



Week of Oct. 28 – Nov. 3, 2007, Vol. 3, No.1
Edited and Compiled for you, by the Rising Tide Collective

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Openings – “Happiness is when what you think, what you say, and what you do are in harmony.” - Mahatma Gandhi nobelprize.org/nobel_prizes/peace/articles/gandhi/index.html

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **George Greek** passed away in Moncton on Saturday, October 27. He was 76. Many co-operators in Atlantic Canada knew George from his 35 years working at Co-op Atlantic and through his volunteering in the co-op and credit union systems. To read the complete obituary, go to <http://www.fairhavenmemorial.ca/Location.aspx?SiteID=8012> Our condolences go out to Sheelagh, Jeff and his extended family. The funeral will be Thursday, November 1, at 11 am. Funeral arrangements are entrusted to Fair Haven Funeral Home, 1177 Salisbury Road, Moncton (506) 852-3530. The family invites you to sign the book of condolences at <http://www.fairhavenmemorial.ca/>
- The **PEI Eco-Net** co-op and the **Rescue Mission Canada** co-op are currently hosting two Canada World Youth participants. As the two participants will be helping out with Eco Net and Rescue Mission projects until the end of November, you are encouraged to contact Eco Net at peien@isn.net if you have inquiries on any of these projects, or on the participants themselves. – *Todd MacLean*
- Co-op Week celebrations were subdued but meaningful for the community of Chéticamp, NS. **Paulite Roach**, the last surviving founder of the **Cheticamp Credit Union**, passed away at the age of 96. He was a staunch supporter of the co-op movement, truly believing that through co-operation, communities could help themselves. I for one was inspired by Paulite, and realize that if we celebrate Co-op Week, we can thank men like Paulite for having paved the road for us. Was it coincidence that he should leave during Co-op Week? I think not. - *Laurette Deveau*
- Wearing an 1895-style tea gown, **Margot Bureaux** of Nova Scotia-based **Just Us! Coffee Roasters Co-op** took first place in a tea steep-off. She also won for best pot of assam tea and best hot tea-based latte. <http://www.thestar.com/living/Food/article/257895> Just Us! doesn't yet have an organic, fairly traded assam, so Bureaux brews a pot using leaves from India's Tarajulie estate that are sold by Metropolitan Tea Co. She won three first-place honours – one for the assam, another for her Pumpkin Spice Rooibos Latte, and a third for overall performance.



Trends – Today I would like to talk about the **Freedom Toaster**. If you guessed that it is a device that makes French Toast in the United States, you'd be wrong, thankfully. (Just Google

‘freedom fries’ if the reference isn’t familiar). The Freedom Toaster is a vending machine that dispenses digital information instead of food. The Freedom Toaster project began as a means of overcoming the difficulty in obtaining Linux and Open Source software in areas of South Africa where high bandwidth (high-speed internet) is not available. From their brochure: “Freedom Toasters dispense new information, communication technologies, software and content that act as a catalyst for increasing people’s choice and are directly translatable into knowledge, leading to greater freedom.” (I like to think that’s ultimately what Co-ops are for.) Right now, Freedom Toasters are preloaded to dispense free digital products which include software (the Linux operating system), public domain photography, music and literature (including major awareness campaigns on communicable diseases, for example, and even multimedia training programs on improving maternal health, environmental sustainability and agriculture). So the possibilities are pretty endless although I wonder why there isn’t a USB outlet or memory card reader on the machines to ‘dispense’ with the plastic disks. See <http://www.freedomtoaster.org/> for more info, including manuals to build your own. – *Ron Levesque*



Circle of Life - October was **FAIR TRADE Month**: <http://www.connectwithfairtrade.org/>



The Fair Trade Certified label appears on products as a guarantee that disadvantaged producers in the developing world are getting a better deal. Fair Trade farmer groups receive a minimum price covering the cost of sustainable production and a premium to invest in social and economic development projects. The Fair Trade Certified label guarantees that:

- A stable, fair price is paid directly to democratically organized farmer groups
- A premium is paid for community and business development projects
- Farmers receive much-needed access to pre-harvest credit
- Fair labor conditions exist for farm workers
- Farmers and workers are free to organize and engage in democratic decision-making processes
- Harmful agrochemicals are banned from production in favor of environmentally friendly and sustainable farming practices

Many fair trade products are produced by organizations that have adopted a co-operative model of governance. The following link provides examples of a few of those organizations around the World. <http://www.globalexchange.org/campaigns/fairtrade/cocoa/cocoacooperatives.html>
– *Bronwyn MacKinnon*



Co-op Ed 101 - Reverse Garbage Cooperative Ltd. <http://www.reversegarbage.org.au/> is a registered not-for-profit cooperative and is one of Australia’s best known and most highly regarded creative re-use organizations. It has been operating since 1974 with four main areas of activity: resource re-use, education, environmental promotions products and consultancy. It works cooperatively with business, government and the community, running and participating in education programs and mutual benefit projects. It is committed to: internationally accepted principles of cooperation, promoting participation of all stakeholders in Reverse Garbage projects, encouraging active involvement of members in the running of the organization and ensuring staff participation in decision-making.- *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - **Trevor MacDougall**, the **Atlantic Co-operative Youth Leadership Program**’s Coordinator reports an excellent seminar experience.

Trevor joined the program over the summer and attended his first seminar on PEI this fall. Trevor commented that the staff and especially the senior staff were so helpful in making the experience a success for everyone. There were 35 youth from across Atlantic Canada who participated in the seminar. If you are interested in teaching youth about co-operation and being part of the upcoming programs, contact Trevor at Leadership@acyl.coop (506)862-0737. The program is getting a new Website and it should soon be updated with more pictures and information, but get some info from the October ACYL newsletter at <http://acyl.coop/english/Newsletter102007.htm> – Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Jason, NB: *“I liked the presentation because it really helped me understand what goes on in different countries and cultures. I liked seeing the clothing. It was cool to get the coin at the end of class from the Philippines. Thank you.”*



Co-op Community Bulletin Board

- November 3 – Special Membership Meetings for Co-op Atlantic and Consumers Community Co-operative, Moncton, NB
- November 16 - The Prince Edward Island Co-operative Council’s (PEICC) inaugural Annual General Meeting is scheduled for Friday, November 16, from 3 to 5 p.m., at the Delta Prince Edward in Charlottetown. For more information, or to nominate a Board member, please email <http://webmail.aliant.net/agent/MobNewMsg?to=peicoopcouncil@gmail.com>. All PEI co-op and credit union members are welcome to attend.
- November 22-24 CWCF’s AGM/Conference “Community Sustainability & Worker Co-ops”, Ancaster, Ontario. http://www.coopzone.coop/en/CWCF_Conf07
Remember to send news items and bulletin board items to News1@nbnet.nb.ca



Contest of the week – Week 52 winner was again Glenna Weagle, NS .Well done!! We sure appreciate our regular players. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. **Last week’s contest:** During Co-op Week a contest was held with 10 Co-op relay teams. It was a fine fall day, sunny and 16 degrees. The first place prize was \$100 gift certificate to be used at each runner’s Co-op store. Some of the teams felt they had an advantage because they had a larger staff. Four teams did well to finish ahead of the opposition. Market Town was not last and the team wearing blue was not third. Country Morning was before the team in green. Co-op Gold came first. Country Morning finished before Market Town. Harmonie wore red but Country Morning did not wear yellow. Can you determine where each team finished and the colours they wore?

Answer:

# Team	Colour
1 Co-op Gold	yellow

- 2 Country Morning blue
- 3 Market Town green
- 4 Harmonie red

This week's contest: Jake is very odd. He likes balloons, but does not like parties! He likes books, but does not like reading! He likes weeds, but does not like flowers! He likes swimming, but does not like water! Does he like towns or villages?



Co-op Cooking – Autumn brings squash and pumpkins from the garden with their wonderful fall colours. They look great as decorations around out homes and taste great on our tables. I received this recipe from a friend this week. Haven't tried it yet, but am told it is delicious and it certainly reads that way.

Squash and Onion Soup Gratinee

- 2 tbsp butter
- 4 onions, thinly sliced
- 1 tbsp flour
- 1 tsp chopped fresh thyme (or 1/2 tsp dried)
- 1/2 tsp pepper
- pinch grated nutmeg
- 5 cups beef stock
- 1 cup apple cider (or apple juice)
- 2 tsp cider vinegar
- 3 cups cubed, peeled butternut squash
- 12 baguette slices (3/4-inch thick)
- 2 cups shredded, aged gouda or gruyere cheese

In large saucepan, melt butter over medium-low heat. Fry onions, stirring occasionally, until evenly golden. Stir in flour, thyme, pepper and nutmeg; cook for 1 minute. Add stock, apple cider and vinegar; bring to boil. Reduce heat, cover and simmer for 20 minutes. Add squash; cover and simmer until tender (about 12 minutes). Ladle into 6 ovenproof French Onion Soup or ovenproof bowls. Top each with 2 baguette slices and sprinkle with cheese. Bake on rimmed baking sheet at 400F until cheese is bubbly and lightly browned. **Note:** To make lower fat version, put onion in pot with a little water; cover and simmer until transparent. Add other ingredients as instructed. Onions don't brown but taste is just as good. To speed cooking, place bowls under broiler instead of baking to bubble and brown cheese. Leftover soup may be reheated in microwave. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca



Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S., England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe:

circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, November 7, 2007



Week of Nov. 4 – Nov. 10, 2007, Vol. 3, No.2
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Openings – “Gratitude is something of which none of us can give too much. For on the smiles, the thanks we give, our little gestures of appreciation, our neighbors build their philosophy of life.” - A.J. Cronin www.biography.com/search/article.jsp?aid=9261998 Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- A **brand new co-op** store opened in Moncton, NB, this week at 615 Dieppe Blvd. It is the first new co-op to open in Atlantic Canada in a decade. Hundreds of customers poured through the store’s doors in its opening minutes after 10 a.m., following a ribbon cutting with Co-op Atlantic President Marcel Garvie, Dieppe Co-op manager Marcel Béliveau, President of the Dieppe Co-op board of directors, Calixte Losier, and Dieppe Mayor Achille Maillet. The four each spoke in a press conference as customers shopped in the new store. The complete story is available at <http://timestranscript.canadaeast.com/business/article/119138>
- Delegates from **Consumers Community Co-operative** and delegates from **Co-op Atlantic**’s member co-operatives voted unanimously on Saturday, Nov. 3 to amalgamate the two co-operatives. On January 26, 2008, Consumers Community Co-operative will cease to exist. The members in its stores will become individual members of Co-op Atlantic. The Co-op Atlantic board will be the governing body. Local councils which are now in place in the 17 CCC locations will become advisory councils. Co-op Atlantic president Marcel Garvie thanked the CCC board members for their work during the past seven years in bringing most of these stores to a more positive position in the marketplace.
- The **Canadian Worker Co-op Federation (CWCF)** is carrying out a **survey** of worker co-ops across the country through a project called Strengthening Membership. The main purpose of this survey is to find out how CWCF can better support worker co-ops. CWCF is also trying to ensure that worker co-ops are aware of the services it already offers. The link for the survey is: www.surveymonkey.com/s.aspx?sm=oKf6LKWbEX_2bxNaj3DKr0Sw_3d_3d Note that this link contains the version for CWCF members. There is a different version for non-members. CWCF gratefully acknowledges the support of the Co-op Development Initiative of Agriculture Canada in carrying out this project. You can request that the survey be done by telephone or in person. Contact Hazel Corcoran, Executive Director, Phone/ fax: (403) 287-2069, or phone (403) 276-8250.
- The **Fair Trade Soiree** invites you to come out and experience educational fun with live music, free coffee and tea, a taste of fair trade food and Tom Walsh’s story of living in the

Jambi Kiwi Co-op. Sponsored by the JustUs! Development & Education Society, the Fair Trade Soiree will be held Nov. 15, 7-9:30 PM, 5896 Spring Garden Road, Halifax, NS

- Daniel Thomas ‘**Tom**’ **Moore** passed away in New Glasgow, NS. Tom was born in Sydney, Oct. 25, 1947. Tom was elected to City of Sydney council when he was 24, and served two consecutive terms as the youngest alderman ever elected to the city council. Tom was regional director of the Nova Scotia Department of Housing from 1977 until his death. He served as president of the New Glasgow Credit Union and was an executive board member of the Pictou County Co-operative Ltd.

E-mail condolences may be sent to: rh@rhporterfuneralhomesltd.ca.



Trends – If you happened to be reading “Chemical and Engineering News” last week, you no doubt noticed the cover story, “**Reining In Ripening**”. The 9-page story provides a look into the future of vegetable growing, and specifically, vegetable and plant ripening. It turns out, there are scientists all over the world trying to figure out how to control plant ripening so that we can enjoy the full taste of our exotic fruits and vegetables all year round. The key words are ‘full taste’. Many of today’s high-value vegetables are grown for export markets, and therefore bred to withstand the rigours of travel and still look good for a while on the grocery store shelf. They are picked ‘green’ off the tree or plant so they can withstand the travel, and then in many cases exposed to ethylene gas to ‘trigger’ the ripening process – it is commonly done with bananas, for example (though it is important to note that many fruits and vegetables create their own ethylene to speed up the ripening process). Many fruits, tomatoes, apples and strawberries in particular, don’t have a chance to ever achieve their ‘full’ taste, given that a genetic mutation that slows down the ripening process also slows down the process that gives those fruits their full taste by a factor of two compared to garden grown varieties. Scientists have come up with different products designed to perfect the ripening process by targeting the ethylene receptors in fruits and vegetables, and are now turning their attention towards boosting tomato flavours and adding new ones... Find out more here: <http://pubs.acs.org/cen/coverstory/85/8544cover.html> – *Ron Levesque*



Circle of Life - Buy Local: Well now that Halloween is over, it is safe to talk about Christmas. When you are doing your Christmas Shopping, think about supporting local businesses and artists. There are many Craft Shows and Festivals in November and December, that feature local artists, as well as many co-operative craft shops and galleries. The following links feature a Co-operative Shop in BC and a craft market in Halifax. <http://www.circlecraft.net/>
http://www.nsdcc.ns.ca/main/Christmas_market.html Happy Shopping!!– *Bronwyn MacKinnon*



Co-op Ed 101 - Like many other delegates within the Co-op Atlantic system, I attended the special meeting held Saturday, November 3, in Moncton, which created a new structure for both the central co-operative wholesale, **Co-op Atlantic**, and **Consumers Community Co-operative (CCC)**. In January, 2008, CCC will cease to exist with its approximately 50,000 members becoming individual members of Co-op Atlantic.

In 2000, the Consumers Community Co-operative (CCC) had thirty-three retail food co-op branches in Atlantic Canada. Each of the branches used to be a smaller community co-operative, but predatory pricing forced them to band together. The merger, while preventing the co-ops from having to shut down, created new problems, some of which were related to the much larger scale of the CCC. It can be difficult to make a large organization relevant to local community

needs. By October, 2007, there were only 17 CCC stores in operation. The creation of CCC in 2000 has been recorded in various publications and discussed at various conferences. An excellent summary by Tom Webb is available at <http://www.cooperativegrocer.coop/articles/index.php?id=278> Having been a member of a co-operative retail board for nine years in the mid 1980's and having served on the governance committee when CCC was set up, and currently co-chairing the CCC Moncton Local council, I watched with interest the discussion around this amalgamation. All co-operative stores and the newly named "Co-op Market Retail Locations" (the former CCC Stores), their Boards and Advisory Councils and their staff will have to work at making this amalgamation financially viable and democratically workable. As was suggested by Co-op Atlantic President Marcel Garvie on Saturday, we all have the option to put forward resolutions at the 2008 and subsequent AGMs until we are all satisfied that this new co-operative is what we want as our "Atlantic Co-operative", serving all communities and all members. If you would like to share your views on this amalgamation please send them to new1@nbnet.nb.ca. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The Association for Nonprofit and Social Economy Research (ANSER) is planning their inaugural research conference to happen next year. If you work within the social economy, are a researcher or a student, you might be interested in learning more about this organization (<http://www.anser-ares.ca/>) and their conference (<http://www.anser-ares.ca/proposals.asp>). Some of the conference topics will include community economic development, social enterprises, citizen engagement and more. The conference will take place in Vancouver from June 4-6, 2008. However, if you are interested in submitting a proposal to present or facilitate, submissions are due January 14, 2008. All information is available on the above websites. - *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Allie, PEI: *"I liked how we got to see the worry dolls and the cloths. I also think that when I'm older I'd like to join a group similar to what you are in and maybe actually travel to some of the places you have been. Thanks so much for the presentation. It was awesome."*



Co-op Community Bulletin Board

- November 11 – Remembrance Day
- November 14 - A Community Sustainability Workshop: Developing Renewable Energy for Sustainable Prosperity, featuring Paul Gipe (internationally renowned expert on renewable energy), 9:00 am to 5:00 pm, Glooscap Heritage Centre, Highway 102, Exit 13A, Truro, \$20.00 (lunch and breaks included). Call Andrea Jackson at (902) 893-8966 or nscoopcouncil@eastlink.ca Sponsored by the Nova Scotia Co-op Council, the Federation of Agriculture and the David Suzuki Foundation

- November 14 - Workshop on JAS (Japan's organic standards) in Charlottetown, PE, hosted by the PEI Certified Organic Producers Co-op. For more information, visit www.organicpei.com/content/page/front_news/id/11
- November 16 - The Prince Edward Island Co-operative Council's (PEICC) inaugural Annual General Meeting is scheduled for Friday, November 16, from 3 to 5 p.m., at the Delta Prince Edward in Charlottetown. For more information, or to nominate a Board member, please email [http://webmail.alianet.net/agent/MobNewMsg?to=peicoopcouncil@gmail.com](mailto:peicoopcouncil@gmail.com). All PEI co-op and credit union members are welcome to attend.
- November 22-24 CWCF's AGM/Conference "Community Sustainability & Worker Co-ops", Ancaster, Ontario. http://www.coopzone.coop/en/CWCF_Conf07
Remember to send news items and bulletin board items to News1@nbnet.nb.ca



Contest of the week – Last week our winner was Beverley Rose, Texas. Her entry came in at almost the same time as three others: Ron Levesque, Sally White and Cathy Darland, all from NB. But in a co-operative frame of mind, we gave Bev the recognition points since she is submitting from a different time zone. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the "Contest Can" for the month end draw. **Last week's contest:** Jake is very odd. He likes balloons, but does not like parties! He likes books, but does not like reading! He likes weeds, but does not like flowers! He likes swimming, but does not like water! Does he like towns or villages? Answer: Villages- he likes words with double letters. **This week's contest:** Assume that penguins live with a density of 1,000 penguins per square mile and can run at an average speed of 7 miles per hour on land and swim at 20 miles per hour. Also assume that a polar bear has a territory of 10 square miles, can run at 25 miles per hour and swim at 10 miles per hour. How many penguins will an average polar bear eat in any given month, remembering that a polar bear could, as a maximum, only eat one penguin per hour and 7% of the land is next to the sea.



