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UPCOMING EVENTS

3/28 Board of Directors
Meeting 5:30 PM

3/31 Reduced Hours
7:00 AM - 6:00 PM

4/9 Easter Reduced Hours
7:00 AM - 6:00 PM

4/25 Board of Directors
Meeting 5:30 PM

CONTACT US

715-341-1555

info@spacoop.com
www.spacoop.com

CALL FOR CANDIDATES

Although it may not seem like it, spring is right around the corner. That means it's almost time for our annual Spring General Membership Meeting, held this year on Sunday, May 21st. One key part of this meeting is our Board of Directors elections. We currently have 4 open positions. All candidates will have the opportunity to speak to the membership at the General Membership Meeting.

Board members must participate actively in the affairs of the cooperative, including regular attendance at board and management circle meetings, review of pertinent information and data, and overseeing the management of the Stevens Point Area Cooperative. Board members are in a position of trust with the cooperative and must not abuse this relationship to enrich themselves. If a Board member acts in good faith, is careful and deliberate in their actions, and avoids financial self-dealing, they will encounter no difficulties in fulfilling their legal duties to the cooperative. The special characteristics of a cooperative business require that the directors be sensitive to the needs of the members and make sure the members are educated so that they can exercise their rights. Compensation for serving on the Board of Directors includes a 20% membership discount.

SPAC's Board of Directors has worked over the last year to improve the efficiency of the Board's role within the Coop's management structure. Board meetings are held monthly to discuss current staff-directed proposals and big picture topics. Board members are encouraged to get involved beyond monthly meetings by taking part in Management Circle meetings in which they can use their areas of expertise to help guide initiatives and projects.

The SPAC Board of Directors welcome individuals of all professional and personal backgrounds to apply to join the Board this Spring. Current initiatives and focuses of the board include, but are not limited to: improving efficiencies within the Board, enhancing relations between staff, board, and members, and creating a 1, 3, and 5 year business plan. While experience in these fields is not required, it is appreciated. A Board member's responsibilities include, but are not limited to:

Monthly Board Meetings

- Held on the fourth Tuesday of each month from 5:30-7:30 PM
- Virtual attendance option available when needed
- Members are expected to come prepared to meetings by reviewing the full meeting agenda
- Active participation in requested by all Board members in conversations and decision making

Circle Meetings

- It is expected that Board members are an active member of a minimum of one management circle during their term(s)
- Active members will attend meetings, engage in decision making, and participate in any appropriate miscellaneous projects/events
- SPAC Management Circles: Numbers (Financial), Movement (Product movement), We the People (Human Resources), Communications (Member engagement & outreach), Physical (Building Maintenance)

Eligible candidates must be members of the SPA Co-op and attend at least one BOD meeting prior to the election at the GMM. BOD meetings are currently held in person on the 2nd floor of the Co-op or virtually. You can find the virtual links to the meetings on our website at <https://www.spacoop.com/board-of-directors> near the bottom of the page in the agendas. Remaining BOD meetings before the GMM include:

- Tuesday, March 28th at 5:30 PM
- Tuesday, April 25th at 5:30 PM
- Tuesday, May 23rd at 5:30 PM

Candidates must submit their written nomination including a 150-word biography and photo to communications@spacoop.com. Candidates and their biographies will be added to the website as they are received. Write-in nominations will be accepted at the GMM. Nominations received before April 3rd will also be included in the May/June newsletter. One vote per membership. Absentee voting by those unable to make the GMM will take place in-store and online. Keep your eyes peeled for those dates! The official election will take place at the GMM on May 21st.

