

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

**the COOPERATIVE**  
633 Second Street  
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**the COOPERATIVE**  
*SPIRIT*

715.341.1555  
info@spacoop.com  
www.spacoop.com

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

SINCE 1972

SUMMER 2012

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

### SPAC NEWSLETTER

Editor: Christie Woodliff

Layout: Anne Hylla

Contributors: Chamomile Nusz, Morgan Pease, Louise Pease, Orian Welling, Heidi Sprecher, Lindsay Buesgens, Rhody Jakusz

### CLOSINGS

Independence Day - July 4th

Labor Day - September 3rd

### BOARD OF DIRECTORS

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

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 info@spacoop.com. Meeting dates and times are posted in the Co-op foyer.

### CELEBRATING STAFF ANNIVERSARIES

Anna Lutz - 1 year  
Jessica Lawson - 1 year  
Laura Rollin - 4 years  
Julie Tackett - 5 years  
Jeanne Shamrowicz - 6 years  
Anne Hylla - 9 years  
Bridget Lohr - 10 years  
Norah Wienandt - 16 years

### 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 is 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). We may refuse returns on perishable items at our discretion.

## BOX CUTTERS AND HONEY - MEMORIES OF CO-OP KIDS

By Morgan Pease

A lot of memories from my childhood revolve around the Co-op and the people my parents and I have met through its doors. Some of the most memorable parts of the Co-op to me have been honey sticks, Red Hot Blues, Veggie Pastries, and of course cinnamon rolls. All of these have a special place in my heart (and pantry) as do most of the groceries I grew up helping my parents pick out. But to me the Co-op was more than food, it was and is a preplanned or happenstance meeting place. It was the place where you stopped in the middle of a bike ride for a drink and a pastry. The place where you loaded up your bags before heading to the Boundary Waters for a canoe trip. The place where you ran into someone you hadn't seen in years and still talked like old friends. It was The Co-op and even though I live some odd hours away now and use other cooperatives in my city to buy groceries, I still refer to the Co-op as The Co-op and always will.

By Chamomile Nusz

I grew up in the Co-op; I have many early memories, the smells, flavors, feel and people. I loved the parties in the upstairs, dancing was so much fun, being spun around and around until I got so tired I would find a spot under a table and fall asleep. One memory that stands out is sneaking honey. There was bulk honey, and the spigot on the container would always leak a little onto the tray. I would circle the Co-op and each time I passed this tray I would swipe my finger and stick it in my mouth. I loved honey! I now come to the Co-op with my children. There is no more honey tray within reach, but there are yogurt covered pretzels at child level in the bulk food aisle. My three year-old son Miles sneaks them every time we shop. He has the same method; he circles the Co-op and quickly grabs one and pops it into his mouth before he gets back to me. My advice to the Co-op would be to move sweets to a higher location. We love the Co-op; it has always been a big part of my life, and it will be a big part of my children's lives. Thank you to my parents and all of the other community members who made it a reality!

By Orian Welling

My parents spent a lot of time at the Co-op when I was growing up and they would always bring me along with them. Much of the time I would spend with the many other kids my age, playing catch out back, exploring the mysterious second floor, and often running through the aisles even when told not to. Sometimes I would help out, too (I particularly liked getting to go into the freezer!). One day when I was helping out I made what I thought was a huge mistake; for some reason this memory has stuck with me particularly vividly: I was helping my mom re-stock the refrigerators. She had me opening up cases of drinks and putting price tags on them. I was eager to help because I thought my mom would let me have a carob rice milk at the end. I also thought the machine that made the price tags was really cool! Disaster struck when I turned to a case of R.W. Knudsen boysenberry spritzer. I grabbed my box cutter and started cutting off the plastic shrink wrap over the case when--**IBANG!**--there was spritzer everywhere! I had nicked one of the cans with the box cutter and it had virtually exploded covering all the other cans, and me, in pink fizzing boysenberry liquid. This was long before I thought of anything in terms of dollars and cents, and since spritzer was usually reserved as a special treat, its value was very elevated in my mind. I was surprised and confused when I found out I wasn't grounded, and all the more so when my mom still got me a carob rice milk at the end!

### CEL-E-BRATE GOOD TIMES, C'MON!

Our **40th Anniversary Party** is  
**Saturday, July 28th 2012**

at **Bukholt Park**

(on the Wisconsin River in Stevens Point)

from **3pm-8pm**

(see page 3 for more details)

IT'S MY PLEASURE TO INTRODUCE .....