Co-op Cooking – As the weather cools I begin to look more often to dishes I can put in the oven and forget until mealtime. Casseroles seem to be a comfort food at this time of year. This one is great if you enjoy broccoli. I use egg noodles, but any type you prefer will work equally as well.
Glenna

Broccoli Casserole with Noodles

- 4 oz noodles, cooked
- 1 1/2 tbsp butter
- 1/4 tsp salt
- dash pepper
- 1 bunch broccoli, cleaned and cooked
- 1/2 cup sliced mushrooms
- 1 cup cooked chicken, sliced
- 1 cup sour cream

Mix salt and pepper with melted butter and cooked noodles. Mix cooked broccoli with mushrooms. Combine chicken with sour cream. In a small casserole dish, arrange half of noodles; add meat mixture and broccoli. Top with remaining noodles. Bake at 350F for 30 minutes. - *Glenna Weagle*



Think About It! (New Feature) – Circle readers often find interesting, thought-provoking articles which inspire everyone to think about what could be, if we dare to lead. This week, an article, forwarded by a “Distinguished Co-operator” in her own right, Dr Leslie Brown. From The Guardian: Who can catch the Co-op? At the Co-op, sustainability isn’t simply a business aim, it is part of its strategy. That it has also been so successful puts its competitors to shame... <http://www.guardian.co.uk/environment/2007/nov/05/greenlist.corporatesocialresponsibility> If you have read something recently that you would like to share with Circle readers, send us the URL or Web link and we will gladly share it. News1@nbnet.nb.ca



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- *Greetings, I just wanted to thank you for sending these out....I always read through and usually am exposed to something new and interesting every week.- Bernard, Inkworks Press, Berkeley*



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Openings – “Whenever I groan within myself and think how hard it is to keep writing about love in these times of tension and strife which may, at any moment, become for us all a time of terror, I think to myself: What else is the world interested in? What else do we all want, each one of us, except to love and be loved, in our families, in our work, in all our relationships?” - Dorothy Day
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This Week in Co-op Circles

- The **Island Media Arts Co-op** will be putting on their December Centred Screening on Monday, December 3rd at 7pm at The Guild in Charlottetown. Tara Wells will be the featured guest at the screening, which will also include animations made by independent artists from across Canada through centres such as the Saskatchewan Film Pool, Faucet Media Arts, Cinevic, Videopool, and more. Visit <http://www.islandmedia.pe.ca/> for more information. – *Todd MacLean*
- The **PEI Certified Organic Producers Co-op** will be hosting a workshop on pruning currant stocks at the Farm Centre in Charlottetown, on Saturday November 24. For more info, visit <http://www.organicpei.com/> – *Todd MacLean*
- During Coop Week, the **Fondation des caisses populaires acadiennes** announced its intention to grant \$50,000 in scholarships to 50 recipients for 2007. Each recipient will receive a \$1,000 scholarship grant. The Caisses populaires acadiennes and the affiliated cooperative institutions congratulate the scholarship recipients and wish them the best of success in their post-secondary studies. Since 1983, the Fondation des caisses populaires acadiennes has contributed more than \$1.1 million in post-secondary education scholarship grants to over 2,000 young people. The Fondation is a Caisses populaires acadiennes financial support institution, which manages the funds set aside for grants as well as the annual contribution of \$50,000 in scholarship grants, and is actively and financially involved in a number of different partnerships. For details and winners in NB, go to: http://www.acadie.com/en/communique_affiche.cfm?id=159
- **Allister Ross Marshall** (1928-2005) was inducted into the Atlantic Agricultural Hall of Fame in October. <http://www.atlanticfarmfocus.ca/index.cfm?iid=2803%26sid=24799> Marshall was born in Trenton, NS and was a graduate of the Nova Scotia Agricultural College and Macdonald College. He distinguished himself as a leader, both at NSAC where he managed the Aggies hockey team and at Macdonald, where he was president of College Royal. Marshall was involved with apple marketing through Scotian Gold Cooperative Ltd. He started at the board level as an associate director, then director and finally chairman in 1986. In that role, he was a key leader in the restructuring of Scotian Gold after a

devastating fire destroyed the processing plant. Allister was also on the board of Co-op Atlantic.



Trends – I first came across the notion of ‘one laptop per child’ in August 2006 when the TED Conferences website posted a presentation by Nicholas Negroponte, the project’s visionary. Negroponte, the founder of the Massachusetts Institute of Technology (MIT) and no slouch in things technological, made the pitch at TED for his vision and hope that every child in the world could one day soon own a laptop...and that the laptop would cost \$100. Well this month, mass production of the ‘OLPC-XO1’ laptop began. The XO-1 runs the Open Source Linux operating system, includes a built-in microphone and video camera, long range wi-fi (wireless network access) and a hybrid stylus/touch pad. Power is provided by rechargeable battery packs, though initial designs included a ‘crank’ generator similar to some flashlights and ‘storm’ radios on the market. To keep power consumption low, the laptop has no moving parts – no disk drives, no fans – while the LCD screen is designed to show monochrome images in bright sunlight. From Nov. 12 to 26, you can ‘give one, get one’ by visiting **laptopgiving.org**. See more about the actual program at laptop.org or at Wikipedia by entering ‘OLPC XO-1’ in the search box. – *Ron Levesque*



Circle of Life - From now until Christmas, Circle of Life will be featuring a variety of charities, causes and events that support people and communities around the World. Often it is hard to know what to buy for people and making a donation to different organizations is a good option. The Holiday season also tends to be a time when people look for a way to give back, a way to help others in their community, whether it is helping a person living in poverty or an elderly next door neighbor who needs some help shoveling or putting up Christmas lights. So, each week we will give you some ideas, but we also want to know what you and your local co-ops and credit unions are doing this holiday season to support communities and give a little something back. Send your ideas to: news1@nbnet.nb.ca Here are a couple of ways to give: **UNICEF**: Buy your Christmas cards and other gifts this year from UNICE with proceeds going to help children live better lives. <http://www.supportunicef.org/site/pp.asp?c=9fLEJSOALpE%26b=258522>
Grandmothers to Grandmothers: A group that seeks to raise awareness and mobilize support in Canada for Africa’s grandmothers who are faced with the battle against AIDS. <http://www.stephenlewisfoundation.org/grandmothers.htm> – *Bronwyn MacKinnon*



Co-op Ed 101 - This week in **Farm Focus** <http://www.atlanticfarmfocus.ca/index.cfm?iid=2806%26sid=24857> I read about the strong Canadian Dollar and its implication on Nova Scotia’s **Christmas Tree Growers**: “As the Canadian dollar continues to rise, tree operators are bracing for what is expected to be the most challenging export season in years.” “It affects us in a huge way”, said Scott MacEwan, a Christmas tree specialist with the Department of Natural Resources. “Growers are being forced to lower their prices if they want to compete in the American market.” Nova Scotia produces up to two million trees a year at a value of \$30 million. Ninety per cent of the trees grown in the province are shipped to the United States and Central America. I was again reminded that as consumers we should be mindful of the implications of currency fluctuations on our Atlantic businesses and our co-ops. Here are some web sites of co-operative tree growers in Canada: http://www.christmastree.net/mem_eng.htm and closer to home, the Lunenburg Balsam Fir Co-op which is located in Lunenburg County, Nova Scotia,

the Balsam Fir Christmas Tree Capital of the World <http://www.lbfcoop.com/> For more information

Lunenburg Balsam Fir Co-op, P.O. Box # 485 Bridgewater, NS, B4V 2X6 ,Ed Walters, edwalters@bwr.eastlink.ca Phone : 1-902-543-9592, Fax : 1-902-530-2689 - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The Co-operative Housing Federation of Canada has recognized the need to incorporate youth into housing co-ops by supporting their participation in co-operative governance. In 2005, CHF Canada designed a program for youth to sit on the board of directors of housing co-ops, named the Youth Mentoring Program. Find out more about the program by visiting http://www.chfcanada.coop/eng/pages2007/about_2_4.asp or contact Dave Spackman at dspackman@chfcanada.coop if you are involved in a housing co-op that would like to offer opportunities to youth. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Matthew, PEI: “I liked how she brought different articles of clothing from different countries. I learned in some countries they have a rice god. Also, when people have lots of stitching on their clothes, it sometimes mean they are from Ghana in Africa.”



Co-op Community Bulletin Board

- November 22-24 CWCF’s AGM/Conference “Community Sustainability & Worker Co-ops”, Ancaster, Ontario. http://www.coopzone.coop/en/CWCF_Conf07
Remember to send news items and bulletin board items to News1@nbnet.nb.ca



Contest of the Week – Cathy Darland, NB, Wayne Lee, NL and Joann Sheppard, NL were winners of our last contest. Their answers arrived within 10 minutes of each other . The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. **Last week’s contest:**

Assume that penguins live with a density of 1,000 penguins per square mile and can run at an average speed of 7 miles per hour on land and swim at 20 miles per hour. Also assume that a polar bear has a territory of 10 square miles, can run at 25 miles per hour and swim at 10 miles per hour, how many penguins will an average polar bear eat in any given month, remembering that a polar bear could, as a maximum, only eat one penguin per hour and 7% of the land is next to the sea? **Answer:**

None! Polar bears live at the North Pole and penguins live at the South Pole!

This week’s contest: Larry insists that he does not have enough time to go to school more than 17 days a year. He comes to this conclusion based on the following list that he put together.

Activity	Number of days per year
Sleep (8 hours a day)	122
Meals (2 hours a day)	31
Weekends	104

Summer vacation	60
Recreation (2 hours a day)	31
Total	348

Inspired by the list, Larry claims he has only 17 days left in the year for school. What's wrong with his thinking?



Co-op Cooking – It would sometimes seem there are as many recipes for rice pudding as there are cooks to bake it. This is one that my family enjoy. It comes from a recipe book put together by one of the church groups in our area more than 30 years ago. Although there are no spices in the recipe, I sometimes add a sprinkle of cinnamon and allspice along with a handful of raisins; (my Mom used to say a recipe is only a place to begin), but it is great just as it is written.

Creamy Rice Pudding

- 1 1/4 cups cooked rice
- 3 egg yolks
- a little salt
- 1/2 cup sugar
- 3 tbsp flour
- 2 tbsp butter
- 2 tsp vanilla
- 3 cups milk

Mix rice, egg yolks, salt and vanilla. Mix flour and sugar and add to rice along with butter. Add milk. Beat egg whites until stiff and fold into rice mixture. Pour into buttered dish; set in pan of water and bake at 350F for 1 hour. **Note:** If adding spices and raisins, I put them in after adding the egg yolks. Egg whites will rise to the top to create a meringue.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, November 28, 2007



Week of Nov. 25 – Dec. 1, 2007, Vol. 3, No.4
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Openings – “Each of us has much more hidden inside us than we have had a chance to explore. Unless we create an environment that enables us to discover the limits of our potential, we will never know what we have inside of us.” - Muhammad Yunus

www.grameenfoundation.org/welcome/muhammad_yunus/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- A proposed merger between **Credit Union Atlantic** and **Halifax Civic Credit Union**, both located in Halifax, NS, would create the largest customer-owned financial institution in the province. If and when they merge, the new entity would have one-quarter billion dollars in assets, seven branches and a new one under development in Tantallon, and 14 ATMs. The boards of directors of both credit unions have formed a merger committee to work out the details. There will be about 100 employees. Jamie Baillie, current CEO of Credit Union Atlantic, would become CEO of the new credit union, and Gary Greeley, general manager of Halifax Civic, would become a member of the senior management team. The merger requires the approval of the membership. <http://www.cua.com/>, www.hccu.ns.ca/
- **Credit Union Atlantic** and **The Java Factory** have unveiled plans to co-locate in CUA's newest branch, slated to open in spring, 2008. The newest Credit Union Atlantic location will have an open concept, allowing customers to flow between their financial institution and their favorite local coffee house. The Java Factory Café, opened in 2005, has become a fixture for hot drinks and social gathering in the Tantallon-St. Margaret's Bay area. With a commitment to providing the highest grade of quality fresh coffee, The Java Factory roasts and brews organic and Fair Trade Coffee. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.103%26field=content.id%26search=318>
- This year the **Caisse scolaire** is celebrating 65 years dedicated to educating young people about their savings. http://www.acadie.com/en/communiqu_e_affiche.cfm?id=162 Ms. Freda Gallant, in 1942, implemented the Caisse scolaire in the Saint-Anselme region in south-eastern New Brunswick, near Dieppe. Ms. Gallant was born on December 30, 1906, in Bath, Maine. A teacher by training, she taught in Cap-Pelé, Pré-d'en-Haut, Dorchester, Dover and Moncton. In the winter of 1940-41, Ms. Gallant organized study circles in Fox Creek, near Dieppe, and held them in her own kitchen. At the time, the community was talking about creating a Caisse populaire branch in Saint-Anselme - a Caisse that was eventually created the following summer, in 1941. Then, in 1942, when she discovered the interest that young people had in the Caisse populaire, Ms. Gallant created and ran a youth savings plan called the Caisse scolaire. Today the Caisse scolaire Folio exists in nearly 80 primary schools in New Brunswick, and as of May 31, 2007, there were 16,000 young members and cumulative assets at more than \$1.1 M. Supported by the 33 Caisses, the Caisse scolaire Folio embodies and demonstrates the same cooperative values that define the Caisses populaires acadiennes.

- Gander Consumers Co-op in Gander, NL, has partnered with other organizations to help renovate **the Orthopaedic Clinic at James Paton Memorial Regional Health Centre** <http://www.co-opsonline.com/sites/CoopDiffStory.aspx?id=28> The Shriners have contributed \$50,000 to assist in upgrading the furnishings in the offices throughout the clinic and the waiting room. The gift has also been used to purchase two new state-of-the-art PACS monitors. The Gander Shrine Club contributed half of the total donation with the generous help of the Gander Consumer's Co-op and their very successful, weekly 50/50 draw.
- **Bergengren Credit Union** with branches in Antigonish, St. Andrew's and New Glasgow, NS, <http://www.bergengrencu.com/> received a **Maritime Business Ethics** award this week at an awards dinner in Halifax. The credit union won against Scotian Homes and Southwest Properties, the other finalists in the companies with 51 to 100 employees category. The Better Business Bureau of the Maritime Provinces sponsors the award. Dan Hodgins, CEO of Bergengren said, "It was honor just to be nominated for the award, but to have won it is a privilege. The award demonstrates that you do not have to compromise your values as an organization to be a successful business." Some of the practices undertaken by Bergengren credit union during the award nomination review included: they have piloted a Micro Credit Program for the credit union system, implemented ecological sustainable workplace practices, provided financial contributions to many community organizations, their leadership in youth financial education and the payment of a Patronage Rebate to its customer owners for the past seven years. The Maritime Business Ethics Awards were created by the Better Business Bureau of the Maritime Provinces and AML Communications to public recognition to businesses with exemplary professional practices in ethics and social responsibility.



Trends – You've got to hand it to the Google guys and gals. Beyond the search engine that is so popular it has become a verb, there is another program they produce and give out called **Google Earth** that basically takes hundreds of thousands of aerial photos from around the world, stitches them together and presents them in a way that makes it look like you are flying over the Earth (broadband connection highly recommended). You even have the ability to swoop down to see things closeup or swoop out again to get a bird's eye or astronaut's eye view of the planet we call home. Click on a few buttons and you are presented with particular highlights of your choosing – roads, borders, geological formations, places of historical significance, even user-created placemarks and 3-D terrain. Zoom in on one area to see it upclose, click on another button and 'poof' – a web browser window opens with even more information and high-resolution photos or panoramas about your selected area. Instant knowledge at the click of the mouse. But what I discovered last week – and I am not really sure when it become part of Google Earth's feature set – is that you can now select a category called Fair Trade Certified (under the Global Awareness). Click on it and right away, you can zoom into Central America, for example, and actually 'see' where the coffee, cocoa, fruit and other cooperatives are located. Click on the icons that appear for each co-operative, and their 'stories' appear, with photos and more in your web browser. See here for Google Earth: <http://earth.google.com/>. – Ron Levesque



Circle of Life - From now until Christmas, Circle of Life will be featuring a variety of charities, causes and events that support people and communities around the World. Often it is hard to know what to buy for people and making a donation to different organizations is a good option.