At the Co-op

A late March morning
snow squalls swirling the streets white
I went to the Stevens Point Co-op
to fill my empty jars
with honey from local bees
maple syrup from local trees

The aroma of hearty yeasty breads
baking in the ovens
lured me
to racks of fresh warm loaves then
to a shelf with bottles of essential oils
to a cobalt blue vial
with a paper lace label scotch-taped on

VIOLET

Inhaling deeply of the sweet simple scent
I saw the heart-shaped bottle of violet water
that Mother bought me when I was little
with the hand-painted woodland flower
cradled in upside down heart leaves
a green satin ribbon looped into a bow
around the slender neck of the bottle

Breathing in the innocent fragrance
I filled the empty jar in my heart
with the fragrance of memory and Mother
and returned to my room in the house on Spring Drive
where I untied and retied the smooth cool ribbon
removed the glass stopper
smelled the clear green water
and wished it would always be full

-Laurie C. Pech-Daley



SMALL BUSINESS SPOTLIGHT: DOLCE PRINTING

Thank you to the Stevens Point Area Co-op for featuring small businesses in every newsletter!

EVERY one of you that runs a small business understands what it takes on a daily basis to be successful. You must handle your own purchasing, human resources, payroll, daily accounting activities, advertising, research and along with everything else, production of your product. The Co-op recognizes this. Thank you! We are honored that you chose us this month. We love working with the Co-op and look forward to the newsletter every other month.

As for us, Dolce Digital Imaging and Printing opened its doors in July of 1984 as a “while you wait” quick print and copy shop. We are not a large corporation or chain that caters to its National Accounts. We are a local small business that has been family owned and operated for 39 years. In fact, Nancy Dolce, along with her dog Teddy, is still here working most days along with her daughters Tammy and Penny. We are also lucky to have Tim, who came over from the YMCA, to be our graphic designer. We feel our success as a small business depends on the success of other local businesses and our community, so we all try and go the extra mile to service each of our customers as if they were our only customer.

Kindred Spirit Books & Gifts



Body • Mind • Heart • Soul
L'Aura Di Salvo owner

Hours: Monday thru Friday.
11 am. to 6 pm.
& Saturday 10 am. to 5 pm.



1028 Main Street, Stevens Point, WI 54481
715-342-4891

Email: kindredspiritbooks@sbcglobal.net



Dolce Printing is not only a full-service printer, but we also offer the full spectrum of copying services as well. From one copy to a full color print job, we do it all. Through the years we have continued to evolve with the times to meet the needs of our customers. Just some of the additional services that have been added over the years to meet those needs are graphic design services, a full line of digital services from copying to full color digital printing and a full array of mailing services including direct mail. We try to provide services that allow us to handle projects from conception to completion at an affordable price.

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!



*Pisarski Funeral
Homes & Cremation Center*

Website: www.pisarskifuneralhome.com

Email: pdfh703@charter.net

703 Second Street ~ Stevens Point ~ 715-341-4595

2911 Plover Road ~ Plover ~ 715-344-7454

David Pisarski ~ Frank Pisarski, Jr.

Our services include brochures, business cards, direct mail, envelopes, invoices, letterhead, mailing list maintenance, newsletters, posters and pretty much any printing from A to Z. If you have an idea and your not sure how to make it shine, we'll work with you to design the perfect document for your business or personal needs. We'll help you express yourself in print!

We have found over the years that no amount of advertising can beat word of mouth. We try to make each and every customer happy no matter if it's a small or large order. We thank all of you for supporting us for the last 39 years.

We would love to help you on your next copying or printing job. We offer free pick-up and delivery. If you can't make it to us, we'll come to you! We're conveniently located in Park Ridge across from Walgreen's and Nice as New. You can also contact us at printing@dolcedigital.com or 715-345-2650.

Do you know how...When you were a kid,

You were completely fascinated with nature?

Our school incorporates nature and the environment into lessons where students learn through hands-on projects, like growing food for their school lunches!



Tomorrow River
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Charter School

So Much More to
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trccs.org

DIRTY SECRETS BEHIND YOUR CLEANING PRODUCTS

Who doesn't love the feeling of a cozy, freshly cleaned home? We all do, that's why we spend our hard-earned cash on fancy products that make our homes smell like an artificial fruit bowl. Unfortunately, most of the cleaning products made available to us are saturated in toxic ingredients. While corporations claim that these chemicals are used in such small quantities that they're not harmful, when you consider how many products we use in a day, a week, or a month, we really don't know the cumulative amount that's in our homes.

