



FOOD *for* THOUGHT

Marquette Food Co-op
Newsletter

Spring 2014

FOOD *for* THOUGHT



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Food for Thought

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Marquette Food Co-op

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Board of Directors

Glenn Sarka PRESIDENT
Brian Brady VICE PRESIDENT
Barbara Krause TREASURER
Phil Britton SECRETARY
Tom McKenzie
Mike Potts
Janna Lies
Emily Wright
Leroy Snooks
Matt Gougeon GENERAL MANAGER

Everyone is welcome to attend Board Meetings, held the third Tuesday monthly at 6pm in the Co-op's conference room. For board member contact info: www.marquettefood.coop

Disclaimer

The views within this publication are as diverse as the 3,500+ households sharing ownership of our Co-op, and thus do not represent the store, its Board of Directors, or staff. The Co-op does not prescribe health treatments or products. We offer the extensive knowledge of our staff, and encourage you to prescribe for yourself—every individual's right.

About Us

Food for Thought

This newsletter is published in-house four times per year for owners and friends of the Marquette Food Co-op.

Our Mission

Marquette Food Co-op exists so that:

Our owners, customers, and community have access to organic and wholesome products, and the benefits of a healthy, diverse, educated, and sustainable community.

Local producers and growers of organic, wholesome goods are supported as part of a strong and vibrant local food network.

Owners, customers, and community members are educated about food and related issues.

Owners and customers will benefit from access to local, organic, wholesome, and fairly-traded food and products.

Our Values

The cooperative principles

Voluntary and open ownership.

Democratic owner control.

Owners' economic participation.

Autonomy and independence.

Education, training, and information.

Cooperation among co-ops.

Concern for the community.



Calendar

Events are held in the Co-op's conference room unless otherwise noted.

Visit www.marquettefood.coop for full event details.

Board of Directors Meetings

March 18

April 21

May 18

(tues) 6pm

Wellness Days

March 29

April 26

May 23

(sun) 5% off all body care items, bulk herbs, teas & spices, general merchandise

Board of Directors Election

February 15 - March 7

Info & voting @ www.marquettefood.coop

Annual Meeting & Social

March 14

(mon) 5:30 - 8:30pm @ NMU Great Lakes

Rooms

Easter

April 20

(sun) Co-op open all day

Hoop House Workshops

March 12 : Composting for Beginners

April 30 : Building Your Own Hoop Houses

May 14 : Native Plants Attract Pollinators

(wed) 6pm @ NMU Hoop House

rsvp 225-0671 x23

Cooking Classes

March 4 or 11: Eggs

April 15 or April 22 : Thai Food

May 6 or May 13 : Great Greens

6pm @ MSHS Home Economics Room

rsvp 225-0671 x23

Memorial Day

May 26

(mon) Co-op open all day



Our Board Matters

Those who have served as board members know that one of the most difficult responsibilities is that of finding new members. The effectiveness of a board depends upon the successful recruitment of Marquette Food Co-op owners who are willing and eager to serve.

Many people are motivated by altruistic principles and the desire to contribute to a cause they care about. But, volunteering takes time, energy, and it can be hard work. So, why should you volunteer?

A multitude of books and magazine articles have been written concerning this topic. Therefore it's unreasonable to expect that I could contribute a truly original idea or course-of-action. However, a few often stated concepts supporting volunteerism deserve review. I offer the following on why each and every owner should seriously consider being a candidate for the MFC Board of Directors.

- *Board members belong to the highest level decision-making team. Thus, they play a direct role in determining the Marquette Food Co-op's overall direction and impact.*
- *Board members feel the satisfaction of getting things done and spend valuable time doing what they care about.*
- *Board members are advocates for sustainable agriculture, healthy lifestyles, fair-trade policies, and the promotion of local products.*
- *Board members network with other players in the community and interact with an energetic and talented MFC staff.*

- *Board members, more often than not, come with absolutely no experience. A willingness to listen, learn, contribute, and vote is all that's needed.*
- *Board members often find new and lasting friendships while acquiring new skills that enhance resumes and possibly advance careers.*

Need more? Serving on the MFC board could also impress your mom?

There are dozens of additional reasons you should serve. Just find a couple that work for you and consider throwing your hat in the ring the next time around.

