Coffee began to roast its coffee just off the Gunflint Trail. It was born out of a vision to create a year-round, sustainable business here, which caters to tourism. Fika Coffee is working to develop a market for coffee in Cook County, and its educational classes are a part of that effort. It is also establishing wholesale, sustainable accounts beyond Grand Marais. Fika believes in the social side of coffee, it brings people together!

STAFF PICKS**Kate's Pick:**

E.O., Everyone products; I love it because its very mild and I can use it on my daughter's delicate skin. Their fragrances are pleasing as well, especially the lemon and coconut, my favorites!

**Victoria's Pick:**

One of my favorites is the **Co-op Deli**

Tuna Salad. Not only is it delicious and a healthy snack, the price is lower than a can of tuna!

**CO-OP CALENDAR 2014****OCTOBER****OCTOBER & NOVEMBER \$5 DISCOUNT BEGINS****OCTOBER IS NATIONAL CO-OP MONTH****GLUTEN CONFUSION**

Tuesday, 7 October 6:30-7:30 p.m.

WELLNESS WEDNESDAY

Wednesday, 15 October

COOK COUNTY WHOLE FOODS CO-OP OWNERS' ANNUAL MEETING

Tuesday, 28 October 6:30-8:00 p.m.

NOVEMBER**WHAT'S YOUR GUT FEELING?**

Tuesday, 11 November 6:30-7:30 p.m.

Fika Coffee

Saturday, 15 November 10-11:30 a.m.

WELLNESS WEDNESDAY

Wednesday, 19 November

THANKSGIVING DAY CO-OP CLOSED

Thursday, 27 November

DECEMBER**DECEMBER & JANUARY \$5 DISCOUNT BEGINS****HOLIDAY SPA GIFT BASKET**

Tuesday, 2 December 6:00-7:00 p.m.

CO-OP HOLIDAY OPEN HOUSE

Friday, 5 December 3-5:00 p.m.

WELLNESS WEDNESDAY

Wednesday, 17 December

CHRISTMAS EVE DAY

Wednesday, 24 December

Hours 9:00 a.m.-4:00 p.m.

CHRISTMAS DAY CO-OP CLOSED

Thursday, 25 December

NEW YEAR'S EVE DAY

Wednesday, 31 December

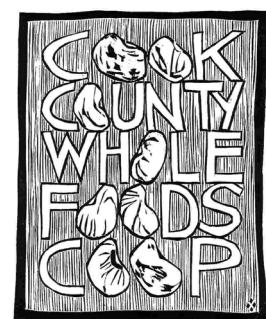
Hours 9:00 a.m.-4:00 p.m.

NEW YEAR'S DAY CO-OP CLOSED

Thursday, 1 January

DID YOU KNOW?

The Co-op was born on a homestead named "Castle Yonder" just outside of Grand Marais, Minnesota in the late 1960s.





A Member Owned Community
Grocery Working to Create a
Healthy and Sustainable Society

The Blueberry Jam

Published by
Cook County Whole Foods Co-op

20 E. First St., P.O. Box 813
Grand Marais, MN 55604
218.387.2503

coopoutreach@boreal.org
www.cookcounty.coop

Hours September-June
Mon. – Sat. 9 a.m. – 7 p.m.
Sunday 10 a.m. – 6 p.m.

July & August
Mon. – Sat. 8 a.m. – 8 p.m.
Sunday 9 a.m. – 7 p.m.

Ownership investment:
\$120 full-equity investment

Moving? Let us know if any of your account information changes, and we will update that right away!

Please recycle! The Blueberry Jam is 100% recyclable!

STAFF

Jennifer Stoltz

General Manager

Andrew Ashcroft

Customer Service Manager

Marietta Berneking

Bookkeeper

Kim Falter

Wellness Coordinator

Michael Garry

Grocery Manager

Pat Hennessy

Meat Buyer

Kate Keeble

Deli Manager

Tom Knutson

IT Coordinator

Jill Levene

Outreach Coordinator

Leslie Pedersen

Cheese Buyer

Jeri Person

Produce Manager

Ray White

Bulk & Cooler Buyer

WELCOME NEW OWNERS!