At Christmas time, most organizations also have a gift that comes with the donation, like a stuffed animal. The Holiday season also tends to be a time when people look for a way to give back, a way to help others in their community, whether it is helping a person living in poverty or an elderly next door neighbor who needs some help shoveling or putting up Christmas lights. So, we will give you some ideas, but we also want to know what you and your local co-ops and credit unions are doing this holiday season. Send your ideas to: news1@nbnet.nb.ca To help you find organizations in your backyard, and that fit your interests, go to <http://www.canadahelps.org/> . This is a searchable database of charities where you can donate directly or use Giving Pages and Gift Cards to encourage others to give. Food Banks in our communities are always looking for donations and volunteer support. Many local organizations and companies choose their local food banks as a charity of choice. Look for the exciting holiday events in your community that will support the food bank this holiday season. <http://www.cafb-acba.ca/> Check out “A New Kind of Light” with Jill Barber, Rose Cousins, and Meaghan Smith. They have collaborated to feature original material and holiday classics on an unique CD benefiting Maritime food banks. The Halifax-based singer-songwriters will be performing live in support of the CD at the Rebecca Cohn Auditorium on Nov 30 at 8 pm. <http://www.feednovascotia.ca/>

– Bronwyn MacKinnon



Co-op Ed 101 - This week I was thinking about Co-operative mergers and how different groups can come together. In Canada, there have been many credit union mergers. Here is a British Columbia merger, the **Okanagan Tree Fruit Company Ltd**

<http://www.oktreefruit.com/aboutus.htm> The Okanagan Tree Fruit Company Ltd. is owned by three cooperatives which merged in 2005. The Co-op is an integration of the operations of three grower-owned packing houses: Okanagan North Growers Cooperative, BC Fruit Packers Cooperative, and Sun Fresh Cooperative Growers. Each has an unique history of serving the Okanagan grower base. The company integrates the operations of the three co-operatives by making the best use of the assets of each cooperative. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - **Marc Henrie**, who worked as a co-operative development intern within the MYDAS Worker Co-operative Ltd. in 2005 has been recognized for his commitment to community development. Kent Enterprise with the help of Premier Shawn Graham awarded Marc ‘Citizen of the Year’ with the Maureen Boudreau Prize. Marc is the youngest person to ever win this prize. He is a leader within his community of St-Paul-de-Kent. To learn a bit more about Marc, find his profile for his involvement within the New Brunswick Advisory Council on Youth at <http://www.gnb.ca/0049/bios-e.asp#henrie> – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Brent, Fredericton, NB: “*You need to like to listen to everybody’s opinion and that every country is different. I also liked how you showed us all the different items.*”



Co-op Community Bulletin Board

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Contest of the Week - Last week, our winners were Ron Levesque, NB, at 10:13 am, and Lorraine Perry, NB, at 10:14 am and David Kerr, MB, at 11 am. Well done, all! The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca All entries will be place in the “Contest Can” for the month end draw. **Last week’s contest:** Larry insists that he does not have enough time to go to school more than 17 days a year. He comes to this conclusion based on the following list that he put together.

Activity	Number of days per year
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Summer vacation	60
Recreation (2 hours a day)	31
Total	348

Inspired by the list, Larry claims he has only 17 days left in the year for school. What’s wrong with his thinking? **ANSWER:** Larry's categories overlap. For example, he has counted 60 days for vacation, during which time he will both eat and sleep, activities that he has already counted separately. The 60 vacation days also include weekends, another category that he has already counted separately. He should not count the same periods of time more than once. ***This week’s contest:*** Our local scrap merchant had to travel to the county recycling plant, 60 miles away. On the way there he could only manage a steady 12mph, fully laden. On the way back, he could manage a steady 16mph. He placed 24 gallons of fuel in the tank ready for the round trip, thinking that this would be enough as the wagon managed to travel 8 miles per gallon. Unfortunately, a piece of metal pierced his fuel pipe at the start of the trip and the wagon started to lose 1 gallon of fuel per hour. Luckily he only lost fuel when moving and he lost no fuel while unloading his scrap metal. Were 24 gallons enough for the round trip?



Co-op Cooking – As the weather cools, I begin to look more often to dishes I can put in the oven and forget until mealtime. Casseroles seem to be a comfort food at this time of year. This one is great if you enjoy broccoli. I use egg noodles, but any type you prefer will work equally as well.

Broccoli Casserole with Noodles

- 4 oz noodles, cooked
- 1 1/2 tbsp butter
- 1/4 tsp salt
- dash pepper
- 1 bunch broccoli, cleaned and cooked
- 1/2 cup sliced mushrooms
- 1 cup cooked chicken, sliced
- 1 cup sour cream

Mix salt and pepper with melted butter and cooked noodles. Mix cooked broccoli with mushrooms. Combine chicken with sour cream. In a small casserole dish, arrange half of noodles; add meat mixture and broccoli. Top with remaining noodles. Bake at 350F for 30 minutes. - *Glenna Weagle*



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Openings – “*Light, light, the world needs more light.*” — Johann Wolfgang von Goethe
www.theatredatabase.com/18th_century/johann_wolfgang_von_goethe_001.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **CCC Moncton stores at Record Street and Mapleton Road** have been holding “Consumer Kitchen Meetings” once a month since April. In nine months more than 90 members and guests have attended the information sessions. Organized by the local council, and provided free of charge, topics have included Speaking of Bones: Healthy Bones, Healthy You! Find out about Osteoporosis, Going Green at Home, Digital Photography, Taking pictures, composing, shooting, saving, printing, Winterizing Your Home Inside and Out, and Making A Christmas Centerpiece. Spokesperson Maureen MacLean says “we are happy to be able to demonstrate this application of the Concern for Community principle and hope we will have a good variety of topics and great attendance in 2008.” For more information, contact kitchenmeetin@aim.com
- The **Baggin' It for the Food Banks Fundraiser** event was a great success accumulating \$1461.52 in donations plus \$200 in groceries. Another \$600 was raised from an auction for a total of \$2061!!! A breakdown is below:
 - \$423 in cash + \$200 in food at the Rexton Co-op
 - \$338.52 in cash at the Mapleton Co-op, in Moncton, + a few grocery bags
 - \$400 in cash at the Petitediac Co-op
 - \$300 in cash at the Record Street Co-op, in Moncton
 - \$600 raised in Auction. Scott Harris, a loyal C103 listener, was the winning bidder.

Staff volunteers from four Moncton credit unions bag groceries at local Co-op stores in Moncton, Petitediac, and Rexton for a donation, with all money raised going to benefit the local area food banks. http://www.omista.com/news_detail.aspx?news_id=50

- Members of the **Atlantic Beef Producers Co-operative** are frustrated at funding delays <http://www.atlanticfarmfocus.ca/index.cfm?iid=2809%26sid=24908> The president of the Co-operative, Gerard Pickard, has lashed out at the federal government for delays in funding Atlantic Beef Products Inc. The 215 members of Atlantic Beef Producers Co-operative, the majority of shareholders in Atlantic Beef Products Inc., were told a decision would be announced within two weeks, but that was over two months ago, says Pickard.



Trends – This week’s Trends revisits a subject I have written about a couple of times – namely **marketing**. Most everyone is familiar with the Dove ‘Campaign For Real Beauty’ – whose

marketing promotes the fact that real beauty comes in many shapes and sizes (as a side note, this concept apparently does not apply to men). The campaign has garnered its share of success and accolades. That's not the trend I want to highlight, however. Dove's latest campaign piece is a short video called 'Onslaught' – I'm not certain it has appeared on television, but if you Google 'Dove Onslaught' you will find it. 'Onslaught' ends with the words 'Talk to your daughter before the beauty industry does' printed across the screen. Strong words...or are they? It turns out the world's social media – an array of blogs and websites – has apparently pointed out that Dove is made by Unilever, which also manufactures (among many, many, many other products, some edible) products such as Axe, Lynx (the UK version of Axe) and Slimfast. Axe's marketing line these days is that it 'turns nice girls naughty'. This, coming from the same company that warns parents to 'talk to their daughters before the beauty industry does'. So Unilever is warning their customers to be wary of...Unilever? To quote an op-ed piece in the Boston Globe: "Unilever is in the business of selling products, not values, and that means we, the consumers, are being manipulated..." Is it possible for a **company to promote two diametrically opposed points of view** or do people not care about what a company stands for anymore? Social media, which typically doesn't receive advertising money, thinks we are being manipulated. See story in Adage at http://adage.com/article?article_id=122185 – Ron Levesque



Circle of Life - From now until Christmas, Circle of Life will be featuring a variety of charities, causes and events that support people and communities around the World. Often it is hard to know what to buy for people and making a donation to different organizations is a good option. At Christmas time, most organizations also have a gift that comes with the donation, like a stuffed animal. The Holiday season also tends to be a time when people look for a way to give back, a way to help others in their community, whether it is helping a person living in poverty or an elderly next door neighbor who needs some help shoveling or putting up Christmas lights. So, we will give you some ideas, but we also want to know what you and your local co-ops and credit unions are doing this holiday season. Send your ideas to: news1@nbnet.nb.ca To help you find organizations in your backyard, and that fit your interests, go to <http://www.canadahelps.org/>. This is a searchable database of charities where you can donate directly or use Giving Pages and Gift Cards to encourage others to give. Canada Post and the Salvation Army have partnered to offer free shipping when donating gifts to needy families this Christmas. <http://canadapost.ca/dec/share/default-e.asp?icid=hd07000325> Ten Thousand Villages is a great place to get fairly traded gifts to give this season. <http://www.tenthousandvillages.com/> In Halifax, NS, you can now place your order for Chemical-free Christmas trees and wreaths with the Ecology Action Centre. http://www.ecologyaction.ca/xmas_trees.htm Look for similar products in your area.

– Bronwyn MacKinnon



Co-op Ed 101 - I was thinking about snow a lot today because Moncton received over 50 cm in the last 24 hours. When I sat down to work on the Co-op Ed 101 portion of *Co-op Circles*, I decided to look at other co-ops in the snow. Here is some information about Arctic Co-op's **Naujat Co-operative Limited** in Repulse Bay <http://www.arcticco-op.com/acl-keewatin-repulse-bay.htm> Repulse Bay is located right on the Arctic Circle, at the northern shore of the Bay. Sitting on a coastline with many steep cliffs, the area is rich with Thule heritage. The homeland of the Iglulik Inuit, it was first visited by Europeans in the early 18th century. Many Repulse Bay Inuit participated in the whaling industry, and the community relies on sealing, fishing, hunting and artistry as a part of everyday life. Whaling inscriptions, and historical sites

are also accessible for photo opportunities. The co-op plays an important role in many northern communities.

- *Maureen MacLean*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Meghan, Grade 6, Saint John, NB: “*Today I learned that in the Philippines, their main food is rice. Also, I learned that the biggest building they have in the community is usually their church.*”



Co-op Community Bulletin Board

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Contest of the Week - Last week we had four correct responses. First in was from Cathy Darland, Moncton, NB. Well done, everyone! The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. ***Last week’s contest:*** Our local scrap merchant had to travel to the county recycling plant, 60 miles away. On the way there he could only manage a steady 12mph, fully laden. On the way back, he could manage a steady 16mph. He placed 24 gallons of fuel in the tank ready for the round trip, thinking that this would be enough as the wagon managed to travel 8 miles per gallon. Unfortunately, a piece of metal pierced his fuel pipe at the start of the trip and the wagon started to lose 1 gallon of fuel per hour. Luckily, he only lost fuel when moving and he lost no fuel while unloading his scrap metal. Were 24 gallons enough for the round trip? ***Answer:*** Yes, the trip itself used 15 gallons and the wagon lost 8.75 gallons during transit = 23.75 gallons, of the available 24 gallons. And a cute response from one reader: “This would not happen in Canada. The fuel would be in liters, the distance in kilometers and the local co-op would have given him a plug to stop the leak.” *Thanks, David, for the smile.* ***This week’s contest:*** A woman took a certain number of eggs to market and sold some of them. The next day, through the industry of her hens, the number left over had been doubled, and she sold the same number as the previous day. On the third day the new remainder was trebled, and she sold the same number as before. On the fourth day the remainder was quadrupled, and her sales the same as before. On the fifth day what had been left over were quintupled, yet she sold exactly the same as on all the previous occasions and so disposed of her entire stock. What is the smallest number of eggs she could have taken to market the first day, and how many did she sell daily?



Co-op Cooking – These days most of us are very conscious of what we eat. Good nutrition includes adding fruits and vegetables that are brightly coloured to our diets. Here’s a great looking, flavourful salad that also incorporates the wonderful flavour of maple syrup produced in our Atlantic provinces each spring.

Pomegranate and Feta Salad

- 1 head romaine lettuce, washed and torn
- 1 bunch spinach, stems removed, washed and torn
- seeds of 1 pomegranate
- 1/4 cup toasted pine nuts

1/2 cup crumbled feta cheese
1/3 cup olive oil
1 tbsp red wine vinegar
2 tbsp maple syrup
1 tsp Dijon mustard
1 tsp oregano
salt and freshly ground pepper

Toss lettuce and spinach in large salad bowl. Add pomegranate seeds, pine nuts and feta. Whisk remaining ingredients to make sauce. At this point, salad and dressing may be refrigerated for several hours. Add sauce to salad and toss gently just before serving. - *Glenna Weagle*



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Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm
Next *Co-op Circles*: Wednesday, December 12, 2007



Week of Dec. 9 – Dec. 15, 2007, Vol. 3, No. 6
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings – *“Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen.”* - Margaret J. Wheatley

<http://www.margaretwheatley.com/> Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The results of the **Co-op Development Foundation** fundraising during Co-op Week have been tabulated and this year the co-ops and credit unions that participated, donated a total of \$3,286. Thanks to every one. Your contributions will allow CDF to access approximately \$10,000 from the Canadian International Development Agency to assist Canadian Co-operative Association to continue its overseas co-operative development programming. A special mention goes to Grenfell Consumers Co-op in St. Anthony, NL, which raised more than \$1,000. Beaubear Co-op in Nelson-Miramichi and CCC-Sackville Co-op also provided substantial contributions. Everyone pitched in and the combined efforts of everyone who participated really do make a world of difference to people living in developing countries.
- **Gordon Head**, manager of Grenfell Consumers Co-op in St Anthony, NL, has been recently appointed as the manager of Lewisporte Co-op, Lewisporte, NL. **Cyril Boone**, Lewisporte's former manager, has taken on other duties for Co-op Atlantic in NL. Congratulations to both!
- **Basket Weavers Co-op** in Richmond, PEI, received good news recently that an expansion has been approved, which includes a new driveway and parking lots, and the construction of a new 30 by 66 ft building which will have a work area, museum gift shop and interpretive centre and a storage room. The end result is that the old traditional ash splint basketry will live on and provide more meaningful work for people. It has taken a lot of committed people to get to this point, says Ann McIsaac, one of the founding members. For more information contact: Ann at <mailto:tommycod@pei.sympatico.ca>
- The \$12-million investment in the **Atlantic Beef Products** plant in Albany, P.E.I., includes \$2 million from each of the Maritime government and, from the federal government, through the Atlantic Canada Opportunities Agency, \$6 million to develop, market and produce a line of high-end beef products. The beef plant, which is in Albany, P.E.I., opened three years ago and has lost \$10 million. The one-time funding will be spent on marketing, equipment and training. In particular, the plant will focus on developing specialized, value-added products. For more information on this investment, visit: <http://www.theglobeandmail.com/servlet/story/LAC.20071210.NATS10->

[3/TPStory/TPNational/Atlantic/ http://www.cbc.ca/canada/prince-edward-island/story/2007/12/10/beef-money.html?ref=rss](http://www.cbc.ca/canada/prince-edward-island/story/2007/12/10/beef-money.html?ref=rss) <http://www.cbc.ca/canada/nova-scotia/story/2007/12/10/beef-direct.html?ref=rss>

- Fast Company magazine has announced that it has awarded one of its fifth annual Social Capitalist Awards to **Equal Exchange**, the worker co-operative best known for its pioneering work in Fair Trade foods and beverages. For the first time, this year's awards feature both nonprofits and for-profit organizations who use the tools of business to solve the world's most pressing social problems – ranging from rural poverty in developing nations to homelessness, unemployment and substance abuse in the United States – and who have demonstrated a consistent and unusually large impact on society. Equal Exchange was recognized for their commitment to Fair Trade with small-scale farmer co-operatives; for delivering significant social and economic benefits year after year; for their novel capital model that distributes the benefits of success more equitably and protects the employees' democratic control of the business; and for demonstrating the commercial viability of these innovations by profitably growing the company to nearly \$30 million in annual sales. For the complete Fast Company profile of Equal Exchange see: www.fastcompany.com/social/2008/profiles/equal-exchange.html This is Equal Exchange's third such award in the last two years. In February, Equal Exchange was also named to Worldblu's list of the World's Most Democratic Companies. In May 2006, Equal Exchange garnered the SBANE Innovation award for its unique Fair Trade/worker co-op business model and capital structure. <http://www.equalexchange.coop/>



Trends – There was a story in The Washington Post

http://www.washingtonpost.com/wp-dyn/content/article/2007/12/09/AR2007120900403_pf.html last weekend headlined “Products With Good Bacteria Get Popular”. You have perhaps bought some in your local Co-op or grocery store. They are popular in some dairy products, yogurts for example, and purport to help digestion. It turns out, the trend of ‘good bacteria’ is not necessarily new. Humans have known about the beneficial effects of some bacteria since at least the beginning of the previous century when milk fermented with lactic-acid bacteria would inhibit the growth of ‘bad’ bacteria in the gut - read: your stomach. They did not necessarily know why, but researchers found that it worked. All this leads me to wonder about how our food is prepared today. We all know food safety is a good thing, but have we gone so far to the right that we have to manufacture food with these ‘good’ bacteria? Here is an interesting side note about a cheese manufactured on the Île d’Orléans in Quebec. In 1965, the making of cheese from the Île d’Orléans had to be stopped because of government regulations against the use of raw or unpasteurized milk. Try as they might, people over the years attempted to recreate the cheese in other locations using pasteurized milk, but to no avail. It was only after years and years that researchers discovered that, while the cheese recipe called for the milk to come in contact with rose bushes, it didn’t get its unique taste from the bushes themselves, but from the unique mix of bacteria and yeasts that covered the Île d’Orléans rose bushes. Once those were identified, pasteurized milk could be used and the cheese from l’Île d’Orléans was saved. – *Ron Levesque*



Circle of Life - From now until Christmas, Circle of Life will be featuring a variety of charities, causes and events that support people and communities around the World. Often it is hard to know what to buy for people and making a donation to different organizations is a good option.