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In conclusion, I'd like to say a few words concerning your vote. The Marquette Food Co-op is conducting an election for new and incumbent board members. Elections are the foundation for jointly owned and democratically controlled Co-ops. Furthermore, elections are how we become board members and we are elected by those we represent. It's important that you cast your ballot and please consider running for the Marquette Food Co-op Board of Directors.

**Leroy Snooks
Board Member**

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Annual *Board of Directors* Elections

February 15th - March 7th



Vote Online

— at —

www.marquettefood.coop

The Candidates

Please honor your responsibility as a Marquette Food Co-op owner and choose up to four candidates to fill the four open seats on our Co-op Board of Directors. According to our bylaws, board elections are required even in a year when the number of candidates matches the number of available seats.

Voting is easy! All voting takes place online starting Saturday, February 15th at 12:00 am and ending at 11:59 pm on Friday, March 7th. Go to www.marquettefood.coop and click on the voting link on the homepage. Remember that only one voter per equity share may cast a ballot. If you need assistance with voting, come into the store and cast your ballot at the Customer Service Desk.



Brad Jackson

I am a steadfast believer in supporting the ideals of access to healthy food choices, support of local growers of healthy food, and minimizing our carbon footprint. The Marquette Food Co-op seems highly aligned with my beliefs and vice-versa. I am committed to using my talents to help the Co-op continue and broaden its success, and to help make Marquette and the U.P. a healthier place to live.



Mike Potts

I have served on the MFC Board of Directors for three years. I started my term on the board during the beginning of our current expansion and I am interested in seeing and assisting the MFC to complete the expansion process. The MFC will be leading the way towards sustainability in Marquette and the U.P.



Cori Ann Noordyk

I am a long-time resident of the U.P. I have a professional background in Social Work and Marriage & Family Therapy, as well as personal interests in local and organic food and business. I am interested in a position on the board because I'd like to enhance the community's access and education regarding these issues as well as help our Co-op be profitable and successful as we grow. In addition to those interests, I enjoy spending time with my family, traveling, being outside, crocheting, and shooting indoor archery. I appreciate the opportunity to serve on the Co-op board! Cheers!



Emily Wright

My husband and I live in Skandia and are happily beginning the homesteading lifestyle. Aside from gardening and syrping we also enjoy hiking, kayaking, snowshoeing, and spending time with friends. I work as the Administrative Assistant for Lasco and love my job! On the side, I also make wedding cakes and have coordinated and served as head baker for a Dessert Reception Benefit. I have a passion for food and a healthy lifestyle that spills over into the community around me. I'm excited to have the opportunity to work with such wonderful people on the Co-op Board of Directors.

For more information on these candidates go to www.marquettefood.coop

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ANNUAL MEETING + SOCIAL

Come join us for an evening of good food, good friends, and an update of what our new store will look and feel like. Co-op management, board and staff members will be on hand to answer questions and provide you with details about everything from lighting to product selection.

• **Friday, March 14**

• **Great Lakes Rooms**
NMU University Center

• **5:30 - 8:30 PM**
7:00 "State of Our Co-op" Meeting

• **\$5 for Adults**
• **Kids under 12 FREE**

Meet & greet of newly elected Co-op board members

Heavy Hors d'oeuvres
(something for everyone, including gluten-free & vegan)

Coffee, Tea & Fancy Water

Live Music

Cash Bar *(featuring Michigan beers & wines)*

Incredible door prizes!

Annual Meeting Change

I'm flirting with cliché by saying this, but this is an exciting time for our co-op! It feels like we could sit for hours and daydream about the possibilities our new location has to offer. While we may not have endless hours, we may at least have an evening at the upcoming Annual Meeting.

Several things happen at the Annual Meeting. A reflection on the past year, an update on what's happening in the coming year, the introduction of new board members, as well as food and fellowship. All of these are important, and yet at a higher level, this is the meeting where I feel we come together and reaffirm our commitment to our community. The Marquette Food Co-op is more than a natural foods store. It is all of us, working together towards the same ends, sharing in the fruit of our efforts.

