

since 1972 **Stevens Point Area Co-op**

THE COOPERATIVE SPIRIT

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COOPERATIVE SPIRIT

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www.spacoop.com

WEEKDAYS 9AM-8PM, SATURDAY & SUNDAY 10AM-5PM

SINCE 1972

WINTER 2011

OPEN TO THE PUBLIC -- 7 DAYS A WEEK

1% FRIDAYS FOR 2012

- January** The Greenhouse Project
- February** Operation Bootstrap
- March** Humane Society
- April** Golden Sands RC&D
- May** Project Fresh Start
- June** Upward Bound
- July** Backpacks for Hope
- August** Alliance for Youth
- September** Home & Community Education
- October** Friends of Adoption
- November** Holiday Basket
- December** Heifer International

If you have an organization that you would like considered for 1% Fridays in 2013, contact Maggie at info@spacoop.com or 715-341-1555

CLOSINGS

- Closing at 3:00pm Christmas Eve
- Closed Christmas Day
- Closing at 3:00pm New Years Eve
- Closed New Years Day

BOARD OF DIRECTORS

Erica Esser - President
 Jennifer White - Vice President
 Gerry Steltenpohl - Secretary
 Debra Marten - Treasurer
 Jenny Knade, Mark Klein, Rhody Jakusz

Board meetings are open to the general membership and held at the co-op. Agenda additions must be submitted no later than one week prior to BOD meetings by contacting Erica Esser at board@spacoop.com. Meeting dates and times are posted in the Co-op foyer.

PRODUCT REQUESTS & SPECIAL ORDERS

Suggestions that we carry a certain item or inquiries regarding product availability and prices can be made by having a cashier fill out a **product request** form. You will be contacted if any information is found. You may not be contacted if the item is unavailable for ordering. If you are ready to buy and know exactly what you are looking for (brand, product, size and quantity), then a cashier will fill out a **special order** form. Orders are processed with the next ordering of that company's products. You will be contacted when it's ready to be picked up! Special orders are not returnable.

RETURN POLICY

Returns must be unopened (unless defective) and be accompanied by a receipt, within 30 days of purchase. No claims are made on the effectiveness of supplements or health & beauty aids. If you are dissatisfied the manufacturer may be contacted directly. Special Orders and bulk items are non refundable (unless defective). Books are non refundable. We may refuse returns on perishable items at our discretion.

SPAC NEWSLETTER

Editor: Christie Woodliff
 Layout: Anne Hylla
 Contributors: SPAC Staff

CELEBRATING STAFF ANNIVERSARIES

Scott Henning - 8 years
 Kasimier Wawrzaszek - 1 year

12 FABULOUS REASONS TO SHOP THE CO-OP ON FRIDAYS

You've seen the lists of organizations supported by 1% Fridays on newsletters past. Sometimes you've wondered, "What does that organization really do, anyway?" Well, fair SPAC member, in 2012, the Co-op brings you:

1. January: **The Greenhouse Project.** A new, community-based, small business incubator and educational center located in the former Sorensen's Greenhouse in Stevens Point.
2. February: **Operation Bootstrap.** Volunteer-run program for "vulnerable children, adults, handicapped and elderly" providing nourishing food, utilities help (to prevent shut-off) and other assistance.
3. March: **Human Society of Portage County.** Providing food, comfort and veterinary care for over 1,500 animals each year. www.hspcwi.org
4. April: **Golden Sands Resource Conservation and Development Council.** Celebrating 40 years (in 2012) and hundreds of completed conservation projects in central Wisconsin. "Conservation is not optional. It's a necessity." www.goldensandsrccd.org
5. May: **Project Fresh Start.** Coordinating efforts to collect and distribute school supplies to K-9 children in need.
6. June: **Upward Bound.** Assisting students who are low-income and those that are the first in their families to pursue a college education through academic classes, scholarships, counseling, and tutoring. www.uwsp.edu/special/upbound
7. July: **Backpacks for Hope.** Participating students in need receive a bag of nutritious food and hygiene products to sustain them through the weekend.