At Christmas time, most organizations also have a gift that comes with the donation, like a stuffed animal. The Holiday season also tends to be a time when people look for a way to give back, a way to help others in their community, whether it is helping a person living in poverty or an elderly next door neighbor who needs some help shoveling or putting up Christmas lights. So, we will give you some ideas, but we also want to know what you and your local co-ops and credit unions are doing this holiday season. Send your ideas to: news1@nbnet.nb.ca So far this season, I have purchased a cookbook supporting a local environmental organization, a calendar supporting an animal shelter, a CD supporting the food bank and gave a toy as a donation at a Christmas party for work. The great thing is all of these gifts are causes that the recipients care about very much. Here are **10 tips for a Green Christmas**:

1. A **real tree** can be an environmental choice this Christmas. For every tree harvested at a tree farm, another 10 are planted to ensure a crop every year; and one acre of Christmas trees on a farm will produce enough oxygen to support about 18 people and remove up to 13 tonnes of airborne pollutants per year
2. Buy a **potted tree** native to your region from a nursery and plant it once the holidays are over. This may require digging a hole in the yard before the ground freezes and covering it with plywood until New Year's. Or buy a potted Norfolk Island Pine, which can survive indoors year-round and serve as your tree for many Christmases to come.
3. Switch your Christmas tree twinklers to **LED (Light Emitting Diode) lights**. LEDs come in the same brilliant colours as standard lights and use a fraction of the wattage of your older ones.
4. Before heading to the store for decorations, check your backyard. Make a centerpiece out of **pinecones**, or hang **evergreen tree boughs** over entranceways. Decorate your tree with edible decorations like **popcorn strings or cranberry wreaths** (thread 10 to 15 cranberries on a string and tie to create a wreath).
5. Instead of buying trinkets or packaging-laden gift baskets for friends, give a **gift certificate** for a dinner out or theatre tickets. Or **make your own vouchers**, good for a night of free babysitting.
6. Instead of battery-powered toys and games, keep the kids on your list active with a gift of **sporting equipment** or a voucher for an **outdoor activity**.
7. For the person who has everything, why not **donate to your favourite charity** on their behalf? Sponsor a child or donate livestock to a village in need through organizations like [World Vision Canada](#). Then send an electronic greeting card, or one printed on recycled paper with details about the gift.
8. Before heading to the mall, check out **online earth-friendly shopping** tips and advice, like those found on the World Wildlife Fund's [Be, Live, Buy Different campaign website](#).
9. When wrapping gifts, go for **reusable cloth gift bags** instead of the paper ones, or skip bags altogether by grabbing some **vintage cookie tins** at your local second-hand store to use instead.
10. Instead of buying new rolls of chemical-laden wrap, go with what you already have at home. Use old **newspapers** topped with a colourful ribbon or bow. If your child has an artistic streak, add a personal touch to Grandma's gift by reusing their **finger paintings**. Reuse old **Christmas cards** to create brand new gift tags, and keep any wrap or bows you receive to reuse next year. Source: www.Homemakers.com

– Bronwyn MacKinnon



Co-op Ed 101 - This week I was going to feature a craft co-op and suggest that you support a co-op as you shop for Christmas but the Web search led to so many craft co-ops that I couldn't choose one to feature. So I will highlight the **Alderberry Village Craft Co-op**, 781 Prince Street, Truro, NS, B2N 1G7, (902) 893 0159, <http://www.alderberry.ca/order.html> and suggest you see their attractive web site and I am including another 4 Web links for you to visit.

Enjoy, and happy Christmas browsing.

<http://web.uvic.ca/bcics/research/pdf/situatingCoops/Craft%20Connection.PDF>

<http://members.cox.net/ccoop/> <http://www.circlecraft.net/sites/circlecraft2/files/homepage.htm>

<http://www.co-opartisanale.com/craftcoop.htm>
<http://www.pemaquidcraftcoop.com/> - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - Students in grades 1-12 are invited to submit a video to the <http://www.quantumshift.tv/> contest which asks students to share an environmental, social justice or human rights project that they have created. Prizes include \$50,000 cash, which could help with many community projects. For more information, visit <http://www.quantumshift.tv/schools> Note that the first video introducing the team and the project theme need to be submitted by December 15.

- *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Jason, Grade 7, Fredericton, NB: *“What I learned was that the world still is underdeveloped and that not many people are helping people around the world to develop but it could be helping keep their religion. I learned that we are very lucky to live in Canada and that other countries have some cool things. I thought that the type of money she gave the class at the end of the presentation was really cool because it had a hole in it.”*



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca



Contest of the Week - Last week, the correct response was from **Mark Gorman, NBTA Credit Union, Fredericton, NB**. Well done! The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. ***Last week’s contest:*** A woman took a certain number of eggs to market and sold some of them. The next day, through the industry of her hens, the number left over had been doubled, and she sold the same number as the previous day. On the third day the new remainder was trebled, and she sold the same number as before. On the fourth day the remainder was quadrupled, and her sales were the same as before. On the fifth day what had been left over were quintupled, yet she sold exactly the same as on all the previous occasions and so disposed of her entire stock. What is the smallest number of eggs she could have taken to market the first day, and how many did she sell daily? **Answer:**

1	103	60	43
2	86	60	26
3	78	60	18
4	72	60	12
5	60	60	0

She started out with 103 eggs and sold 60.

This week’s contest: Christmas Riddles

1. What did the reindeer say before launching into his comedy routine?

2. What do lions sing at Christmas?
3. When is a boat like a pile of snow?
4. What do you call the fear of getting stuck in a chimney?
5. How do snowmen get around?
6. What does Santa call reindeer that don't work?



Co-op Cooking – Unbelievable how quickly the days are speeding by. Before we have a chance to turn around we will all be in the middle of Christmas. These last couple of weeks sometimes turn into a round of parties. Here is a great cheese ball that travels well. Or you can use it as an appetizer at your own Christmas get-together.

Cheese Ball

- 2 8-oz. packages cream cheese
- 1 1/2 cups grated sharp Cheddar cheese
- 1 small onion, finely minced
- 2 tbsp Worcestershire sauce
- 1 1/2 tbsp garlic powder
- 1 tsp lemon juice
- 1/4 cup finely chopped red and green pepper
- 1/2 cup grated or chopped pecans

Let cheeses come to room temperature. Mix together with onion, Worcestershire sauce, garlic powder, lemon juice and peppers. Form into ball or log. Roll in chopped pecans. Serve with assortment of your favourite crackers. Note: Red and green maraschino cherries, well drained, work as well for colour. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, December 19, 2007



Week of Dec. 16 – Dec. 22, 2007, Vol. 3, No. 7
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Openings – “I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach. Oh, tell me I may sponge away the writing on this stone!” - A Christmas Carol, Charles Dickens
Want to test your skill to see how much you really know about Dickens’ A Christmas Carol? Go to: http://www.perryweb.com/Dickens/puzzle_carol.shtml

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This Week in Co-op Circles

- Again this year **OMISTA Credit Union** supported the local Metro Moncton community by donating turkeys for Sue Stultz’s annual and increasingly popular turkey drive. In a joint effort OMISTA along with Advance Savings and PSE Credit Unions donated 25 turkeys to the worthy cause. All turkeys donated go to feed families in need in our local community over the holiday season. http://www.omista.com/news_detail.aspx?news_id=53



Trends – I am not a big fan of big corporate anything, including coffee shops like Starbucks, but consider this: by the year 2010, coffee drinkers around the world will be consuming 7 million tons of coffee (UN FAO) each year. That means quite a bit of used coffee grounds heading to landfills annually. Starbucks is taking a greener approach by giving away their spent grounds to consumers with gardens on a first-come, first served basis. The cynic in me thinks ‘well, that is simply big corporation taking advantage the greening-of-business-operations’ trend in an effort to ‘look good’. Not quite. It turns out, **Starbucks** has had their ‘**Grounds For Your Garden**’ program since 1995 (see <http://www.starbucks.com/aboutus/compost.asp>). No, they are not exploiting consumers with a ready-to-wear environmental program just in time for the ecological trend – they seem to be serious, though I haven’t tried to get some of the coffee grounds. It is still not enough of a social responsibility move to make me buy their coffee. If you think Grounds For Your Garden makes Starbucks a ‘good’ company, consider that until the issue came to light in the past year (thanks mostly to efforts by Oxfam), Starbucks did not want to pay the Ethiopian government millions of dollars annually in coffee trademark licensing fees. See <http://www.oxfamamerica.org/whatwedo/campaigns/coffee/starbucks/> for more info. – *Merry Christmas! Ron Levesque*



Circle of Life - Remember this holiday season to take time to enjoy the things that mean the most to you, whether it’s your family, your dog, ice skating or a favorite carol. Relax! If it gets to be too much, go lend a helping hand to those who need it. Find a soup kitchen, church, or elderly couple you can help out. Enjoy the season in your own way. Wishing each and every one of you, the best of the season. Happy Holidays! – *Bronwyn MacKinnon*



Co-op Ed 101 - This week, I was thinking about the beginnings of the co-operative retail system in Rochdale, England at Christmas time in 1844. You might be interested in a bit of news from that era

<http://selenecoop.org/InterestingArticles/The%20Night%20the%20light%20was%20lit.doc> -
Maureen MacLean



Young Co-operators: The Buds on the Co-op Tree - The **Inter Co-operative Council in Ann Arbor**, Michigan is celebrating 75 years of student housing co-operation. This year, the Founders of Michigan Socialist House (the oldest student co-operative house in the organization, established in 1932) were inducted into the NASCO (North American Student of Co-operation) Hall of Fame. Learn more by visiting <http://www.icc.coop/>. Note that they are also currently hiring for 3 positions. (<http://www.icc.coop/join/employment/> - *Erin Hancock*



Co-op Community Bulletin Board

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- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - Last week, there were no correct answers. Everyone must be out doing their last minute shopping. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw. **Answers to last week's contest:**

What did the reindeer say before launching into his comedy routine?

This will sleigh you.

What do lions sing at Christmas?

Jungle bells!

When is a boat like a pile of snow?

When it's adrift.

What do you call the fear of getting stuck in a chimney?

Santaclaustrophobia.

How do snowmen get around?

On their icicles.

What does Santa call reindeer that don't work?

Dinner

This week's contest: No contest this week because we won't be back until January 9th. So here's a smile for your busy next few days. It was just before Christmas and the magistrate was in a happy mood. He asked the prisoner, "What are you charged with?" The prisoner replied, "Doing my Christmas shopping too early." "That's no crime", said the magistrate. "Just how early were you doing this shopping?" "Before the shop opened," answered the prisoner.



Co-op Cooking – When you need a new way to deal with some of the leftover turkey, perhaps this recipe might help.

Broccoli and Turkey Casserole

2 10-oz packages frozen broccoli

2 cups cooked, chopped turkey

2 cans cream of chicken soup

1 cup mayonnaise

1 tsp lemon juice

1/2 tsp curry powder

1/2 cup soft bread crumbs

2 tbsp melted butter

1/2 cup grated cheese

Cook broccoli slightly and arrange in 2-quart casserole dish. Cover with cooked turkey. Combine soup, mayonnaise, lemon juice and curry powder; pour over ingredients in dish. Toss bread crumbs in butter and sprinkle over casserole. Sprinkle grated cheese over all. Bake at 350F for 25 to 30 minutes. Note - leftover chicken may be used in place of turkey. - *Glenna Weagle*



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At this special time of year, we, the contributors and editors of Co-op Circles, send Seasons Greetings around the world to our more than 500 subscribers. We are glad to be part of your Circles and count our blessings that you are part of ours. Merry Christmas Everyone! Peace, Hope and Love to all.

Next *Co-op Circles*: Wednesday, January 9, 2008



Week of Jan. 6 – Jan. 12, 2008, Vol. 3, No. 8

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Openings – “*Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.*” - Chief Seattle

www.chiefseattle.com/history/chiefseattle/chief.htm Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The Board of Directors of **Community Credit Union** in Truro, Amherst and Bass River, NS, has announced the appointment of Darrell Kuhn as the new Chief Executive Officer (CEO) of Community Credit Union, effective December 3, 2007. Kuhn brings over 28 years of financial knowledge and experience to benefit the credit union and its customer-owners, and has considerable senior level experience in the financial services industry in Atlantic Canada, having been CEO of both Credit Union Central and Risk Management Agency in New Brunswick for the past nine years. “Darrell’s combination of knowledge and financial experience in the credit union system will be a great contribution to Community Credit Union as we move forward with new energy in 2008,” said Howard Welch, Chair of Community Credit Union. Community Credit Union currently serves over 9,000 customer-owners and provides a full range of financial services including savings, term deposits, consumer loans, residential mortgages, business loans and business mortgages through branches in Amherst, Truro and Bass River. <http://www.ns-credit-unions.com/default.asp?id=190%26pagesize=1%26sfield=content.id%26search=325%26mn=1.21.42.103>
- Personnel from **Devco**, a British Columbia-based consulting workers’ co-op are launching an Advanced Co-op Developer Training session. This session builds on the very successful and well-received Introductory Co-op Development Training that Devco has delivered since 1994 in a number of locations in Canada. A three-day session will be delivered in Moncton on Feb 26–28. The content has been designed by a team of experienced co-op developers that includes Devco members Melanie Conn and Marty Frost, Executive Director of SEED Winnipeg Cindy Coker and Blair Hamilton of Dungannon Consulting in Manitoba; and Peter Hough, financial officer for the Canadian Worker Co-op Federation and David Daughton, regional coordinator of the Canadian CED Network (CCEDNet) in the Maritimes. The project has the financial support of CDI – Innovations and Research. This will be an opportunity for participants to gain more knowledge about the development of cooperatives and to increase their skill in assisting potential co-op groups. The training is designed for those whose work now involves co-op development or is anticipated to in the future, e.g. in government, Community Futures Corporation, credit union or co-operative, non-profit organization, or independent consultancy, and who have attended some form of

basic/introductory training about co-ops and co-op development. A detailed outline is posted at <http://www.coopzone.coop/en/node/2070>

- Ann McIsaac from **PEI Basket Weavers Co-op** sends news that their building project is well under way and they hope to have the steel roof on soon. The co-op is located west of Summerside and is well situated to expand their sales in 2008. For more info contact Ann at tommycod@pei.sympatico.ca
- Nova Scotia's co-operatives and credit unions, in partnership with several Nova Scotia doctors, recently launched a for profit business venture called Connecting People for Health Co-operative Ltd. Connecting People for Health is Canada's first and only on-line health care clinic, specifically designed from a patient perspective, that allows individuals and families to participate in the management of their own healthcare through secure web-based tools, information and support. The Nova Scotia Securities Commission has approved the sale of 300 shares to individuals under the Community Economic Development Investment Fund (CEDIF) program. Shares are \$5000 each. These shares are in addition to the corporate investments from Nova Scotia co-operatives and credit unions. The CEDIF program allows Nova Scotians to invest in Nova Scotia business ventures and receive a 30% provincial income tax credit. The investment is also RRSP eligible. For further information, email Dianne Kelderman at diannefk@tru.eastlink.ca or call 902-896-7291.
- **Credit Union Central of Canada** is now accepting nominations for the 2008 National Credit Union Awards in three categories: Community Economic Development, Innovation, and the Young Leaders Award. These annual awards recognize and reward credit unions and individuals who made a difference to their community and who exemplify the true nature of the cooperative spirit.
Entries must be submitted on or before February 11, 2008. details at Email: wilkinsone@cucentral.com, Tel: (416) 232-3421, Fax: (416) 232-3734



Trends – This week's Trends is less about trends, and more about a New Year's resolution I am encouraging everyone to take. The gist of this week's subject comes from an article I read last week carried by Reuters which had the headline: "Healthy Food Getting More Expensive: Study". "Just wonderful", I thought quite cynically. The story quoted a study by researchers at the University of Washington that showed that "...low-calorie, nutrient-rich foods – mainly fruits and vegetables – were far more expensive, calorie for calorie, than sweets and snack foods." I paused and pondered the article...then it hit me: "Well duh!" I thought to myself with an air of self-satisfaction...of course fruits and vegetables are more expensive calorie for calorie... they have less calories! My own quick math shows that a medium sized apple has about 72 calories and sells for about 50 cents. A box of Smarties has 230 calories and sells for about \$1. You would have to buy 3.2 apples to 'match' the 230 calories of one box of Smarties, or pay about \$1.60. There it is in black and white, so it must be true...The really sad part of this is that if you Google 'healthy food more expensive', you will get tons of hits to news services that are carrying the original article. And with the researchers also suggesting that 'because healthy food is getting more expensive, it is contributing to the obesity problem in the US', well you just have to wonder how it is that society makes any progress at all...And the New Year's resolution? Eat apples instead of Smarties – at the very least, many apples grow in local orchards – and think critically about everything you read. - *Ron Levesque*



Circle of Life - Eco-Loans: Bergengren Credit Union in Antigonish, Nova Scotia, has just launched Eco loans to promote sustainable purchasing. The loans can be used to purchase energy efficient vehicles, Energy Star products and alternative energy sources. The credit union says that the Eco loans have been introduced to encourage their customer owners to “Follow our Footprints”. For more information:

<https://www.bergengrencu.com/Home/ProductsAndServices/YourFinancing/EcoLoans/>

– Bronwyn MacKinnon



Co-op Ed 101 - Our Co-op in Moncton (Record St. location), with the help of staff and volunteers, opened a book exchange in November. We ask members to donate books and magazines and then we sell them to members for \$1.00 or \$.50. We are so excited with the response. We have brought in more than \$100 in just eight weeks. The store’s local council donated \$70 to a needy family at Christmas and will decide what projects we can support as books continue to sell. I was looking for other examples of such a project done through a co-operative. Although this is not a book exchange, the following co-op book store has been in existence for more than 50 years. **People’s Co-operative Bookstore**

<http://www.peoplescoopbookstore.com/> Date of Incorporation: July 17, 1945 Membership: approximately 700 Activities: Consumer-owned bookstore, focusing on progressive literature Area Served: Lower Mainland, BC

read more at

<http://web.uvic.ca/bcics/research/pdf/situatingCoops/peoplescoopbookstore.pdf>

- Maureen MacLean



Young Co-operators: The Buds on the Co-op Tree - The Coady International Institute located within St. Francis Xavier University in Antigonish, NS is currently accepting applications for their 2008 programs, including the Diploma in Development Leadership, Advocacy and Citizen Engagement and more. To learn more about their programs, visit

<http://www.coady.stfx.ca/education/index.cfm> and find the application forms at

<http://www.coady.stfx.ca/education/apply.cfm> . Be sure to apply early in order to be considered for bursaries. – Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Matt, NB, Grade 8: “*One thing I learned was the schools in the Philippines have no glass in the windows. I thought the different clothes were interesting. I learned that a lot of people do different things and live different ways. I can’t stop wondering about why more people won’t help. In your presentation I really liked the things that you brought in to show, especially the worry doll and wonderful weaving. I also liked that you had pictures of the schools.*”



Temagami, ON is the home of TREC North (**The Renewable Energy Co-operative North Inc.**) It is a not-for-profit co-operative and its mission is to develop sustainable communities through energy efficiency and renewable energy projects. In partnership with the Municipality, TREC North is fundraising to complete a one year wind resource assessment and business plan for a wind farm in Temagami. This project is projected to produce 9 MW of electricity using 5 community-owned wind turbines at 1.8MW each. TREC North aims to generate a surplus of

energy to sell back to the grid and dividends for co-op members. For more information on TREC North, please visit <http://www.trecnorth.ca/>



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- Feb 26-28 – Advanced Co-op Developer training, Moncton, NB - A detailed outline is posted at <http://www.coopzone.coop/en/node/2070>
- April 26 – Co-op Atlantic Annual General Meeting
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - We did not publish a contest over the holiday break but I want to thank one of our readers, who frequently sends in answers, for the cute riddle he sent with his Christmas good wishes. Q: Where do snowmen put their money? A: In snowbanks
The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw.
This week's contest: Messrs Butcher, Baker, Carpenter and Plumber are currently attending an annual convention. No one is currently, nor ever has been in the same profession as their name and no one has had the same profession twice. Charlie has never been a carpenter and Mr Butcher is now a plumber. Dave used to be a butcher, whereas Mr Brian Baker never has. Mr Plumber is not called Eddie and Mr Carpenter did not used to be a butcher. Can you determine the full names of each of the attendees, along with their current and previous profession? ***Good Luck***



Co-op Cooking – When things have me running in circles, I sometimes look for a meal in a hurry. This one can be on the table in about 20 minutes (even faster if your local grocer sells fresh veggies pre-chopped for stir-fry).