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Now I love a lemon-scented toilet as much as the next person, but the toxic ingredients found in many common household cleaners can wreak havoc on our health by affecting our hormones, our respiratory systems, our nervous systems, and more. Sadly, laws in the U.S. don't require cleaning companies to disclose complete ingredients lists. Furthermore, cleaning companies are not mandated to test cleaning products.

While I encourage everyone to conduct their own research, allow me to share with you just a couple of the alarming ingredients found in many common household cleaners.

Fragrance

Seeing the word "fragrance" on any ingredient label should leave you feeling alarmed. This word is used to hide thousands of unnamed ingredients that could be lurking in your cleaning products, including phthalates and other endocrine disruptors. Fragrance is typically created with various lab-made chemicals mixed together to mimic a particular scent. Chemicals aren't all bad, however we have a right to know that the ones being used are safe. If you see "fragrance" listed in the ingredients without a disclosure (e.g., an essential oil blend) steer clear of the product.

Phthalates

As previously mentioned, phthalates are often hidden in the ingredient "fragrance." Companies aren't required to disclose what chemicals are in the fragrance, so you won't be able to identify phthalates on the label. This is unfortunate because phthalates are endocrine disruptors, meaning they interfere with your hormones and may cause birth defects, cancerous tumors, developmental disorders, and other health issues. Phthalates are especially harmful to children as studies have demonstrated that they can impact pregnancy outcome (pregnancy loss, preterm birth, low birth weight), thyroid function, diabetes, obesity, precocious puberty, and more.

The safest way to ensure you are not exposing yourself or your family to toxic chemicals is to make your own cleaning products which is surprisingly simple and only requires a few basic ingredients. Here are a few easy recipes:

Artha

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715-824-3463

www.arthaonline.com info@arthaonline.com

9784 County Rd. K, Amherst, WI

Homemade All Purpose Cleaner

This cleaner is safe and effective for disinfecting countertops and other surfaces throughout your home. It uses vinegar to remove stains and odors along with essential oils that possess antimicrobial properties and make the solution smell delightful.

- A half cup of distilled white vinegar
- Two tablespoons of baking soda
- Ten drops of tea tree essential oil
- Ten drops of eucalyptus essential oil
- Combine the ingredients in a container, such as a spray bottle
- Top off the solution with water

Homemade Laundry Detergent

Laundry detergent is another household cleaner that is packed full of toxic chemicals. It is far worse than other cleaners because we use it to wash items that come in direct contact with our skin for many hours of the day. This homemade detergent only requires several ingredients and is incredibly easy to put together.

- A half cup of epsom salt
- One and a half cups of baking soda
- One and a half cups of washing soda
- One fourth cup of sea salt
- 20-25 drops of essential oils

Homemade Stain Remover

Every home needs a stain remover. Whether it's for stained clothes, a spot on the carpet, or a spill on the couch, this homemade recipe uses natural, stain-fighting ingredients to get the job done without toxic chemicals.

- One fourth cup of vegetable glycerine
- One fourth cup of distilled water
- One fourth cup of liquid castile soap
- One tablespoon of hydrogen peroxide
- 40 drops of lemon essential oil

Mix ingredients and store in a dark container because hydrogen peroxide shouldn't be exposed to light when stored.

Having a clean and fresh-scented home doesn't require using toxic chemicals. You can achieve the same result and save money by creating your own products with very few ingredients. Unfortunately, many of us succumb to convenience. It's easy to throw the cheapest products in your cart when you walk down the cleaning aisle and not think twice about it. When we get home and use these products, they glaze nearly every part of our homes in harmful chemicals that will now be absorbed into our skin and inhaled into our lungs. With minimal effort, we can work against these conveniences to help lower our exposure and live happier and healthier lifestyles.

-Anita Welch





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www.gimmeshelteronline.com
715-824-7200 Amherst, WI

Have a suggestion? Have an idea? Feel free to email one of our board members with your thoughts!