1. Hi, my name is: *Lindsay Buesgens.*
2. Here are three fun facts about me: *I am studying Environmental Education and Interpretation at UWSP. I went to an environmentally-focused high school called the School of Environmental Studies. I grew up on Friendship Lane.*
3. Aside from working at the Co-op, you might find me: *Working as the student sustainability manager for Dining Services at UWSP, biking on the Green Circle or in the library.*
4. My favorite food is: *falafel.*
5. My favorite place to go in central Wisconsin is: *Schmeekle Reserve because it is beautiful! Also, I don't have a car and I am from Minnesota so I can't get around too easily and I don't know where much is, so I am thankful we have some great green space in Stevens Point.*
6. I am excited to be working at the Co-op because: *it seems like an amazing place to work! Good people, good food, and good times!*



Hello Co-op-ians, My name is Heidi Sprecher, and I am thrilled to be back working at this fine establishment of fantastic foods, groovy goods, and merry moods. You are not experiencing déjà vu – I worked here many moons ago – from the summer of 1996 to the winter of 2003. I love that on my first training shift I saw many old friends/members and exchanged many hugs.



I worked here all through college, and although my studies were inspiring, I learned more about food, health, community, and responsibility from the Co-op than from anywhere else. Maggie and Norah were like my cool aunts and my co-workers were like my wild cousins. Luckily, the new crew is on much better behavior than we used to be and this place is better off for it.

After college, my family and I moved to Arizona and then California where I taught. We moved back to Wisconsin after 5 years and bought a house right down the road. My son Kirien, who was born shortly before I began working here the first time, is now 16. My youngest son, Sylvan, is 10 and loves stopping at the co-op on the way home from school for honey sticks and pot pies.

I can't wait to see all of your smiling faces this summer!  
Heidi

THE CO-OP MILLENNIUM FUND: WHAT NOW?

By Rhody Jakusz, SPAC Board Member  
In 2000, the Stevens Point Area Cooperative, with the support of several generous donors, created the Millennium Fund to support the Co-op's presence in the community. The hope was the fund would continue to grow through donations, 1% Fridays, and investment. We are pleased to report the fund has slowly, but surely, grown! The Co-op Board of Directors (BOD) requests input from you, our members, regarding how the fund could be best used and sustained, while supporting local enterprises in our community. As the Co-op celebrates its 40th year, we are excited to promote a sustainable, healthy community through the Millennium Fund projects. If you have ideas on how we might connect with a great project or organization, you may text or call Rhody Jakusz at 715-340-8865 or drop us a note the next time you visit the Co-op. Please write Attn: BOD/Millennium Fund on the envelope, and don't forget to include your name and phone number!

THANKS FOR ALL YOUR HELP.

**Laurie Karch** has been a working member longer than any employee has been employed at the Co-op. She has seen the Co-op and the working member program through many changes and new faces. It is with great appreciation we say **THANK YOU** for all her years of involvement and consistent hard work. We will miss seeing Laurie in the storefront as a part of the co-op staff, but we look forward to meeting her in the produce aisle or at the Earthcrust counter as a dedicated Co-op shopper, longtime member, and dear friend. Thank you, Laurie!!

June coupons

<p>\$2.00 OFF ANY ONE</p> <p>WATER BOTTLE</p> <p>valid 6/1/12 - 6/30/12</p>	<p>50 CENTS OFF ANY ONE</p> <p>SEEDS SAVERS SEED PACKET</p> <p>valid 6/1/12 - 6/30/12</p>	<p>\$1.00 OFF ANY ONE</p> <p>BLOCK OF CHEESE OR CHEESE ALTERNATIVE</p> <p>valid 6/1/12 - 6/30/12</p>	<p>\$1.00 OFF ANY ONE</p> <p>SUPPLEMENT</p> <p>valid 6/1/12 - 6/30/12</p>
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July coupons