Amy Bergquist & Erik Larson

Angelique Edgerton

Anne Elkie

Benjamin Itz

Brian Larsen

Charlie Bronstein

David Saari

Dick Winzer

Jacob Vogel

Jane & Lloyd Newdorf

Janet Masdea

Jeanine Aubin

Jeff Monaghan

Jenny Schuler

Joe Friedrichs

John de Bakker

John Hawkins

Julie Demeules

Julie Monterotti

Kathryn Beck

Kimara Gustafson

Linda Hendrickson

Lynn Palmer

Mandy Dye

Melodee Riddle

Mike Kwasniewicz

Mike Mansson

Morgan Johnson

Nicholas Hingos

Nick Austin

Patty Robinson

Rachael Berglund

Rich Burnham

Robert Zuppke

Russ Ludeke

Ruth Pszwaro

Sadie Sigford

Shawn Howe

Sheila Whitbread

Spring Gehring

Steve Harsin

Susan Carlson

Tom Bradovich

Tony Risso

Vince Mirabelli

William Moore

FULL-EQUITY SHARES!

Thank you to these owners who paid their \$120 full-equity investment.

Cooperative Station Daycare

Amanda & Andrew Troelsen

Amy Bergquist & Erik Larson

David Saari

Erik & Dawn Simula

Gerald Johansen

Jean Nystuen

Jeff Nemitz

Jeremy & Mary Hanson

Julie Demeules

Kimara Gustafson

Lisa & Joe Zallar

Marie & Mike Hero

Maxine & James Chupurdia

Paul Taubr & Karen Vogl

Richard Cronstrom

Shannon Craig

Spring Gehring

Tom & Dory Spence

Vince Mirabelli

THANK YOU!

BECOME A CO-OP OWNER

Anyone may shop at the Co-op; only owners receive the following benefits, here are just a few:

- * Monthly owner specials plus 5% discount on the 5th of each month

- * Six \$5.00 discounts annually on purchases of \$50 or more, one every two months

- * Six \$5.00 senior discounts (age 60+) annually on purchases of \$50 or more, one every two months

- * Blueberry Jam newsletter

- * Possible patronage rebate: the more you spend, the more you receive

- * Voting rights: one owner = one vote

- * Discount on Co-op classes

It's Easy to Become an Owner

Fill out an application form with a cashier. They will set up your account at the register.

Pick a Payment Option:

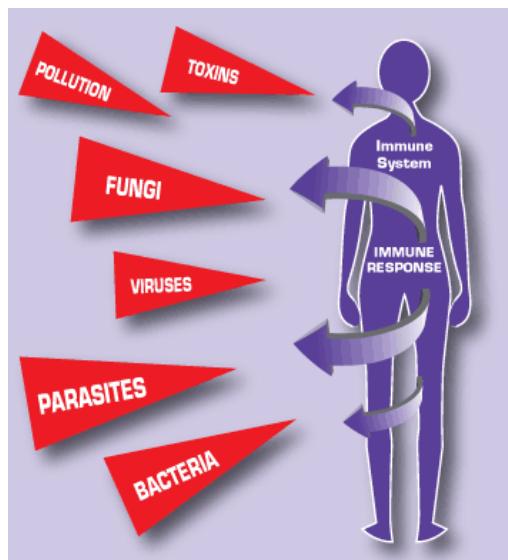
Purchase your full \$120 (this is not an annual fee) equity or you may choose to pay \$12 annually until the full amount has been paid. Benefits begin with the first \$12 investment.

IMMUNE SYSTEM BOOST

SICKNESS IS NOT INEVITABLE!

by Kim Falter, Wellness Coordinator

As we head into the winter months we all tend to discuss the impending colds and flus as if they are a given, but they aren't! The key to ultimate wellness is keeping your immune system in balance and functioning properly. It is your immune system, and only



your immune system, that can help you through the healing process. The role of the immune system is to protect your body from organisms that threaten your health. If functioning properly, it should be able to ward off illness, but this is not always possible as exposure may not always be within our control.

Common immune suppressors:

- Aging
- Airplane travel
- Allergies
- Chemicals in our diet and environment
- Drugs, recreational and therapeutic
- Emotional extremes
- Excess iron
- Food (excess eating, sugar, processed foods)
- Infections
- Lack of sleep
- Stress
- Surgery

So what can you do to give your immune system the boost it needs to keep you healthy? You can start with your diet. Stick to healthy, organic whole foods. Lots and lots of veggies!

Exercise is also incredibly important. Our lymph system is integral to toxin removal and it relies on muscle activity to do this. This is why, according to Elson M. Haas M.D., author of *Staying Healthy with Nutrition*, "...physical stagnation increases the chance of infection and, conversely, that exercise improves resistance." It also helps improve our mood! Our busy lives lead to excessive stress and lack of sleep. Getting enough rest can keep your immune system in balance and functioning optimally.