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THE CO-OP'S
CO-TO-GO
COOLER IS
FULL OF
DELICIOUS
GRAB & GO
MEALS

RECIPES: CAUGHT SNACKIN'

You don't need crazy chef equipment or the technique of Gordon Ramsay for these recipes. Here are some super simple (but super delicious), easy to make snacks! You'd best believe you can find all of these ingredients at our Co-op; a lot of them from local folks, too!

If you're hungry for more, *Caught Snackin'* is available locally at Bound to Happen books!

Shroom Wings

Serves four

Prep Time: 15 minutes

Cook Time: 15 minutes

These golden, crispy, meaty mushroom wings will leave you discombobulated when you realize they're VEGAN.

Ingredients:

- 1 ¼ C (150 g) all-purpose flour
- 2 tsps. smoked paprika
- 2 tsps. Italian mixed dried herbs
- 1 tsp. salt
- 2 tsps. onion powder
- 2 tsps. garlic powder
- 1 C (240 ml) plant-based milk
- 1 ½ C (180 g) breadcrumbs
- 10 ozs (280 g) baby portobello mushrooms, stalks removed, halved.
- 1 qt (960 ml) vegetable oil, for deep-frying
- Vegan barbecue-style sauce, for dipping

Directions:

In a large mixing bowl, combine the flour, smoked paprika, dried herbs, salt, onion powder, garlic powder, and plant-based milk. Whisk this batter until it is thick and smooth.

Put the breadcrumbs into a medium-sized bowl.

Coat the mushroom halves in the batter, followed by the breadcrumbs, and place on a plate or wire rack.

Heat the oil in a deep saucepan with a well-fitting lid to 350°F (180°C) over medium-low heat.

Fry the mushrooms in batches for 3 minutes, or until golden and crisp. Remove from the oil and drain on paper towel. Serve with sauce!

Chocolate Mug Cake

Serves one

Prep Time: 5 minutes

Cook Time: 1.25 minutes

Don't be a mug; try this cake. You can also prep these in advance and refrigerate them. All you'd need to do is toss them in the microwave and you're ready to go!

Ingredients

- 2 tbsps. (28 g) salted butter, at room temperature.
- ¼ C. (50 g) caster sugar
- 3 tbsps. boiling water
- 2 tbsps. cocoa powder
- ¼ C. (30 g) self-rising flour
- ¼ tsp. salt
- 1 tbsp. chocolate chips

Directions

Put the butter, caster sugar, and boiling water in a microwaveable mug and stir until melted.

Add the cocoa powder, flour, and salt. Stir until well combined and smooth.

Fold in the chocolate chips and microwave on high for 1 minute 15 seconds, or until baked on top with a soft, gooey center.

That's it!

cinnamon roll~breads~pastries~cookies~muffins~wheat-free options



m-f 9am to 2pm

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powered

633 2nd Street Stevens Point, WI

FEATURED PRODUCTS: WOMEN OWNED BUSINESSES

With International Women's day being on March 8th, we wanted to take some time to show off some of products from our local women-owned businesses! Check out these brands and all their products at the Stevens Point Area Co-op!

Fed Up Foods Applesauce: Brown Butter Sage, Chunky, Smooth - A new spin on your favorite snack. You can feel good about the ingredients of these locally sourced applesauce. Go ahead, eat the whole jar in one sitting; we won't tell!



Tippecanoe Body Oils: Lemongrass Rosemary, Palo Santo Lavender Rose, Sweet Amber Frankincense - Treat your body with these luxurious and silky body oils. They can be used as massage oils or as a perfume oil!

Gateway Pines Bulk Herbs: Mugwort, Sage & Calendula - From tea to DIY beauty products, Gateway Pines has got you covered with locally grown, harvested, and dried herbs.



Stevens Point Sauce Company BBQ Sauce: Rhubarb, Spicy Garlic, Sweet Maple, Jalapeno Lime - Step up your summer barbeque game and impress your friends with these flavorful sauces. Stevens Point Sauce Company is a sure-fire way to take your grillins' to the next level.



THE STEVENS POINT AREA CO-OP
633 Second Street
Stevens Point, WI 54481

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