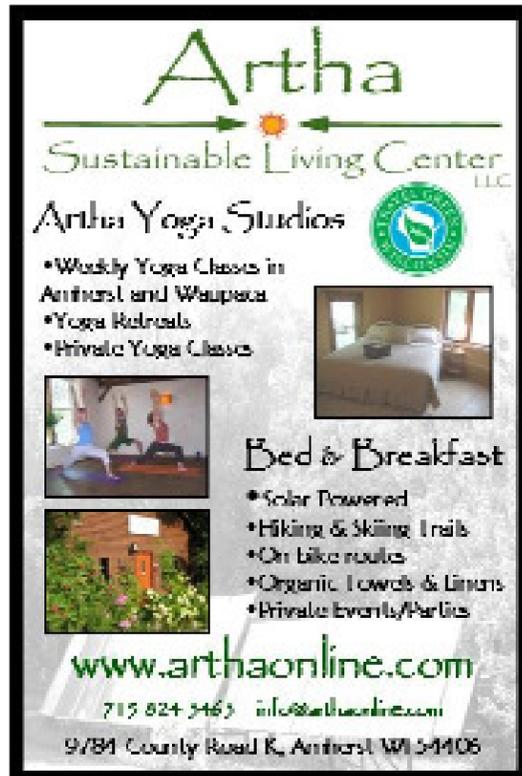
<p>\$3.00 OFF ANY ONE</p> <p>CO-OP 40TH ANNIVERSARY T-SHIRT</p> <p>valid 7/1/12 - 7/31/12</p>	<p>\$2.00 OFF ANY ONE PACKAGE OF</p> <p>BUTTER</p> <p>valid 7/1/12 - 7/31/12</p>	<p>\$1.00 OFF ANY ONE BOTTLE OF</p> <p>SHAMPOO OR CONDITIONER</p> <p>valid 7/1/12 - 7/31/12</p>	<p>\$1.00 OFF ANY ONE BAG OF</p> <p>CARROTS</p> <p>valid 7/1/12 - 7/31/12</p>
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August coupons

<p>\$1.00 OFF ANY ONE</p> <p>DEODORANT</p> <p>valid 8/1/12 - 8/31/12</p>	<p>\$1.00 OFF ANY ONE PACKAGE OF</p> <p>CRACKERS</p> <p>valid 8/1/12 - 8/31/12</p>	<p>\$1.00 OFF ANY ONE</p> <p>BAR OF SOAP</p> <p>valid 8/1/12 - 8/31/12</p>	<p>\$2.00 OFF ANY ONE</p> <p>SUPPLEMENT</p> <p>valid 8/1/12 - 8/31/12</p>
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## MORE THAN ONE PERCENT

The Co-op's One Percent Fridays Program has contributed to many fine organizations over the years. In addition to one percent of our Friday sales supporting the organizations listed on the back of the newsletter, this year, we have placed a spare change receptacle near the doorway, just past the registers. Drop your spare change in this box, and these funds, combined with the one percent monies will be passed on to great folks in great places doing great things in our community! Check back here for an update on your 2012 spare change contributions.



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## I HEART COOKBOOKS AND MY FAVORITE ONE IS...

**Appetite for Reduction** because everything is quick, easy and delicious. Jessica Gast

Two votes for **Betty Crocker** (from the 1960s) because it has tons of info and everything made from scratch—no mixes, etc. and usually stuff you have on hand. Lorna Falkosky

I learned to cook using it and I still find it very handy for reference. Stacy Wright

**Creative Cook's Kitchen** because it presents how to serve healthy food in a creative way (as well as how to modify the recipe). Susie Ackerman

**EarthBound Cookbook** because its recipes are good for us and the earth! Jenny Hayes

**The Good Herb** because all the recipes include herbs as ingredients. There are many delicious recipes to eat as well as home remedy recipes. Angela DeSmith

**The Heirloom Tomato** because it stresses the importance of long-term preservation of heirloom/open-pollinated varieties and it always reminds me of summer!! Susie Ackerman

**How to Cook Everything** because it is the starting point for countless recipes and dishes. Becky Voldhoff

**How to Cook Everything Vegetarian** because it answers every question I have. Deb McCabe

**More With Less** because it focuses on how to eat better and consume less of the Earth's food resources. Bette Stephens

**The Stinking Rose Cookbook** because I love garlic!! Billy Geoghegan

**Veganomicon** because of its awesome vegan recipes! My fave is the potato and kale enchiladas with chile sauce. Yum! Ginger Lee

**40 IS FUN AND SO SHOULD YOU!**

How many times does the number 40 appear throughout the newsletter? Count 'em up and drop off your entry before July 4th to win!

Answer: \_\_\_\_\_  
Name \_\_\_\_\_  
Phone \_\_\_\_\_

## Cel-e-brate Good Times, C'mon!

(continued from front page)

2012 marks the 40th anniversary here at the Stevens Point Area Co-op, and we are excited to share this milestone with all of you! So excited, in fact, we decided to have a big, old-fashioned picnic-party-extravaganza! We are planning fabulous **music** from Co-op members Moogie, Backalley Blossoms and Tom Pease, old-time picnic **games** (including a three-legged race), a **photo booth**, a **children's table**, a **cooking contest** (see below), and a locally-inspired **dinner**, featuring many items grown or produced in Wisconsin.