Some of my favorite products at the Co-op that can give your immune system a little help:

Urban Moonshine's Immune Tonic: This tonic is chock full of supportive herbs and medicinal, immune boosting mushrooms. The main ingredient is Astragalus, which has been shown to reduce the frequency of colds and improve resistance to viral and bacterial infections while supporting the immune system in the healing process.

California Naturals Immunity Shots: This is the one tried-and-true mainstay of the cold and flu season. It contains zinc and the strong antibacterial oil of oregano. But what really sets it apart is the grapefruit seed extract and colloidal silver known for their antibiotic-like actions.

Eclectic Institute Original 7 Mushroom Blend: I can't say enough about some of the medicinal mushrooms out there for immune support. Reishi, Shiitake, Cordyceps, Maitake all contain antiviral and antibacterial properties, as well, they stimulate increased increased cell activity thereby creating more immune cells.

Illness is not a sign that you are weak, or that your immune system is in peril, colds that don't erupt into secondary infections actually help keep the immune system strong. If you keep your immune system strong by eating well, getting enough rest and exercise and using natural supplementation, you can look forward to a healthy, enjoyable winter. Let's not view illness as an inevitability, let's give our immune systems a boost!

FOOD SHELF REPORT

by Kim Falter, Wellness Coordinator

Thank you to everyone who donated money and food to our local Food Shelf! There are many people in our community needing assistance, a gift of food or a monetary donations are always welcome. At the Co-op we provide a couple ways for you to support the Food Shelf. Located in the dining area of the Co-op, we have a box available for your monetary donations, the Co-op matches donations dollar for dollar. With this money we purchase healthy, organic food that goes directly to supplying the Food Shelf. In addition, you will find two crates ready to be filled with your non-perishable food donations. We are very lucky to live in such a generous community, so keep those donations coming!

The Cook County Food Shelf is open every Monday afternoon from 3 to 5 p.m. in the lower level of The First Congregational Church UCC in Grand Marais. The Food Shelf is also open the first Wednesday night of each month from 5 to 7 p.m. In addition to food for people, the Food Shelf accepts and distributes food for pets. The Food Shelf serves as a NAPS program for elderly and WIC small-bags distribution site.

**The Cook County Food Shelf
First Congregational Church UCC
300 W. 2nd Street
Grand Marais 218.387.9860**

OCTOBER IS NATIONAL CO-OP MONTH



NEW CO-OP EMPLOYEES

- Casey Deschampe-Deli
- Jerry Hiniker-Storekeeper
- David Lawrence-Deli Assistant
- Mary Liudahl-Storekeeper
- Hannah Nickolay-Produce
- Justine Roberts-Produce

**Cook County Whole Foods Co-op
OWNERS' ANNUAL MEETING
TUESDAY, 28 OCTOBER
6:30 - 8:00 P.M.
at North House Folk School
The Blue Building**



20 E. First Street
P.O. Box 813
Grand Marais, MN 55604

Standard Rate
US Postage
PAID
Permit No. 2
Grand Marais, MN

ADDRESS SERVICE REQUESTED

PLEASE VOTE!

There are two excellent candidates running for two seats on the board. A ballot is included in this report or you can pick one up at the store or at the Annual Meeting. Remember, one vote per owner number. *Return your ballot to the Co-op by 28 October, or bring your ballot to the Annual Meeting.*

HOLIDAY HOURS

CLOSED

Thanksgiving, Thursday, 27 November

Christmas, Thursday, 25 December

New Year's Day, Thursday, 1 January

Complete calendar page 5

Your newsletter is printed on post-consumer recycled paper. 

**BALLOT FOR BOARD OF DIRECTORS - OCTOBER 2014
COOK COUNTY WHOLE FOODS CO-OP**

VOTE FOR TWO (2) - CANDIDATE PROFILES ON PAGE 2

Judy Peterson - *Incumbent*

Write in candidate _____

Nick Vavrichek - *Incumbent*

Write in candidate _____

Owner Number _____ Required for valid ballot. Your owner number is in the first line of your address.

One ballot per ownership.

Ballots must be received by Tuesday, 28 October 2014.

- 1) Bring your completed ballot to the Co-op.
- 2) Or bring it to the Co-op Owners' Annual Meeting, Tuesday, 28 October 2014, at North House Folk School.
- 3) Or mail it to: Cook County Whole Foods Co-op, P.O. Box 813, Grand Marais, MN 55604.