8. August: **Portage County Alliance for Youth.** Promoting "positive youth development" through advocacy, partnerships, and events. These are the folks that bring us MORP. www.pccayouth.org
9. September: **Portage County Home and Community Education.** Currently supporting Wisconsin Bookworms, a reading promotion program for pre-school children and Cuddle Pillows, a program for children staying at the Ronald McDonald House in Marshfield. This Portage County group formed in 1925.
10. October: **Friends of Adoption.** Post-adoption resource center offering education, support and referrals for adoptive families in northern and western Wisconsin. www.friendsofadooption.org
11. November: **Holiday Basket.** Organizing gift-giving for a local family in need. For more information, see page 2.
12. December: **Heifer International.** Helping families move toward self reliance with gifts of animals—from Malawi to Honduras and honeybees to heifers. www.heifer.org



GIVING FEELS GOOD, especially around the holidays. **Cast aside the hubbub** (box stores, traffic, sunset at 4:45pm) **that makes us want to crawl in bed** (and hide under the covers and not emerge until there is a new calendar on the wall) and **focus on what matters...** When we actually stop to think about what makes this season great; family, friends, community and food...**there is reason to celebrate!** Here at the Co-op, we get wrapped up in the fun, too, and this year is no different. The Co-op will be **playing Santa** for an area family through **Operation Bootstrap's Holiday Basket Program**. Because our members are so generous, we are always able to buy for a larger family, which are often harder to place. With half our goodwill staying local, the other half is will go afar, as we will also be **donating to Heifer International** (www.heifer.org). **The Co-op will match up to \$1,000 of money donated at the registers.** Last year, contributions to this cause were nothing short of amazing. By the time New Years rolls around, we should all be feeling **pretty darn good!**

Nobody loves a contest more than Maggie and Norah, our beloved Co-general Managers. Give them something to say and you will win yourself a nifty gift just in time for New Years! Drop off your completed captions with name and number by Dec. 30th.

Name _____
Number _____




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IMMACULATE BAKING
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GOLDEN AGE, OR
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expires 12/31/11

Sales effective 12/1/11 through 1/4/11

SPAC WELCOMES THE IHEALTH KIOSK!

Support your New Year's resolutions with a trip the Co-op's redesigned Wellness Department. There you'll find some changes in 2012, including new shelving, a cooler, and our very own iHealth Kiosk from Living Naturally. It is an interactive tool designed to connect you—the member—to information you really want to know. We even set it up with a printer, so you can take the info you discover home with you!

What is teff? How many calories in an average 12oz root beer? What are migraine risk factors? How can I eat healthy on a budget? What is a good way to use quinoa macrobiotically? What is the 10,000 Steps program? Answers to these questions and many more are available at the kiosk.

There's a search engine, a 2,000-page, FDA-accredited natural health encyclopedia, and information on lots of health-related topics, including:

- Conditions & Allergies
- Food, Herbs & Supplements
- Genetics Database
- Drug Database (including side effects)
- Health Measurement Tools
- Hundreds of Healthy Recipes
- Ingredient Glossary
- News & Current Features

Here's a hidden contest. In the second paragraph of this article, six questions were posed. Answer three of the six correctly on a separate sheet of paper with your name and phone number and win some nifty, gifty, prize-like items from the Co-op valued at no less than \$20.



The Wellness Library allows members to research health concerns, wellness, diet, fitness and beauty. It is easy to find information on herbs, supplements, vitamins and minerals. There are listings from agave to zinc and acetaminophen to Zantac. Information is available on different therapeutic approaches and health issues related to children and adolescent health. The latest on health issues for women, men and seniors is also included. Members can search an index of remedies by brand and product names. The library is jam-packed with helpful information!

So, stop on in and check out this new reference resource at the Co-op! Let us know what you think.