We will feature main dishes prepared by Rockman's Catering and there will be a potluck for side dishes. Desserts will be baked with love from the Main Grain. As well as many **prizes** and **giveaways!** We would love to see you there! Watch your mailboxes for an invitation postcard with RSVP contest, so you can let us know you're coming!



## 40 DELICIOUS YEARS IN THE HEART OF WISCONSIN!

Do you harvest your own beans or blueberries? Does your neighbor sell eggs or maple syrup or honey? Do you dry shiitakes or make your own applesauce? Are you a fan of a particular Wisconsin Cheese? We are looking for the culinary geniuses of our membership to wow us with their skills--because we're having a **COOKING CONTEST!!**

The Details:

- Two Categories—Savory Items and Sweet Items
- Must use at least **THREE** ingredients grown, raised, or produced in Wisconsin.
- Entries must be at Bukholt Park by 5:30pm to be considered.
- Entries judged on ingredients, taste, visual appearance, name, originality and texture.
- Label entries with your name and phone number, name of entry, whether it is sweet or savory, and Wisconsin ingredients used.

Have a winning recipe you think will fit this bill? Bring it to the Anniversary Party, perhaps it will!



L'Aura and Gordy baking for Thanksgiving dinner



register one circa 1980



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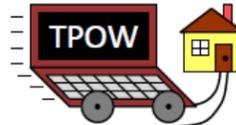
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## Local Love - Shippy Shoes

Are you looking for a running shoe  
or perhaps something with a steel toe, too?

Do you love Smartwool socks  
or a pair of well-made flip flops?

In search of the perfect winter boot  
or footwear to complement your new suit?

Maybe you have a specific orthotic need  
Well, Shippy Shoes can assist, indeed!

They have an ample inventory, sizes and widths galore  
and they can special order even more!

**Hours:**  
**Monday-Friday: 9am to 8pm**  
**Saturday: 9am to 5pm**  
**Sunday: 12pm to 5pm**

"Hey, I put some *new shoes* on and suddenly  
everything is right."

~Paolo Nutini New Shoes

Located at 5474 Highway 10E, Suite 6, Stevens Point, WI (715) 344-6993 or (800) 505-6993 info@shippyshoes.com



"Shippy Shoes is a shoe store that truly cares about the comfort of your feet. Shippy Shoes works with athletes, especially runners and walkers. You can find anything from baby shoes to steel-toed boots. Owner James Shippy strongly believes that service is the key to success. Shippy Shoes was founded by Jim's grandfather, Frank in 1914. Shippy's began as a leather goods store. Frank's sons Ralph and Earl took over when they graduated from high school. When James assumed ownership, he shifted the focus to the specialty foot care side of the business. Customers come from far and wide, many referred by doctors. Jim conducts runner clinics and health fairs. The shop is renowned for its excellent range of sizes, from narrow to extra wide. Shippy Shoes discounts the entire inventory. It is well worth your time to come in for a free foot screening." Source [www.shippyshoes.com](http://www.shippyshoes.com)

## REMEMBERING THE CO-OP

By Louise Pease

When we moved to Wisconsin from California in 1976 it didn't take long to find out about, and fall in love with the Co-op. That first day back in the Ellis Street days we met Nina Cass, then manager, Dennis Cook, Bob and Marguerite Ramlow, and Mark Klein and Ellen Davis (working on the details of starting Earthcrust Bakery). We were able to help with the move to the Co-op's present location, meeting more and more of the incredible people who live here, Phil and Holly Smith, Ken and Megan Karth, Tom Brown/ JoEllen Seiser etc... Though I volunteered for a few years, I think it was 1980 when Dan Lamers and I



were hired to share the assistant manager job there, while Jennifer Williams was manager. During those years various changes were made to the building, floors refinished, passive solar installed, Flax to Gold living where the health and beauty aids are now, the deli having its reign, the upstairs hosting many Halloween parties, the famous Tree/Bud reception. I loved those years working at the co-op, particularly grateful for all the incredible people I met there. I continue to be grateful for the incredible people I meet at the Co-op. And, I am extremely grateful that the Co-op is celebrating 40 full, rich years!