Cajun Chicken Linguine

4 oz linguine pasta
2 skinless, boneless chicken breasts
2 tsp Cajun seasoning
1 tbsp olive oil
1 red bell pepper, coarsely chopped
1 green bell pepper, coarsely chopped
4 fresh mushrooms, coarsely chopped
1/2 red onion, coarsely chopped
1 cup Alfredo sauce with roasted garlic
1/4 tsp dried basil
1/4 tsp lemon pepper
1/8 tsp garlic powder

1/8 tsp ground black pepper

1/4 cup grated Parmesan cheese

Cook pasta according to package directions. While cooking, heat large skillet or wok. Chop chicken into bite-sized pieces; add Cajun seasoning, mixing well. Add chicken to hot pan and stir-fry until no longer pink. Add veggies and stir-fry 2-3 minutes. Reduce heat. Add Alfredo sauce, basil, lemon pepper, garlic powder and black pepper. Stir to mix. Add cooked linguine; stir gently to mix well. Sprinkle with Parmesan cheese to serve. - *Glenna Weagle*



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Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S., England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, January 16, 2008



Week of Jan. 13 – Jan. 19, 2008, Vol. 3, No. 9
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings – “*We’re not going to have the ingenuity to solve our problems unless we start adopting a greater degree of humility and prudence within our lives. To stop, to listen, to think carefully about where we’re going, to listen to other people, to pay attention to the signals around us that might suggest that things are going awry – environmental signals, social signals of various kinds.*” – Thomas Homer-Dixon www.homerdixon.com/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **ViewPoint**, a co-operatively run photo gallery of more than 25 members has moved from its second-floor Gottingen Street space in Halifax, to 1272 Barrington Street, next to the Waverley Inn and across the street from Bearlys. The new store-front gallery is wheelchair accessible and is at street level. Hours are noon to 5 pm, Wednesday through Sunday. Currently the NewPoints exhibit is running until Feb. 3. Gallery Web site is <http://www.viewpointgallery.ca/>
- A gas station isn’t the first place most people think of for environmental innovation. But customers at the **new Co-op Express gas bar** recently opened in Caraquet can fill up knowing that their purchases have the least possible impact on the environment. The environmentally-friendly project, which required an investment of \$1.4-million, involved the installation of three solar panels on the roof of the gas bar that provide the hot water necessary for its various services. The gas pumps are made of stainless steel, limiting the use of plastics as much as possible. Also, the underground tanks are made of steel and covered with polythene, for greater safety. They were manufactured by Dugas Équipement, a Caraquet company renowned for this type of product. <http://www.coopatlantique.ca/htm.aspx?id=546>
- The public is invited to participate in the “**Going Green in your Home, Community and Business**” **Conference and Trade Show** to be held at the Memramcook Resort (Memramcook Institute), 488 Central Street, Memramcook NB on February 2nd and 3rd, 2007. Open displays will begin from 3pm to 9pm on Friday, February 2nd 2007 at the Memramcook Resort, McGingly Room 5A. Exhibitors include Independent Power Systems Inc., Fundy Solar, EnerGreen Builders Cooperative, Energeia Inc., Renew Co-op, Kwesawek Energy, NBCC Moncton, as well as Cape Jourimain and EOS Eco-Energy Inc. and more. The conference will officially open at 7pm on Friday with a reception. Workshops and presentations will be held throughout the day, 9am to 5pm on Saturday February 3rd 2007. There will be three simultaneous sessions available to participants: general workshops in both English and French, as well as workshops of special interest to businesses and institutions. Participants will even have a chance to visit homes that showcase energy efficiency choices such as solar heat, and an

institution that has implemented energy efficient measures. Admission for Friday evening is free. The Saturday program fee is \$15. <http://list.web.net/archives/sust-mar/2007-January/001122.html>

- The president of the P.E.I. Organic Dairy Producers Association sees a bright future for those willing to make the changes to fill a niche market. “It’s not for everyone but there is some room for organic milk and there is a market,” says Joey Arsenault. “I’ve been slowly changing my farming practices to go organic.” He runs a 60-head milk operation in St. Nicholas in the Acadian region of P.E.I., just west of the city of Summerside. “If you don’t have healthy soil, you don’t have healthy animals,” says Arsenault, who with his brother Ray, crop 500 acres — plenty to grow their own organic feed for their herd.

“I’ve just started, but you can see the difference.” The **P.E.I. Organic Dairy Co-op** began when Organic Meadows in Ontario came shopping for some Maritime producers. The company shipped organic milk from central Canada to markets in the Atlantic Provinces and thought buying local would be more accommodating. Roger Henry, a co-ordinator of the co-op, says about eight producers are seriously involved in the transition effort to become organic and others are interested to make the switch. “It’s really a positive agricultural story,” he says. “Right now, it’s mainly concentrated in the western end of the province, but we have guys from all over the Island talking about it.”

<http://www.theguardian.pe.ca/index.cfm?sid=93302&sc=98>

- **Scotian Gold Co-op** in Coldbrook, NS, has fast tracked the building of additional controlled atmosphere storage facilities, because of the forecasted large crop of apples last fall. The addition provided room for 5,700 bins of apples, giving the co-op the capacity to handle the more than 52,000 bins harvested in 2007. These long-term storage facilities result in firm and crisp apples all year long. Fifty growers in the co-op take all their apples to Scotian Gold with another 25 growers providing apples that go to pie producers. Scotian Gold was formed 50 years ago when many of the small apple warehouses throughout the Annapolis Valley were consolidated to form the co-op.



Trends – Over the past month or so in the Maritimes – it is actually been longer than that, but the situation has compounded since the decline in value of the American dollar – beef and hog producers have been taking a beating at the farm. **Hog producers** in particular, are leaving the industry in droves – thousands of animals are being withdrawn from the marketplace weekly because producers simply cannot absorb any more losses. It has been called the Perfect Storm – a strong dollar that makes exporting more expensive, prices paid for hogs down 40 percent since July, and the cost of feed up 60 percent, mostly because of demand for corn to fuel the ethanol craze. It is not really fair to producers and it is out of their control. Consumers can play a role, but likely will not – we are conditioned to seek out the cheapest and that is what we are getting...at the expense of local producers. Wikipedia begins its section on “Fair Trade” with this: “Fair trade is an organized social movement and market-based model of international trade which promotes the payment of a fair price as well as social and environmental standards in areas related to the production of a wide variety of goods.” Is it time for Fair Trade pork and beef from the Maritimes? - *Ron Levesque*



Circle of Life - **Evergreen.ca** – **Brick Works:** Evergreen has started an interesting project transforming Toronto’s historic Don Valley Brick Works factory from an underused,

deteriorating collection of buildings into a thriving environmentally-based community centre that engages visitors in diverse experiences connected to nature. Find out more about the project: http://evergreen.ca/rethinkspace/?page_id=12 – Bronwyn MacKinnon



Co-op Ed 101 – Now, I am almost in the middle of winter because I consider winter to be December, January and February. Why? Well, the snow from storms in March isn't usually on the ground long and the temperatures don't fall below –20. So March is not winter. After three months of cold weather my grandson is in a phase of “no matching” mittens. Although most of his are store bought, I have fond memories of helping my grandmother unwind huge skeins of wool yarn and rolling it into balls that fit in the basket by her chair. She seemed to produce mittens for her 11 grandchildren effortlessly. What a lot of work that must have been! She was an amazing woman. I was wondering if many people still make mittens and where they get local wool. I did a web search for co-op wool and found this site in Ontario. **Canadian Co-operative Wool Growers Limited** <http://www.wool.ca/> The Co-operative grades and markets approximately 3 million pounds of raw wool each year; the majority of this coming from Quebec, Ontario and Alberta. Each of the three general classes of wool (fine, medium and coarse) is sold wherever the best price is available. Canadian Co-operative Wool Growers Limited occupies what was once the round house and machine shops for the Canadian Pacific Railway. The company is located in Carleton Place, ON. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - Australia's **Shopfront Theatre for Young People Co-op Ltd.** was awarded special status and a 6 year grant by the Australia Council Community Partnership Committee. Its founders describe Shopfront as a “co-operative where all young people, regardless of background or ability can create themselves.” The arts centre was recognized for its innovative arts and drama programs. The youth co-op is moving into its 33rd year of activity. Read more about the award at http://www.shopfront.org.au/pdfs/KeyProducer_PR.pdf or visit the co-op's website at <http://www.shopfront.org.au/>. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Melissa, PEI: *“I really liked your presentation. I thought it was touching and helpful. I think what you do is very nice and kind and some day I hope I can do what you do because I love helping people like who you help. It was really nice to hear what you guys do for a job.”*



Darjeeling Tea - It's the champagne of teas. Farmers in Darjeeling, northern India's prime tea-growing region, hand-pick two of **Equal Exchange's** <http://www.equalexchange.com/> Darjeeling teas. Because tea bushes continue to grow and produce new leaves through much of the year there are multiple harvests. "First flush" refers to the first harvest of the year, "second flush" refers to the second, and like different vintages of wine, each flush has its own distinctive character. Here are two of the fairly traded Darjeeling teas that Equal Exchange carries: Organic Darjeeling First Flush – This tea has a floral and spicy aroma, a light golden liquor, delicate astringency and subtle notes of the classic Darjeeling muscatel flavor. Grown by the members of the Pashok Co-operative. (SRP \$12.99 per 3.5 oz tin) Organic Darjeeling Second Flush – This second flush tea carries a floral aroma, a golden liquor, balanced astringency and the full classic

Darjeeling muscatel flavor. Grown by the members of the Pashok and Sanjukta Vikas Co-operatives. (SRP \$13.59 per 3 oz tin) Also, **Just Us! Coffee Roasters Co-op** is working with small producers of Darjeeling tea in India and hope to have it available to Atlantic Canadians over the next few months. www.justuscoffee.com/ To learn more about Darjeeling tea go to: http://www.wipo.int/sme/en/case_studies/darjeeling_tea.htm



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Contest of the Week - *This week's winner was Joanne Sheppard, Newfoundland.*

Congratulations, and welcome back to all those who sent entries .The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw.

Last week's contest: Messrs Butcher, Baker, Carpenter and Plumber are currently attending an annual convention. No one is currently, nor ever has been in the same profession as their name and no one has had the same profession twice. Charlie has never been a carpenter and Mr Butcher is now a plumber. Dave used to be a butcher, whereas Mr Brian Baker never has. Mr Plumber is not called Eddie and Mr Carpenter did not used to be a butcher. Can you determine the full names of each of the attendees, along with their current and previous profession?

Answer: Eddie Butcher is currently a Plumber and was a Carpenter. Brian Baker is currently a Carpenter and was a Plumber. Charlie Carpenter is currently a Butcher and was a Baker. Dave Plumber is currently a Baker and was a Butcher. ***This week's contest:*** These words follow a logical progression:

ACE
TAB
COG
ADD
EAR
RAF
GUT
UGH
IVY
TAJ

Which of these could be next?

KID

BOY
ASK
TOO



Co-op Cooking – As we move through winter I tend to look for more recipes which feature vegetables such as cabbage, turnip and carrots which are still to be found locally. Here is one of my favourite cabbage dishes. It has all the flavour of cabbage rolls without the fuss.

Lazy Cabbage Rolls

4 cups cabbage, shredded, packed

1/2 cup long-grain white rice

1 tsp salt

1/4 tsp pepper

1 1/4 cup boiling water

1 1/2 tbsps onion, finely chopped

1/4 lb lean ground beef

1 can tomato sauce or tomato soup (optional)

Place cabbage in large, ungreased casserole dish. Scatter rice over top, allowing a bit down into the cabbage by poking with a fork. Sprinkle with salt and pepper. Pour boiling water over. Cover and bake at 350F for 1 hour or until cabbage is tender. Remove from oven. If mixture seems dry, add a bit of boiling water. Heat butter in frying pan; add onion, stirring over heat until softened. Add ground beef, breaking into small pieces. Stir and cook until beef is browned and onions are golden. Add tomato sauce if desired. Pour beef mixture over cabbage, stirring gently to mix. -

Glenna Weagle



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Next *Co-op Circles*: Wednesday, January 23, 2008



Week of Jan. 20 – Jan. 26, 2008, Vol. 3, No. 10
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Openings – “A single question can be more influential than a thousand statements.” - Bo Bennett www.yeartosuccess.com/bobennett.php Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The Nova Scotia Fruit Growers’ Association is holding its annual 144th convention in Wolfville, NS, from Jan 29-31. The title this year: Buy Local: Can We Benefit? As well as being a sponsor, **Scotian Gold** Apple Co-op will have personnel participating in workshops. David Cudmore, General Manager, is part of a panel exploring “Buy Local: Can We Benefit?” and Larry Lutz will talk about cultivars. Most conference sessions will take place at the Cornwallis Room, Kentville Agricultural Centre in Kentville, NS.
- **Atlantic Beef Products**, of Borden, PE — the only federally inspected meat packing plant in Atlantic Canada— has received assistance from the federal and three provincial governments to help it develop higher value beef products. Peter MacKay, the federal minister responsible for the Atlantic Canada Opportunities Agency announced \$6 million from the federal government to help the plant adjust to market changes. The provincial governments of Prince Edward Island, Nova Scotia and New Brunswick each added \$2 million as a regional development investment. The plant is 90 per cent owned by a 210-member farmer co-op and 10 per cent by Co-op Atlantic.
- **The Co-operators**, a leading co-operative and provider of insurance and financial services has expanded its membership, welcoming three new members. Amalgamated Dairies Limited, the Canadian Worker Co-operative Federation, and Fédération des coopératives québécoises en milieu scolaire/COOPSCO bring to 40 the number of cooperatives, credit unions and like-minded organizations that comprise the ownership group of The Co-operators Group Ltd. Amalgamated Dairies Limited (ADL) strengthens the Prince Edward Island dairy industry. It buys and sells products on its members’ behalf, and manufactures and processes dairy products under the ADL label as well as other private and store-brand labels. Canadian Worker Co-operative Federation (CWCF) is a non-profit co-operative representing approximately 65 worker co-op members and 75 cooperative developer members across Canada. Fédération des coopératives québécoises en milieu scolaire, operating under the banner COOPSCO, is a federation of 60 student co-ops present in the majority of post-secondary institutions and a growing number of high schools in Quebec.
- The **Canadian Co-operative Association (CCA)** has issued a call for nominations for its annual **Canadian Co-operative Achievement Award** and **Global Co-operator Award**. Nominations from individuals or organizations are to be submitted to CCA by January 31, 2008. The awards include honorary membership in CCA and will be presented during the

CCA Annual General Meeting and Congress in Winnipeg, Manitoba, June 25 - 27, 2008. For more information including terms of reference and past recipients, please go to www.CoopsCanada.coop/aboutcca/members/honorary.htm Staff and members of CCA's board of directors and the Co-operative Development Foundation of Canada's board of governors are not eligible for nomination.