CO-OP QUICK GIFT GUIDE

Nifty Gifties Under \$30

- Kurt Meyers hand crafted wooden ornaments \$12.15
- Wine made from organic grapes \$9 - \$15
- The Natural Relaxer organic herbal eye pillows \$13.99
- Hot Chocolate tin \$6.49 - \$9.55
- Kleen Kanteen bottles and accessories (10% off in Dec.) \$16.45 - \$29.95
- The Original Lunar Phase Calendar \$7.00
- 1lb. of Fair Trade Coffee \$11.00 - \$14.15
- African Baskets various sizes \$14.99 - \$37
- Local beeswax candles \$3.79 - \$9.09
- SunLeaf essential oil candles & reed diffusers \$7.95 - \$21.35
- Sprout Bags \$12.99



Not So Stuffey Stocking Stuffers

- Emergen-C \$.79 ea or \$15.29 box
- Finger puppets \$4.15
- Gin gins box \$1.45
- Lip Balms \$2.55 - \$4.85
- Tie-dyed organic socks \$11.85
- Preserve toothbrush \$4.09
- Chocolate bar \$1.55 - \$4.29
- 2012 planner \$4.99 - \$16.99
- Co-op hat \$16.49-\$24.99
- Maggie's organic scarf \$14.19
- Co-op gift certificate



CROWD PLEASER RECIPES FROM THE CO-OP ARCHIVES

Chocolate Moosie

- 2 eggs
- 2 cups chocolate chips (1 package)
- 1/8 cup sugar
- pinch of salt
- 1 1/2 cups whole or 2% milk

Place all ingredients except milk in blender cup in the order they appear above.
Heat milk to the boiling point.
Pour milk into blender.
Blend on low speed for 1 minute (helps cool the moose)
Pour into large portion cups. Leave 1/2 of space between the moose and the top of the cup.
Makes 10 moosies plus a little left over for the cook.

optional toppings: whipped cream, fruit, chocolate chops, cinnamon, cookie crumbs



Ste. Susan's Salsa

- 1-28oz can Diced Tomatoes
- 4 Cloves Garlic, Run through the garlic press.
- 2 Jalapeño Peppers, halved, one seeded, one not
- 1/2 Larger onion, chopped
- 1 T Spike
- 1/2 bunch Cilantro, without stems, chopped
- 1/2 Cup Apple cider vinegar

- Put ingredients in blender in this order:
- Garlic, run it through the garlic press.
- Jalapenos
- Onions-Chop up small before putting in food processor
- Spike
- Vinegar
- Cilantro
- Tomatoes

Process with "Chop" blade for three seconds after the entire mixture is spinning evenly. Watch consistency to make sure all the garlic, peppers and cilantro are chopped. If salsa is too watery, blend a little less. Keep the cilantro short to avoid long strings of it left in the salsa. For hot variety: leave seeds in jalapenos

Good for one month shelf life. Store in refrigerator.



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OODLES OF LOCAL LOVE

We asked the staff here at the Co-op to tell us about some of their favorite local businesses to help promote the 3/50 Project (see ad next page) and support our local economy this holiday season. Here's what they shared.

Norah: I love **Second Street Auto Clinic** and not just because it's an easy 5 block walk from the Co-op. They are quick and accommodating and take excellent care of my car. Also, if **Café 27** is closed, I love to go next door to the **Water Street Grille** where there are black bean chipotle burgers, crunchy French fries, friendly people and a small bar.

Kate: **Water Street Grille**. Friendly faces. Booths. Our neighborhood supper club. Good drinks. (I mean really good. Tek can mix up anything.) Also, **The Main Grain Bakery**. Sarah Jo's cakes. Ciabatta rolls! Artisan breads.

Julie: **The Main Grain Bakery**. Best bread in town. Super cute pastry chef.

Jessica: **Polonia Café!** It's awesome. Great food and great atmosphere. Fun little cozy diner. Also, **Matsu Ya**. Sushi is great. Great owners and great customer service.

Kelly: **Central Waters**. I appreciate all their renewable efforts in brewing...and they have awesome employees...AND super yummy beer!

Luke: **Emy J's**. Ice cream!! And, they serve the Main Grain's scones.