This year the Board has changed the venue and format of the Annual Meeting. It will be held at NMU. There are several reasons for and benefits to this change. We've outgrown other venues in Marquette. Members have made it plain that they don't really like the armory as community space. And lately our potlucks have run out of food before everyone attending has been fed. NMU has plenty of space and amenities for our meeting although they will not allow us to host a potluck or bring alcoholic beverages on campus. They are, however, preparing good food for us and providing a cash bar. The annual meeting has always come with costs-although it has been free of charge to members. This year we have the additional cost of having NMU prepare food for us to our liking. The \$5.00 per person (kids 12yrs of age and under eat free!) is meant to cover the cost of NMU's food service staff preparing the food. The \$5.00 per adult admission fee is likely less than what one would spend on preparing a dish to pass at past potlucks, especially if you brought beer or wine too. Additionally, there is the added benefit of the convenience for folks who will come to the meeting straight from their work without having to make time to prepare a dish to pass. Also, this new Hors d'oeuvre

format will allow people to eat at the same time instead of some folks having to be last in line at the potlucks hoping there will be something left to choose from. Yes, the family feel of sharing dishes prepared at home may be missed, but as our family of members grows, so must our means of hosting both the fun and business of the MFC Annual Meeting. Our annual Harvest Potluck will still be a potluck and will still be free.

With that in mind, there are going to be two "rooms" where we meet. The main room is where we will eat, socialize, and (in my case) chase our kids around. A second room will be set up, just off the main room, which will house the "business meeting" side of things. Displays will be set up showing off various aspects of the new store, and the majority of speaking, Q&A, etc., will take place in this section. The reason for the separation of the rooms is to better facilitate the components of the meeting, mentioned above. It's difficult to focus on what a speaker is saying when other conversations are happening and kids are running around and just being kids, yet on the flipside a stuffy, "strictly business" atmosphere isn't as conducive for connection and community. Not wanting to lose either, we decided to create space for both. After the meeting, we would love to hear your feedback on the new format.

Speaking of feedback, we as a board have been discussing methods for ensuring that the communication connection is strong between the Board of Directors and the owners. We have done surveys and newsletter articles, and information is filtered to us through outreach and store reports, but there are some other potential opportunities available through focus groups, Q&A, and spending time in the store just chatting with you. Stay tuned, and see you in March!

Phil Britton
Board Member

Expansion Update



Holy cow! We are BUSY with expansion activity. And, I can honestly say that it is more than a little fun. I'm sure all of us here at the store, though stressed right now, will look back at this time fondly. It is better to be acting on plans, seeing decisions to their fruition, and watching the physical transformation of our new store happen with each passing day than simply anticipating the expansion. Hats off to the managers and buyers who are pulling extra duty planning all the merchandise for the store shelves and refrigerated cases. It doesn't happen automatically and our opening orders with vendors must be placed a couple months ahead of the store opening. Plus we are designing display units and ordering equipment. Like a giant jigsaw puzzle with many hands working on it, it is rapidly coming together.

You have noticed that we have begun posting for available jobs. It is exciting to be bringing new employees into the fold. All told we expect 25-30

new jobs to be created by our expansion. By the end of March, all the new staff should be hired—so keep your eyes open and tell your friends and neighbors that more job postings are coming

Like a giant jigsaw puzzle with many hands working on it, it is rapidly coming together.

up. We offer a friendly, safe, and fun place to work. Along with a benefit package and decent wage or salary we offer the opportunity to participate and learn in activities outside of the store, like farm tours, cooking classes, workshops, and educational opportunities. There is camaraderie unique to working in a co-op that can

only be attributed to the sense of ownership felt by those who work there—which in turn cultivates the connection to member/owners shopping in the store.

So far there have been few, if any, real surprises during construction. This means the project progresses fairly within budget and so far in a timely fashion as well. The Finance Committee of the Board of Directors get regular updates from me so that were all on the same page. At the time of this writing, most of the construction



has been happening inside of the store. It has been so cold this winter that the contractors have moved indoors—and who can blame them! Nevertheless, the project moves forward with walls up, rough electric and plumbing in, insulation blown, HVAC underway, and refrigeration installation begun. There's a great bunch of guys working on the place, and on Fridays we treat them to hot soup and sandwiches from the deli. What's the quickest way to enrolling new members? Through their stomachs!

We are still selling preferred shares of the MFC. If you have been considering this investment opportunity, contact me soon as our offering period ends next month! Join other members who have made share purchases to ensure that the kinds of foods you want remain accessible and available. Also, look for word about a sneak preview open house at the new store when we get closer to our opening date. For those of you who attended the open house we hosted last April: it will look markedly different this time around! Hang in there everybody—we're almost home.



Matt Gougeon
General Manager

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