- The Canadian Co-operative Association is also accepting nominations for the inaugural **Innovations in Co-operative Governance Award**. These awards will recognize governance innovation and excellence in co-operatives and credit unions across Canada. The awards seek to showcase the movement's strengths in the area of governance and provide the opportunity for co-op and credit union boards to learn from each other. The closing date for applications is January 31, 2008. Winners will be announced at CCA's Annual General Meeting in Winnipeg in June 2008. The Canadian Worker Co-operative Federation's 2007 Annual Report is now available on-line, at: www.coopzone.coop/en/worker While there, CWCF encourages you to explore CoopZone, the web site regarding all aspects of co-op development in Canada, which it maintains.
- Students can win a 2008 scholarship from the **Fondation des caisses populaires acadiennes**. The Fondation contributes \$50,000 in scholarships annually and 50 students will receive a \$1,000 scholarship. Students can register on line on the Caisses populaires acadiennes Web site www.acadie.com or pick up a participation form at any Caisses populaires acadiennes and Coops.
http://www.acadie.com/en/communique_affiche.cfm?id=169
- **Valley Credit Union** in Nova Scotia's Annapolis Valley sponsored the Valley Regional Hospital Foundations' Festival of Lights as a Gift of Joy sponsor. Through various sponsors and support, \$120,000 was raised for new equipment for maternal and child care at Valley Regional Hospital. Local food banks received cheques totalling more than \$4,200. Through Valleys Skip-a-Payment option on their loan portfolio, the credit union donated funds to the food banks to assist with making Christmas dinner a possibility for families. For more information
<http://www.valleycreditunion.com/web;jsessionid=A49F5FAD2C63FB493939035E037635D3?service=direct/1/Home/SidebarBlocks/dlinkWnMore&sp=S1432>



Trends – Most Co-op Circles readers are probably more than a little familiar with alternative energy technologies – solar panels, wind turbines and hydrogen fuel cells. A Dutch company has come up with technology that will allow households to manage their energy use and production, all in one smart device and concept. It is called **Qurrent** (www.qurrent.com) and its people are forward thinkers. For example, they see a day when electricity rates will rise sharply (many will argue we are already there, but there is more to come) but they also see a time when rates will fluctuate with demand – even in time spans as short as 15 minutes. Households will create energy based on the above mentioned technologies and share it with other households on their street or in a cluster (Qmunity) – becoming, in a sense, their own power company. The heart of the technology is a product they call the Qbox, the brain that will not only measure consumption and production, but actually allocate power to various appliances based on when it is most efficient to do so. Example: if you want to do your laundry while you are away at work or asleep, you can tell the Qbox to allow power to your clothes washer within a set timeframe, and the Qbox will pick the best time to allocate power to your appliance. Excess power that you produce

is shared locally with your Qmunity through a central server, contributing to the benefits of 'community'. - Ron Levesque



Circle of Life - **Maureen St. Clair:** Maureen is an artist who uses her talents to engage and educate her local community in Grenada. Along with painting as a part time profession she facilitates a community art program with a group of children from Harford village, St. Andrews, the community in which she resides. They use art as a means of empowering self and community. The children are engaged in a variety of creative cultural activities which include writing poetry, painting, collaging, story telling, making masks, dancing, acting and singing. They have also started a project called Under One Roof which will include a women's textile collective, a children's art program, a non-profit arts and crafts gallery and training workshops. For more information on Maureen, the community projects and her artwork, visit: <http://www.imaginationseverything.com/solution/mscweb/index.htm> – Bronwyn MacKinnon



Co-op Ed 101 – I have been watching with interest the political events in Kenya. I thought I would share with readers that Kenya has an active co-operative sector. Members have participated in the Canadian Co-operative Association (CCA) Women's Mentoring and Youth Experience International Programs You can read more about Co-operatives in Kenya on the web site of the Ministry of Co-operative Development and Marketing <http://www.cooperative.go.ke/index.html> Since the Ministry was re-established, the co-operative sector has made tremendous achievements toward wealth and employment creation. Currently, there are more than 12,000 registered co-operative societies with a membership of more than 7 million. About 63 per cent of the Kenyan population directly and indirectly depends on co-operative related activities for their livelihood. The sector has mobilized over Ksh.150 billion in savings which is about 31per cent of the national savings. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - Each year, The Co-operative Housing Federation of Toronto provides awards to youth living in housing co-ops who show a commitment to diversity in their community. Their applications for 2008 are now available at <http://www.coophousing.com/diversity/documents/2008SuccessBecomesYouDiversityScholarship.pdf>. However, the profiles from the 2007 winners are also available on their website and there are some very interesting stories about how young people in Toronto are making a difference in their communities (http://www.coophousing.com/diversity/receips/receips_current.asp).- *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Matt, Yarmouth, NS: "I learned that the people in Uganda live in houses with straw roofs and they make a lot of what they need. They eat a lot of rice in the Philippines and the kids wear outfits to school"



Milk Marketing in India - Gujarat Cooperative Milk Marketing Federation is India's largest food products marketing organization. It is a state level apex body of milk co-operatives in Gujarat which aims to provide remunerative returns to the farmers and also serve the interest of consumers by providing quality products which are good value for money. It is composed of 13 district co-operative milk producers' unions, which have in total 2.6 million members. Total milk

handling capacity is 10.16 million liters each day. For more about this organization, go to: www.amul.com/



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Contest of the Week - This week, we had two winners: Cathy Darland, Advance Savings Credit Union, Moncton, and Shauna Fuller, Charlottetown, PE. Their answers arrived within 4 minutes of each other. We had 8 other correct responses as well. Congratulations everyone!! The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw. ***Last week's contest:*** These words follow a logical progression:

ACE

TAB

COG

ADD

EAR

RAF

GUT

UGH

IVY

TAJ

Which of these could be next?

KID

BOY

ASK

Answer: "KID" is next, because the letters flow alphabetically in a zigzag pattern down the list (start with a, end with b, start with c, end with d, etc...) ***This week's contest:*** Our local co-op produce manager is a would-be mathematician. She likes to arrange her apples in nice rows. However, when she lays her apples in rows of 3 she has one left over. When she lays them in rows of 5 she also has one left over. Remarkably she also has one left over when she arranges them in rows of 7 and 9. But 11 seems to be the magic number, for, in rows of 11 there are no apples left over. How many apples does the produce manager have?



Co-op Cooking – Most sweet and sour dishes feature chicken or pork. Here's a great one which uses the lowly meatball. You can cheat by using store-bought meatballs, but homemade are

always better. Directions are for microwave cooking but this can be done using a conventional range (meatballs in oven at 350F for about 30 minutes; stir gently halfway through cooking. Make sauce in a pan on top of stove, adding green pepper and pineapple to sauce almost at end of cooking. Add hot meatballs just before serving.)

Sweet and Sour Meatballs

1 19-oz can pineapple chunks, drained (reserve juice)

3/4 cup packed brown sugar

3/4 cup cider vinegar

1/4 cup cornstarch

1/4 cup soya sauce

1 lb lean ground beef, crumbled

1 large egg

1/4 cup unseasoned dry bread crumbs

1 tbsp soya sauce

1 green pepper, thinly sliced

hot, cooked rice or noodles

In 2-cup measure, combine reserved juice with enough water to equal 1 1/3 cups; set aside. In 2-quart casserole combine brown sugar, vinegar, cornstarch and 1/4 cup soya sauce. Blend in pineapple juice mixture. Microwave at High for 7 to 15 minutes, or until mixture is clear and thickened, stirring 3 or 4 times during cooking. Set aside.

Combine ground beef, egg, bread crumbs, and 1 tbsp soya sauce. Shape into 20 meatballs; arrange in 9-inch square baking dish and sprinkle evenly with green pepper slices. Microwave on High for 8 to 10 minutes or until meatballs are firm and no longer pink in the center, stirring gently to rearrange once or twice during cooking time. Drain.

Add meatballs, green pepper slices and pineapple chunks to the sauce. Microwave at High for 4 to 6 minutes, or until mixture is hot, stirring once or twice during cooking time. Serve meatballs over hot, cooked rice or noodles. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, January 30, 2008



Week of Jan. 27 – Feb. 2, 2008, Vol. 3, No. 11
Edited and Compiled for you, by the Rising Tide Collective

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Openings – *“Anything else you’re interested in is not going to happen if you can't breathe the air and drink the water. Don't sit this one out. Do something. You are by accident of fate alive at an absolutely critical moment in the history of our planet.”* - Carl Sagan www.carlsagan.com

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Many of us in the co-op movement in Atlantic Canada lost an active member and a good friend on Sunday. **Neil Tilley** was on the board of the Atlantic Council for International Cooperation (ACIC), he was active in the Canadian Worker Co-op Federation, and was a long time owner-worker with the Extension Community Development Co-op which arose out of Memorial University's decision to close its extension department. He was a good man, as his friend and co-worker Pat Hann says...and always worked to make the world a better place. When Neil was chair of ACIC, he organized its annual meeting in Newfoundland where everyone stayed out around Conception Bay South and learned to dance "the Whip". Neil was always available to help people with advice. Both Neil and Pat phann@extensionco-op.nf.net helped Rising Tide develop policies during our start up phase. **TILLEY, J. Neil (Che)** of Kelligrews, Conception Bay South., NL (December 5th, 1950- January 26th, 2008) — Passed away peacefully at the Health Sciences Centre in St. John's, on January 26th, 2008. Neil will be sadly missed by loving companion Colleen McLean; mother Fannie Tilley; Colleen's mother Alice; and children Katie, Chelsea, Mark (Natasha), Kerri (Mark), Janette, co-workers Patrick Hann and Dr. David MacDonald. Donations in his memory may be made to the H. Bliss Murphy Cancer Centre or Daffodil Place. To sign the guest registry or send a message of condolence, please visit www.hickeysfuneralhome.ca.
- The issue of The Halifax Chronicle Herald featured an article on funeral co-ops and how, in Nova Scotia, they are serving members from Cape Breton to the Annapolis Valley. Father Eloi Arsenaault of PEI is credited with bringing the concept to his home province. While serving as a priest in Quebec, he became more discouraged with the tactics of private for profit funeral homes as they dealt with grieving families. Father Eloi took on the challenge, battled the established funeral homes and embalmers and his hard work paved the way so that those trying to do the same thing today have fewer obstacles and the concept itself is no longer foreign. See <http://thechronicleherald.ca/Business/1033462.html>
- **Gil Robinson** passed away peacefully, at the Palliative Care Unit in Moncton Hospital, after a courageous battle with cancer, on Tuesday, January 15th, 2008. Gil was the Divisional Manager for Retail Services for Atlantic Co-op from 1975 to 1995. Gil did not really retire - he worked with CESO • SACO (Canadian Volunteer Advisers to Business).

He generously and enthusiastically shared his retail experience with several Eastern European companies <http://www.cadmanbownessfh.com/obituaries.php>

- On January 28, Eastern PEI celebrated the grand re-opening of the **Morell Consumers' Co-op**. <http://www.coopatlantic.ca/htm.aspx?id=563> The store has undergone not only an expansion, but also a major overhaul both inside and out," says Greg Dunn, General Manager (and the grandson of the Co-op's first manager, Frank Dunn). The changes include new refrigeration units, a doubling of the frozen food section, 25 per cent more dairy products, a 30 per cent increase in produce, a packaged bulk food section, and more bakery items, as well as a mini-oven to bake your own bread.



Trends – If a couple of years ago you thought GPS devices were cool – I sure did – then you probably thought on-board navigation systems for your car were pretty darned cool, too. For some reason, they have not clicked with me – perhaps it is because you really have to try hard to get lost in Atlantic Canada. In any event, a company called ‘Making Virtual Solid’ out of the U.S. has taken automobile navigation to the next level using **Heads Up Display (HUD) technology**. HUDs are displays of information that are projected (typically onto a windshield but it could be hi-tech goggles) so that you don't have to turn your head away to read the information. It's common in fighter planes and video games, and now, Making Virtual Solid is using it in cars. How it works: In a conventional navigation system, roads or streets are pictured as a series of lines on a small display, usually tucked away to the side on your dash. If you don't have a GPS navigation system, picture the lines that represent streets or roads on a map and the trouble involved with orienting to one of those while you're driving. On a conventional system you follow your route by looking at the display – on more advanced systems, a voice even tells you when to turn (when you're using a map, that system is called a ‘spouse’). Now picture your route as a red line projected in front of you on your windshield, made to look like a cable from a ski lift, following the road as you drive and respecting 3D proportions. That's ‘Virtual Cable’ technology. The only other way to explain it is to go see: www.mvs.net. Click on the videos on the left-hand menu to really see how it works. - *Ron Levesque*



Circle of Life - **Seaport Farmers' Market, Halifax, NS:** In Halifax, NS, plans for a new Farmers' Market building are underway. The Farmers' Market Investment Cooperative is now able to accept investment into their CEDIF. Community Economic Development Investment Funds (CEDIFs) are pools of capital which are available for investment into business(es) in their communities. These funds are controlled by a local board of directors, which are chosen by the funds' investors at an annual general meeting.

Information sessions are being held for the Halifax Market on Wednesday, January 30, and Tuesday, February 5 at 7pm in the Brewery Market Courtyard and every Saturday morning at the Market. For more information about this CEDIF:

http://www.halifaxfarmersmarket.com/index.php?option=com_content&task=view&id=89

Examples of other CEDIF's in Nova Scotia are:

Just Us! Fair Trade Investment Co-op Ltd., Wolfville

PURPOSE: Invest the proceeds in their fair trade coffee business.

La Residence Acadienne, Cheticamp

PURPOSE: To build and operate a seniors housing facility.

Valley Funeral Home Co-op, Coldbrook

PURPOSE: Invest the proceeds in the development of a co-operative funeral home in the Coldbrook/Kentville area.

Victoria County, Baddeck

PURPOSE: Invest the proceeds in the Victoria County Co-op store in Baddeck.

Since their inception 4 years ago, these funds have grown significantly. At the end of 2003, there were 16 CEDIFs which had raised money (a total of \$7.3 million) and reinvested that money back into their communities. More than 1,000 Nova Scotians have chosen to reinvest in their communities through CEDIFs. General CEDIF information:

<http://www.gov.ns.ca/econ/cedif/background/> – Bronwyn MacKinnon



Co-op Ed 101 – In about three weeks time I will be leaving a cold, snowy Canada to go to Ghana in West Africa as part of the Canadian Co-operative Association's Credit Union Coaching Program. I am excited. I was last in Ghana in 1999 so I expect to see a lot of changes. This time I will be travelling to the Northern areas. I have been doing quite a bit of research on CCA partnerships in Ghana and look forward to learning more. I thought readers might like to share in my trip by reading about SEND and **Peace Atinbiok**, a graduate of the CCA Women's mentoring program

http://www.sendfoundation.org/programs/project_success.asp?id=5§ions=4

and <http://www.iicd.org/articles/logon4d/supporting-ghanaian-farmers-in-the-eastern-corridor>

The Social Enterprise Development Foundation of West Africa (SEND Foundation) operates in Ghana, Liberia, and Sierra Leone. It began with a team of volunteer staff in 1998. By January 2007, the number of staff had increased to 52 of which more than 30 percent are women and over 50 percent are professional staff with university degrees. SEND Ghana now has three operational offices located in Accra, Tamale and Salaga. **Peace Atinbiok** attributes the increase in membership at the union to SEND's intervention, particularly the education it provided to community members, stating that the membership drive was previously very slow.

Peace was sent to Canada by SEND to attend the Women in Credit Union Mentoring Program, sponsored annually by the CCA. The program is for women from developing countries who work in credit unions. She speaks enthusiastically about what she gained from the experience: she learned about lending, customer-manager relations, and gender issues. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree Visit the Canadian International Development Agency's website to read about Narish Maharaj, a young man from Saskatchewan who helped organize a youth waste-management co-operative in the Philippines while on his CCA-sponsored internship at <http://www.acdi-cida.gc.ca/CIDAWEB/acdicida.nsf/En/ANN-82395548-JCF> – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Andrew, NS: "*I didn't know the villages were so small and in the middle of nowhere and that the Philippines has so many islands. I was surprised that all the students have to wear uniforms.*"



Strawberries and Your Heart - Strawberries are not only delicious and nutrient-rich. New research from Harvard Medical School found that they may offer cardiovascular disease protection.

http://www.nutritionhorizon.com/newsmaker_article.asp?idNewsMaker=16112&fSite=AO545&category=26&page=3The new study found that those who reported eating the most strawberries experienced lower blood levels of C-reactive protein, a biomarker for inflammation in the blood vessels. The findings revealed that women who ate the most strawberries, two or more servings per week, compared to those who reported eating none in the past month, were 14 percent less likely to have elevated C-reactive protein levels.



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bruise
warned
please
listen
veined
trance



Co-op Cooking – Here's an Alfredo recipe which replaces the cream and butter with cottage cheese and milk. It has a surprisingly rich flavour. The sauce can be used in any Alfredo recipe to make it more heart-healthy.

Fettuccine Alfredo

1/2 lb fettuccine or spaghetti
1 cup 2% cottage cheese
1/4 cup freshly grated Parmesan cheese
1/4 cup milk

1 egg
1/4 tsp nutmeg
1/4 tsp pepper
1/2 cup chopped fresh parsley or basil

Cook fettuccine according to package directions. Drain and return to saucepan. In food processor or blender, process cottage cheese until smooth. Add Parmesan cheese, milk, egg and spices; blend until smooth. Pour into saucepan with hot, drained noodles. Cook over medium heat for 1 minute, stirring constantly. Sprinkle with herbs. Serve immediately.

Note: You can vary this recipe by adding one or more of the following:

1 cup chopped, cooked ham	4 cups cooked broccoli florets
1 can salmon, drained and flaked	1 cup cooked, sliced mushrooms
1 can tuna, drained and flaked	1/2 cup chopped green onion
1 cup frozen peas, thawed	1/2 cup kernel corn
1 cup cooked, julienned carrots, zucchini, sweet peppers or leeks- <i>Glenna Weagle</i>	



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Next *Co-op Circles*: Wednesday, February 6, 2008



Week of Feb. 3 – Feb. 9, 2008, Vol. 3, No. 12
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Co-op Circles -- Request for Volunteers

For the eight weeks beginning February 17th, Circles Co-Editor Maureen MacLean will be away. As a result we are asking for volunteers from among our readers to help with submitting articles and news. We will work with you to suggest topics and contacts for news. If you can help in anyway please send an email to news1@nbnet.nb.ca with your phone number. Let's make this a true co-operative E- Newsletter with people helping people.