Jill: **The Green Company** in Plover. They carry all sorts of gifty, recycled, organic, USA-made items. They also carry a large assortment of baby items. Grandma J loves to shop there for her grandkids!

Noah: **Divepoint Scuba**. Awesome outdoor gear for lots of different sports and activities! Cool classes, too!

Melissa: So many to choose...**Wisconsin Wool Exchange**. Love having local yarn and wonderful knitters so close to my home. Love the friendly, warm, and helpful ladies there. Also, **Gepetto's Workshop**. So great to have local toys and books. The store is fun just to look at the toys. It is a fixture for decades and is such an asset to Point.

Jeanne: **Sandra's Lasting Impressions**. Just discovered this women's clothing and home décor store located in a ranch-style house on Post Road in Plover. Cute, funky, fashionable, comfy clothes. Could easily spend my tax return here. They have sandals with interchangeable straps. On the pricier side, but, oh, what style! Nice deals on the sale rack.

Anne: **Crane Echo Tack**. You don't need a horse to shop at this little tack shop on Cty Hwy Z just passed Polonia. Owner, Mary Jo, sells the hottest jeans, sweetest boots and more! Also, **Christian's Bistro**. I love Christian's because going out to eat is most enjoyable when the food is better than anything I could make at home. Plus, Christian and Leah are big supporters of buying local food.

Zephyr (care of Scott): **The Companion Shop**. A rare place that's very friendly and welcoming to all (dogs, cats, people, etc.)! I love shopping the bulk aisle, including locally made foods that encourage unlimited sniffing of their aromas. These treats look and smell so delectable, I can't help but to lick them on occasion.

Maggie: **Café 27**. It's the best food with the best ingredients in town made by the best cooks anywhere and the restaurant is filled with great artwork and incredible ambiance.

Bridget: **A Dash of Delicious Bakeshop**. I wish every Saturday was the 2nd Saturday of the month when Julie features frosted cinnamon rolls. Yum! Her decorated cookies are fabulous, and she does special orders and has different items weekly.

Christie: **Frank's Hardware**. They are helpful, but not eager. They are pleasant. They are knowledgeable. They are efficient. They have many things in a smallish space...kind of like the Co-op. Also, **Dragonwings Bookstore**. Waupaca. A great selection of children's books and lovely toys.

Laura: **Northland Sports Bar and Grill** (formerly the Northland Ballroom). Providing a venue for great local music, weekly Wednesday bluegrass jams and an open mic. Friendly staff. Great local Wisconsin atmosphere. **Wisconsin Dairystate Cheese Factory**. Rudolph. Great cheese. Good prices. Amazing variety. Fresh cheese curds daily. A destination for cheese lovers!



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3 Think about which three independently owned businesses you'd miss most if they were gone. Stop in and say hello. Pick up a little something that will make someone smile. Your contribution is what keeps those businesses around.

50 If just half the employed U.S. population spent \$50 each month in independently owned businesses, their purchases would generate more than \$42.6 billion in revenue.* Imagine the positive impact if 3/4 of the employed population did that.

68 For every \$100 spent in independently owned stores, \$68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only \$43 stays here. Spend it online and *nothing comes home*.

1 The number of people it takes to start the trend...you.

Pick 3. Spend 50. Save your local economy.

Visit the350project.net

* © Clark Board 2010; all rights reserved. Thirdly supporting FamilySpends and the independent business movement.
*Employment statistics courtesy U.S. Bureau of Labor Statistics, 2/10/2009; 60M4 courtesy U.S. Bureau of Economic Analysis, 2009.



Remember **Matt** from the last newsletter? He was one of our newbies. Well, he left us for the fast paced world of Travel Guard. Good Luck Matt! Thanks for being part of the Co-op family, at least for a short while.

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The Eclipse

I stood out in the open cold
To see the essence of the eclipse
Which was its perfect darkness.

I stood in the cold on the porch
And could not think of anything so perfect
As man's hope of light in the face of darkness.

~Richard Eberhart



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