Openings – *“To dare is to lose one's footing momentarily. Not to dare is to lose oneself.”* - Soren Kierkegaard www.quotedb.com/authors/soren-aabye-kierkegaard Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- After being closed for a week to address a infestation of field mice that resulted in a voluntary closure of the grocery section of the store, the **Co-op store on Record Street in Moncton** opened again last Friday with changes in place to address any future problems. As well, management took the opportunity to do minor renovations, remove the escalator and paint. All shelves were cleaned and floors scrubbed and polished. John Harvie, CEO, Co-op Atlantic and Robert Lemoine, vice-president of food services for Co-op Atlantic, were both on hand to discuss the closure with the press and celebrate the re-opening. The store has completed renovations to keep mice from getting into the building and upgraded some of their shipping and receiving practices to ensure mice don't slip in with the any deliveries. <http://www.coopatlantique.ca/htm.aspx?id=566> Sales on the opening day doubled the previous week and comments from members and customers indicated they were happy to be back shopping there and glad the problem was solved.
- More than 60 members and guests of the Moncton Co-op stores attended an information session this week presented by the staff of Co-op Fuels. <http://www.co-opfuels.com/english/home.aspx> The presentation was on solar panels that can reduce home heating costs, providing a return on your investment in five years or less. More presentations will be coming at various locations in the next couple of months. This made-in-Atlantic-Canada system is an energy efficient, environmentally friendly home heating solution available through Co-op Fuels. For more information see the web site <http://www.co-openergy.ca/energy/> or call your local co-op fuels at <http://www.co-opfuels.com/english/contacts.aspx>

- As part of the “Advanced Developer Training” to be held in Moncton, Feb 26-28, Marty Frost and Melanie Conn of British Columbia’s Devco are hosting a “meet and greet” reception on Wednesday, 27th February, from 5:30 to 6:30 p.m. at the Moncton Press Club, 160 Assomption Blvd. Local co-operators are invited to meet and mingle with the course instructors and participants. RSVP to peicoopcouncil@gmail.com



Trends - A few months ago, I mentioned that consumers (informed consumers) were increasingly demanding authenticity from the world’s global purveyors. The example at the time was of sweaters with tags that indicated which sheep the wool came from. Now comes news that **Dole’s organic bananas** come with stickers that include a three-digit farm code that you can enter on the Dole Organic website and “find the story behind their banana”. Each farm’s section on the website includes background information, shows photos of the crops and workers and tells consumers more about the origin of Dole’s organic products. How it works: Once you get the three digit code from ‘your’ banana, you can visit www.doleorganic.com and select it from a drop down menu on the right-hand side of the site. (You can simply pick a number from the list if you do not happen to have Dole organic bananas on hand). Once you’ve picked the farm, information about the owner, the crops and their certification appear, along with a limited set of photos. Click on a Google Earth link, and Google transports you across the globe to the actual location of the farm. Expect to see more manufacturers adopting these technologies to bring consumers closer to their products in the future. - *Ron Levesque*



Circle of Life - **Project for Public Spaces:** PPS is a group that works to create better public spaces in communities. Imagine a town square bustling with people who are greeting each other, buying, selling, and exchanging ideas. Their vision is to act as the central hub of the global Placemaking movement, connecting people to ideas, expertise, and partners who share a passion for creating vital places. Since 1975, PPS has worked in more than 2,000 communities in 26 countries around the world, helping people turn their public spaces into vital community places, with programs, uses, and people-friendly settings that build local value and serve community needs. For more information on this interesting initiative: <http://www.pps.org/> – *Bronwyn MacKinnon*



Co-op Ed 101 – Did you know this is International Development Week (IDW) 2008? (Sunday, February 3, to Saturday, February 9) . <http://www.acdi-cida.gc.ca/idw> What does International Development Week (IDW) mean to you? Perhaps it means participating in events being held in your region as part of Canada’s nationwide celebration of international development. It could be as simple as making a conscious effort to learn more about Canada’s role in international development. Are you interested in how young people can get involved in international development? Check out CIDA’s [Youth Zone](#). If you are a teacher, visit CIDA’s [Teacher Zone](#) for new ideas on how to bring international development into the classroom and motivate students to become active global citizens. The Canadian Co-operative Association provides a lot of information thorough its electronic newsletter Dispatch. Read the latest issue at <http://www.coopscanada.coop/NewsLetter/dispatch/preview.cfm?piid=18>

- *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree – Nicole O’Connor and Jeff Melvin designed the new logo for the Atlantic Co-operative Youth Leadership Program (ACYL)- (winning the **ACYL Logo Challenge**). Nicole is an ACYL alumnus, attending her first camp back in 2004 and has since served as a junior staff a number of times. She is now studying theatre at Dalhousie University, but has commented that the ACYL program not only taught her so much about co-ops that she never knew before but it also helped her gain confidence in herself and her work. Jeff works on IT projects for the Advance Savings Credit Union. He joined the CU back in 1999 because he liked “being treated as a person (member) rather than a number” and he enjoyed the ability to negotiate and not just be subjected to a standard banking plan. When Jeff received notice from his CEO that there was a co-op who needed help designing a logo, he was keen to offer his skills. Check out the ACYL website to view the January newsletter with the flashy new logo <http://www.acyl.coop/english/Newsletter012008.htm> - Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Jordan, Yarmouth, NS: “*Today I learned something new. The lady and Mr. Cooke told us about the places they went with the credit union. They brought cool things for us to see. Mr. Cooke said where he was, school was on the ground.*”



Easy Sourcing for Parents – A new Web site <http://www.babysupply.info>. is a comprehensive source for parents which offers a unique way to save time when researching and buying pregnancy, baby, and nursing products. Especially valuable for the first-time parent, BabySupply.Info gives an easy way to research the best in baby gear while comparing pricing with more than 85 major retailers online and over 100,000 products. More than a shopping engine, BabySupply.Info does the product research for the parent. Using information from Consumer Reports, parental ratings and referrals, and expert recommendations, BabySupply.Info narrows down the products with the highest comprehensive ratings, and posts them on the site, with a list of benefits and places to find the product. BabySupply.Info is owned and operated by LN Tech. Inc., a privately held company based at Norcross, Georgia. The company is committed to providing new parents a place to go for information and a sense of community. Established in 2006, the company offers a shopping comparison service and product research focus of the product.



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Contest of the Week – This week we had only one entry. It was close. However, we should have added that the words are out of order. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. ***Last week’s contest:*** The words below are all anagrams of other words, the initial letters of which form an anagram of another word. What is the answer?

bruise
warned
please
listen
veined
trance

Answer: The answer is ‘ANSWER’: asleep, nectar, silent, wander, envied, rubies *This week’s contest:* Show the digits that, multiplied by seven, will give a result which is all ones. (1s)



Co-op Cooking – Sometimes your morning can be pretty hectic due to company in the house, a special event, or some other happening. Here are two versions of a breakfast dish which simplify the first meal of the day. They work equally well at the beginning of a busy day or after a late night So if you know you want to be off to a fast start and have a few extra minutes, pop one of these in the fridge to begin you day.

Overnight Oven Eggs

6 eggs
2 cups milk
2 slices bread, cubed
1 tsp. dry mustard
1 lb. sausage meat, fried and drained
6 slices bacon, cut up, fried and dried
1/2 cup shredded cheese

Mix all ingredients together, pour into 9 x 12-inch pan, cover and refrigerate overnight. In morning, remove cover and bake at 325F for 45 minutes.

Overnight Breakfast Casserole

12 slices bread (white or whole grain)
deli-ham slices
1/2 cup shredded Cheddar Cheese
1/2 cup shredded Swiss Cheese
1 can mushroom pieces, drained
6 eggs, beaten
1/2 tsp salt
1 cup milk
1 cup half and half
1/2 tsp Worcestershire sauce
1/2 tsp pepper sauce

Line 9 x 12-inch baking dish with half of the bread slices. Cover with deli-ham slices. Sprinkle with cheeses and mushroom pieces. Cover with remaining bread slices. Combine remaining ingredients and pour over ingredients in pan. Cover and refrigerate overnight. In morning,

remove cover and bake at 350F for 45 minutes (or until top is browned and eggs are set. Note: Half and half may be replaced by milk to cut calories and/or fat. Other ingredients such as asparagus or chopped peppers may be layered with the ham, cheese and mushrooms if desired. -
Glenna Weagle



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Next *Co-op Circles*: Wednesday, February 13, 2008



Week of Feb. 10 – Feb. 16, 2008, Vol. 3, No. 13

Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings – “*Time is a companion that goes with us on a journey. It reminds us to cherish each moment, because it will never come again. What we leave behind is not as important as how we have lived.*” - Jean Luc Picard

www.startrek.com/startrek/view/series/TNG/character/1112469.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Port Hood RV Co-Operative Ltd.** has launched a second share offering to raise more capital to continue its community projects. Company spokesman Joe Morris said that if the co-operative can raise another \$400,000, it will be able to start the second phase of its capital program to develop 15 fully serviced campsites at its new RV park and install a heated saltwater swimming pool. The co-operative raised \$465,000 in 2007, which went toward the construction of 55 fully serviced sites in the new park.

www.thechronicleherald.ca/Business/1036552.html



Trends – Last year’s “One Laptop Per Child” project (Trends, Nov. 14, 2007) was to me a great example of how rich countries could work together to enable the citizens of developing countries to help themselves out of poverty. Recently, I came across another similar type project. A company composed of self-described ‘eco-urbanists’ is building a community of 35 LEED certified homes (LEED stands for Leadership in Energy and Environmental Design, a ‘green’ building system and certification program) in Sacramento. Titled the ‘Good Community’, what sets this project apart is that for every home that is sold, LJ Urban will train a West African mason to build homes for families in Burkina Faso. Sixty such masons have already been trained and the company is skipping its potentially expensive marketing campaign to train even more African masons. So, for every 100,000 people who visit LJ Urban's new, dedicated website by July 1st, the company will fund the complete training of another local Burkina Faso mason – up to 20 in all – through this viral approach. The line that reads “These impoverished people need empowerment (not welfare)...” is especially compelling. Visit them today at

<http://www.dosomegoodnow.com>. - Ron Levesque



Circle of Life - Young Cooperatives: This is an organization in the UK that educates youth on running fair trade cooperative businesses. The youth learn business skills, the principle of cooperation and about the fair trade movement. For more information on this unique program, visit: <http://www.youngcooperatives.org.uk/index.php> – Bronwyn MacKinnon



Co-op Ed 101 – I have been watching with interest the political events in Kenya. I thought I would share with readers that Kenya has an active co-operative sector. Members have participated in the Canadian Co-operative Association (CCA) Women’s Mentoring and Youth Experience International Programs You can read more about Co-operatives in Kenya on the web

site of the Ministry of Co-operative Development and Marketing <http://www.cooperative.go.ke/index.html> Since the Ministry was re-established, the co-operative sector has made tremendous achievements toward wealth and employment creation. Currently, there are more than 12,000 registered co-operative societies with a membership of more than 7 million. About 63 per cent of the Kenyan population directly and indirectly depends on co-operative related activities for their livelihood. The sector has mobilized over Ksh.150 billion in savings which is about 31 per cent of the national savings. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - “The Grand House Student Co-operative is an incorporated, non-profit, housing co-op, with the goal of demonstrating sensitive aesthetic and environmental design, promoting innovative living and exploring both traditional and alternative construction methods.” A group of very motivated students have been working hard to design this innovative eco-friendly structure. They have been fundraising and they were able to begin building in early January. Visit their website and see pictures of how the project is coming along at www.grandhouse.wacsa.org Keep in mind that they are still working hard to fundraise, so you can support them by purchasing a bail of hay at <http://www.wacsa.org/grandhouse/Frameset.htm> which constitutes the wall structure of the building or if you have materials you can donate, contact them at ghcoop@gmail.com
– *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Katelyn, NS: “*One thing I learned from looking at the different pictures and articles was that they make practically every thing they need and even the kids help. Some times the kids drop out of school to help.*”



Processing Milk in Ireland - Lakeland Dairies, Ireland's second largest dairy processing co-operative, operates within a fifteen county catchment area in the northern half of the island of Ireland. The Group processes about one billion litres of quality milk annually into a range of value added dairy foodservice products and functional food ingredients. <http://www.lakeland.ie/>



Co-op Community Bulletin Board

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- Feb 26-28 – Advanced Co-op Developer training, Moncton, NB - A detailed outline is posted at <http://www.coopzone.coop/en/node/2070>
- April 26 – Co-op Atlantic Annual General Meeting
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week – This week we had several entries. Entries from Cathy Darland, Advance Savings CU in Moncton and Kerniel Aasland, CEDTAS, Winnipeg, both arrived within 5

minutes of each other. Congratulations! The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw. Also, thanks to one of our regular readers who reminded me I had forgotten to announce the monthly "Contest Can" winners. Congratulations to Ron Levesque for November, Ruth Sampson for December and Shauna Fuller for January. A compilation CD of International music is on its way to you. Thank you all for submitting your weekly entries. **Last week's contest:** Show the digits that, multiplied by seven, will give a result of all ones.(1s) Answer: $15,873 \times 7 = 111,111$ **This week's contest:** A dealer ordered a picture 12 inches by 18 inches to be framed so that it would cover just twice its former wall space, the frame to be of uniform width. How wide should the frame be?



Co-op Cooking – This is one of my favourite recipes. Easy to make, great looking and tasty, and easily taken out for a pot-luck or other gathering. I usually get about 40 portions from one recipe. The only mistakes you can make are to remove it from the heat before adding the flour or to beat or spread it with something other than a wooden utensil. And when it says bake for 1 hour, that's exactly what you do. You can go shopping, clean a closet or lay in the sun while it bakes. Come back at the end of the hour and take it from the oven.

French Pastry

2 cups flour, divided

1 cup butter or margarine, divided

1 cup water

3 eggs

1 tsp. almond extract

1 pkg cream cheese

icing sugar

candied fruit, cherries, shaved chocolate or decoration of your choice

Work 1 cup flour and 1/2 cup butter together like pastry, using 1 to 2 tbsp water if necessary.

With hands, press into 2 strips on cookie sheets (about 3 x 12 inches). In saucepan, bring water and remaining butter to a boil. Add 1 cup flour all at once and stir until completely moistened.

Remove from heat. Add eggs and almond extract. Using wooden spoon, beat until mixture is the texture of mashed potatoes. Pile onto pastry strips, spreading to edges with wooden spoon. Do not smooth. Bake at 350F for 1 hour. Cool completely. Mix cream cheese with enough icing sugar to make a soft icing. Spread over strips. Top with fruit, chocolate or desired decorations.

To serve, cut in diagonal strips and place on tray. If you are serving a large crowd, cut the diagonals in half. It's so rich nobody will notice the smaller pieces. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, February 20, 2008



Week of Feb. 17 – Feb. 23, 2008, Vol. 3, No. 14
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Openings – *"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."* - William Arthur Ward williamarthurward.com/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Ecology Action Centre (EAC)** and the **Halifax Farmers Market** got together last night to provide EAC members with more information about the proposed Seaport Farmers Market in Halifax, NS. The Seaport Market presentation included a description and overview of the building design, features and daily operation of the new Seaport Market as well as information about community investment opportunities in the Farmers' Market Investment Cooperative CEDIF. For more information please contact Fred Kilcup at fkilcup@eastlink.ca, or go to www.halifaxfarmersmarket.com
- Thinking about what to do for March Break? From March 8 to 16, the **JustUs! Development and Education Society** is inviting people to experience the beauty of the **Oaxaca region of Mexico**, explore the history of the Zapotec people, and learn about coffee production with Fair Trade farmers in Chayotepec! Join this small-group, guided tour to learn about the culture, community and ecology of indigenous coffee-growing families in Oaxaca. Learn about the ancient Zapotec culture (predating Mayan and Aztec cultures) and how they have protected their forests for thousands of years. Try your hand at harvesting coffee and making tortillas when we stay with the Zapotecs in Chayotepec – a Fair Trade, organic coffee community. Hear the stories and music of this rich cultural area and experience the delights of the local food. To book, please email info@judesfairtrade.ca or phone 902-877-0263. Space is limited. Web: www.judesfairtrade.ca
- **Colchester Co-op** members recently received a letter encouraging them to support their store or they would be in danger of losing it. General manager Peter Steele says that early results show that people are taking the letter seriously. The store has been in the Truro area for 58 years and has more than 5,000 members. It is in a very competitive marketplace, as are many co-op stores in Atlantic Canada.
- If you have: more than 10 years of credit union management experience and you have worked in credit unions or financial management in the Caribbean within the last 10 years, and you are interested in short term assignments, the following may interest you: Over the next few months, the Canadian Co-operative Association may be seeking experts skilled in management, governance and operations of credit unions to perform **short term assignments in the Caribbean**. Focus will be on credit unions as well as national credit union association (Central). Assignments may range from 3 weeks to several months. Qualified candidates should apply by **February 29, 2008** to: Kethline Garoute, Program Officer, Americas Region, Kethline.Garoute@coopsCanada.coop or go to www.coopsCanada.coop

- The "**Own Your Media**" Tour: March 2008: During the month of March, members of the Dominion Newspaper Cooperative's editorial staff will visit communities from coast to coast to speak about the importance of independent media. They will be meeting with supporters and readers to discuss The Dominion's five year plan, including the sustained financial support needed to do this work better and more often. All sustainers and subscribers are part owners of The Dominion, a media co-operative dedicated to providing hard news coverage of the stories rarely reported by the mainstream media. For more information: <http://www.dominionpaper.ca>
- The **Co-op and Credit Union Masters Program** at St Mary's University in Halifax, NS, has a new DOTcoop domain. You can visit it at: *www.mmccu.coop* and the Centre of Excellence in Accounting and Reporting for Co-ops at *www.coopaccounting.coop* You can keep current with program changes and new MMCCU Information. The new sites will tell you whenever we make a change or post new information but only if you ask it. Look for the flashing *"Monitor page for changes"* If you would like to be notified of new website information please insert your email address. *Dot Coop domains can be purchased at <http://www.nic.coop/buyadomain.asp>



Trends – Most times, a trend is the product of market conditions – the right product at the right time in the right place. Other times, it is 'forced' and seldom produces the results that are hoped for. That is what has been happening to internet search these past few weeks. If you have been on the internet a fair bit, chances are that if you used a search engine, it was the Google search engine. Visit any of the Google dot domains, enter your search terms and you are off to the races. While Google, at 58 per cent, is the leader in search engine market share, they are by no means the only ones. Yahoo (about 23 per cent), and more recently Microsoft Search (at about 10 per cent) occupy second and third place. (*Figures are December 2007 comScore*). I mention Microsoft because a couple of weeks ago, they 'offered' to purchase Yahoo for something like \$42 billion dollars (I am not kidding). The Yahoo board politely declined the offer saying it was not enough. And in true Microsoft fashion, the suitors advised they 'reserved the right' to seek a hostile takeover. So what is at stake here? Here is one snapshot. Google last fiscal year reported advertising revenues of \$16.4 billion, \$10.6 billion of which were from Google web sites alone (not their network site like gmail.com.) That's right, the two or three ads that appear on the right side of each Google search result page generate over \$10 billion annually in revenue and that is what Microsoft is after. Never mind that hardly anyone outside Microsoft thinks the acquisition is a good idea, and never mind that its own search innovations have failed miserably, Microsoft is focusing on the potential revenue to justify its action. It will almost certainly fail because the market has already made up its mind. - *Ron Levesque*



Circle of Life - **Young Cooperatives:** This is an organization in the UK that educates youth on running fair trade cooperative businesses. The youth learn business skills, the principle of cooperation and about the fair trade movement. For more information on this unique program, visit: <http://www.youngcooperatives.org.uk/index.php> – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree - **Concentra Financial** offers the Dennis Lyster Leadership Bursary each year to support leadership development for students in relation to co-operatives and co-op research. Kama Soles was selected as the 2007 winner. She is pursuing a Master's program in Interdisciplinary Studies at the University of Saskatchewan, through the Centre for the Study of Co-operatives. She led the creation of the Saskatoon

Independent Living Co-operative (SILC), a housing co-op for people with disabilities. For more information regarding this scholarship, visit www.concentrafinacial.ca – Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Amy, NS: “*In Uganda the houses in the rural communities have no bathrooms or water and they cook outside.*”



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Contest of the Week – This week we had a couple of entries. The winner is Natalie Cormier-Shaw, Fredericton, NB. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. ***Last week’s contest:*** A dealer ordered a picture 12 inches by 18 inches to be framed so that it would cover just twice its former wall space, the frame to be of uniform width. How wide should the frame be? Answer: Three inches ***This week’s contest:*** A motor car is three times as old as its tires were when it was as old as the tires are now. When its tires are as old as the car is now, the car will be a year older than the tires are now. What are the present ages of car and tires?



Co-op Cooking – Sometimes your morning can be pretty hectic due to company in the house, a special event, or some other happening. Here are two versions of a breakfast dish which simplify the first meal of the day. They work equally well at the beginning of a busy day or after a late night So if you know you want to be off to a fast start and have a few extra minutes, pop one of these in the fridge to begin you day.

Overnight Oven Eggs

- 6 eggs
- 2 cups milk
- 2 slices bread, cubed
- 1 tsp. dry mustard
- 1 lb. sausage meat, fried and drained

6 slices bacon, cut up, fried and dried

1/2 cup shredded cheese

Mix all ingredients together, pour into 9 x 12-inch pan, cover and refrigerate overnight.

In morning, remove cover and bake at 325F for 45 minutes.

Overnight Breakfast Casserole

12 slices bread (white or whole grain)

deli-ham slices

1/2 cup shredded Cheddar Cheese

1/2 cup shredded Swiss Cheese

1 can mushroom pieces, drained

6 eggs, beaten

1/2 tsp salt

1 cup milk

1 cup half and half

1/2 tsp Worcestershire sauce

1/2 tsp pepper sauce

Line 9 x 12-inch baking dish with half of the bread slices. Cover with deli-ham slices. Sprinkle with cheeses and mushroom pieces. Cover with remaining bread slices. Combine remaining ingredients and pour over ingredients in pan. Cover and refrigerate overnight. In morning, remove cover and bake at 350F for 45 minutes (or until top is browned and eggs are set. Note: Half and half may be replaced by milk to cut calories and/or fat. Other ingredients such as asparagus or chopped peppers may be layered with the ham, cheese and mushrooms if desired.-

Glenna Weagle



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Next *Co-op Circles*: Wednesday, February 27, 2008



Week of Feb. 24– Mar. 1, 2008, Vol. 3, No. 15
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Openings – “To learn through listening, practice it naively and actively. Naively means that you listen openly, ready to learn something, as opposed to listening defensively, ready to rebut. Listening actively means you acknowledge what you heard and act accordingly.” - Betsy Sanders www.betsysanders.com Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Co-operative Enterprise Council** (New Brunswick) Steering Committee will hold an information session and **Inaugural Annual General Meeting** on **April 25, 2008** at the Crowne Plaza in **Moncton**. The Co-operative Enterprise Council exists to cultivate healthy co-operative economic development within New Brunswick. The council aims to link co-operatives across the province, support co-op development, advocate for better government support for co-ops, create training opportunities and more. The Steering Committee consisting of Wayne Dempsey, Ken Elliott, Jim Hale, Erin Hancock (Secretary), Wendy Keats, Brian McCullum (Chair) and Bob Taylor (Treasurer) have been working towards establishing the council since spring 2007. If you would like to get more information, pursue membership or offer any thoughts, please contact the Co-operative Enterprise Council at Co-opEnterpriseCouncil@gmail.com



Trends – I’m sure I’ve called readers to ‘check the fine print’ in Trends submissions in the past. Here’s a good example why. I came across a company last week called NVOHK (sounds like ‘invoke’). They promote themselves as ‘an eco-clothing company managed by the people who wear it’. Sounded like a co-op to me, so I kept reading further: “NVOHK is about people...who believe that together we can make a difference. a difference (sic) in the way that businesses are developed and managed, and what businesses stand for.” They further want to “build a responsible clothing company that truly puts consumers and the environment in the forefront” and even more niceties that closely relate to co-operatives. Members pay \$50 a year for the privilege of managing the company using the internet for decision making and discussion. Sounds really, really good. But it’s when you read the “Terms and conditions” that the truth appears. The site – projectnvohk.com – is ‘an entertainment service that provides its members with an entertainment platform’ for getting involved in the development and management of the NVOHK brand. Furthermore, **YOUR PERSONAL INFORMATION AND MEMBERSHIP FEES ARE ONLY COLLECTED IN CONNECTION WITH THE ENTERTAINMENT SERVICES DESCRIBED UNDER OUR TERMS AND CONDITIONS AND PRIVACY POLICY.** Save your \$50 – if you want to design and sell eco-T-shirts, form a worker co-op. -
Ron Levesque



Circle of Life - Child Care Co-operatives: This type of child care is formed to provide quality child care and/or education in which parents are strongly involved. Programs are generally led by Early Childhood Educators but parents volunteer their time and assist the educators. Parents

contribute varying amounts of time throughout a week, which is sometimes dependant on the organization, and can also serve on Boards of Directors and committees. Parents help with activities like preparing snacks, maintaining equipment, making playdough, etc. Co-ops will often host workshops, discussion groups and seminars by experts on parenting issues. Child care co-ops are a great way to stay involved with a child's early childhood education and day to day activities while the parents are working. – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The Atlantic Co-operative Youth Leadership program is currently seeking staff for their upcoming May 15-18 youth seminar in Bridgewater, NS. If you are involved in a co-op (either as a member or staff) or are co-operatively minded, visit the website today to learn more www.acyl.coop. “The entire ACYL program is structured around self-awareness, communication, leadership, teambuilding and co-operation. Participants discover their abilities and have a great deal of fun while they experience the co-operative way of doing things.” Staff members are provided training and are able to guide youth through a variety of learning activities. If you already know about the program and would like to apply to serve as a volunteer staff member to help youth learn about co-ops and community, go directly to the form at <http://www.acyl.coop/english/formStaff.aspx>. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Bobby, NS, Grade 6: “*I learned that kids don't have as much as we have in developing countries and that it's very beautiful there and that the Philippines have 7000 islands. That's a lot.*”



Co-op Community Bulletin Board

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- February 25 - Clarendville Area Consumers Co-op was presented with the 2007 Business of the Year Award by the Clarendville & Area Chamber of Commerce
- Feb 26-28 – Advanced Co-op Developer training, Moncton, NB - A detailed outline is posted at <http://www.coopzone.coop/en/node/2070>
- March 5 - Clarendville Area Consumers Co-op will hold its 40th Annual General Membership meeting
- March 14-16 - The 1st Annual General Meeting of the New University Cooperative near Toronto, Ontario. At this AGM the Cooperative will be bringing together individuals from across Canada to discuss the current state of universities in Canada, elect a board and decide on future directions. More information at: www.newuniversity.ca
- April 25 – Inaugural annual general meeting, Co-operative Enterprise Council, Crowne Plaza, Moncton, NB
- April 26 – Co-op Atlantic Annual General Meeting
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an

abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from:

<http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week – There were no correct entries last week. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. ***Last week’s contest:*** A motor car is three times as old as its tires were when it was as old as the tires are now. When its tires are as old as the car is now, the car will be a year older than the tires are now. What are the present ages of car and tires? Answer: The car is 18 months old; the tires are a year old. ***This week’s contest:*** Thirteen children dance in a ring holding hands. How many rings may they form without a child ever taking another child by the hand twice?



Co-op Cooking – Looking for a great tasting appetizer. Perhaps these tarts may fill the bill.

Creamy Mushroom Tarts

Pastry for 18 tart shells or 18 frozen shells

2 tbsp vegetable oil

5 cups thinly sliced exotic mushrooms, any combination

(for example: shitake, cremini and oyster mushrooms)

2 cloves garlic, minced

1/2 tsp dried thyme

2 tsp finely grated lemon rind

2/3 cup 2% evaporated milk

grainy mustard

1 cup shredded asiago, fontina or mozzarella cheese

If making your own shells, cut pastry with 3 1/2-inch round cookie cutter and fit into large muffin tins. Prick bottoms with a fork. Bake in center of preheated 425F oven for 10 minutes (until golden). If using frozen shells, prepare according to package directions.

Heat oil in large skillet over medium-high heat. Add mushrooms, garlic and thyme; cook, stirring, for about 10 minutes (until golden brown and excess moisture has evaporated). Stir in lemon rind. Sprinkle with flour and cook, stirring for 1 minute. Pour in evaporated milk; bring to boil. Stir and cook for 5 minutes or until thickened. Brush bottoms of tart shells with mustard and fill with mushroom mixture. Sprinkle with cheese. Broil 1 to 2 minutes (or just until cheese has melted); serve immediately. - *Glenna Weagle*



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- *Hi, We're regular readers of Co-op Circles and have this news to share. I assume most of your readers are in Canada, and so would not have as much direct interest in this, but they, too, might like to know about our efforts to promote some co-op education down here south of the border (which otherwise generally lags WAY behind the level of co-op ed in Canada.) Sincerely, Rodney North, Equal Exchange, West Bridgewater, MA See www.equalexchange.coop/educationaltools*
- *Hello everyone. Here I am on the other side of the co-op circle in Accra, Ghana's capital city. It is sure nice to have Co-op Circles appear in my inbox, a breath of Atlantic*

Canada here where we are averaging heat with a humidex reading of 39 degrees. This coming week I will visit about six credit unions and see many sights. I will have lots to write about back home. Cheers, Maureen



Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, Mar. 2, 2008



Week of Mar. 2– Mar. 8, 2008, Vol. 3, No. 16
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To subscribe: circles1@nbnet.nb.ca

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Openings – *“I don't believe that the solutions in society will come from the left or the right or the north or the south. They will come from islands within those organizations, islands of people with integrity who want to do something.”* - Karl-Henrik Robert

home.mira.net/~mpitcher/natstep.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Peter Couchman** of Mid-Counties Co-operative in the United Kingdom, will be at the Nova Scotia Community College in Truro, NS, on March 13, at 1:30 pm to present a workshop on “Unlocking the Value of Membership within Your Co-operative”. This workshop is being sponsored by the Nova Scotia Co-operative Council and the Sobey School of Business Master of Management-Co-operatives and Credit Unions Program. Peter has been involved with the co-operative sector for over 25 years. He was the architect of a member relations initiative and the Marketing Our Co-operative Advantage program at Midcounties Co-operative that led to 22% of the membership voting for the board and the design of a store that has been called the global leading edge of co-op retailing. The Co-operative has more than 300,000 members and over 7,000 employees working across 6 trading groups. To register: 893-8966 or nscoopcouncil@eastlink.ca
- The Honourable Peter MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency (ACOA), and Richard Brown, PEI's Minister of Development and Technology, recently announced funding for the **Basket Weavers of PEI Co-operative Ltd.** to build a new facility which will preserve both Acadian and Mi'kmaq basket-making cultures. ACOA will invest \$50,000 in the project through its Innovative Communities Fund and the provincial government will contribute \$30,000 to the project through the Community Development Fund. Construction on the new facility in Richmond, just west of Summerside, for the Basket Weavers of PEI Co-operative Ltd. began in mid-December and is expected to be finished this spring. The new operation will feature expanded retail and manufacturing space and will have an area for demonstration purposes, including an interpretive centre. “This new facility will allow local basket makers to produce and sell items in a year-round location leading to bigger incomes,” said Ann McIsaac, board member with the Basket Weavers of PEI Co-operative Ltd. “Also, the interpretive centre will provide a terrific destination to attract visitors to western PEI.”
- The **PEI Co-operative Council** is a newly developed council that aims to bring all types of co-operatives together to form a strong co-operative movement on PEI. The council will develop, promote and support all co-operatives across all sectors and industries in PEI. Members will encourage the development of a "co-operative identity" among the public in PEI and encourage innovation within the co-operative sector and in partnership with credit unions, develop alternative finance programs and instruments. Together with

the support of members and community it will work toward a stronger co-operative future on Prince Edward Island. The PEI Co-operative Council can be reached by e-mail at peicoopcouncil@gmail.com, by phone at (902) 628-6628 and by mail at PO Box 1882, Charlottetown, PE C1A 7N5.

- Hazel Corcoran, Executive Director, **Canadian Worker Co-op Federation**, is encouraging members to fill out its **member survey**. Final deadline: Monday, March 10th. Here is the link
http://www.surveymonkey.com/s.aspx?sm=oKf6LKWbEX_2bxNaj3DKr0Sw_3d_3d. Remember, it only takes about 15-20 minutes to complete, and it will help CWCF serve you better.



Trends – This week I’d like to talk about some more internet ‘free stuff’. There is a lot of ‘free stuff’ on the internet that is worthless, sometimes even nefarious. This week, I’d like to talk about **Project Gutenberg**. Those in the writing or publishing field will recognize Johannes Gutenberg as the man who invented the first printing press with movable type, liberating great quantities of written works to the masses. The 21st century version of the Project Gutenberg (<http://www.gutenberg.org>) is a little similar, except that the printed works are released on the internet. Chief among the collection are works whose copyrights have expired as well as works in the Public Domain. The selection of works isn’t limited to electronic versions – you can also download spoken versions (audio books) of some of the titles. Project Gutenberg also uses a distributed model for finalizing and publishing much of its content, calling on volunteers to type or proofread the works that end up in the collection. The site itself boasts over 20,000 titles, with an additional 100,000 titles available through associated partners. - *Ron Levesque*



Circle of Life - The **Xtending Hope Partnership** aims to mobilize the extended St Francis Xavier University community of students, faculty, staff, alumni, and local community to assist and support the people, governments and non-governmental organizations of Botswana and Rwanda to address the HIV/AIDS pandemic. On **March 5 (today)**, the Xtending Hope Society will be hosting a drama production, to raise awareness of the HIV/AIDS situation in Africa, at the MacKay Room, Bloomfield Centre on StFXU Campus, Antigonish, NS at 7:30pm. For more information about this initiative: <http://www.stfx.ca/xtendinghope/> – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – If you are a student pursuing studies relating to co-operatives or are planning to do so, there are scholarships available to do just that. The Canadian Association for Studies in Co-operation is currently accepting applications for the **Alexander Fraser Laidlaw Fellowship**, **Amy and Tim Dauphinee Scholarship**, and **Lemaire Co-operative Studies Award** (March 15th deadline). Find the application forms at <http://www.usaskstudies.coop/teaching/scholarships/CASC.php#application>

– *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Tim, NB, Grade 5: “*I though the beaches were weird; all rock and polluted. I am glad they are learning about recycling and not putting plastic in the water.*”



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- March 5 - Clarenville Area Consumers Co-op will hold its 40th Annual General Membership meeting
- March 5 - Xtending Hope Society will be hosting a drama production, to raise awareness of the HIV/AIDS situation in Africa, at the MacKay Room, Bloomfield Centre on StFXU Campus, Antigonish, NS, at 7:30pm.
- March 6-8 - "Growing More Organic" 7th Annual ACORN Organic Conference - Memramcook, NB ACORN Conference and Trade Show, at the Memramcook Resort (15 minutes past Sackville, NB. Starting off will be the Organic Grain and Oilseed Forum, followed by workshops on Friday and Saturday on a wide range of organic topics. <http://www.acornorganic.org/events.html> for more information.
- March 7-9 – Truro Real Food, Farming and Flowers Weekend, St Andrew’s United Church, Truro, NS, presented by Truro Living Earth Council, USC Canada and St Andrew’s United Church with support from Colchester Co-op and Wacky Wheatleys. For more information go to www.smartsmarket.com/event.html
- March 13 – Workshop with Peter Couchman, Mid-Counties Co-operative, United Kingdom at Nova Scotia Community College, Truro, NS, beginning at 1:30 pm
- March 14-16 - The 1st Annual General Meeting of the New University Cooperative near Toronto, Ontario. At this AGM the Cooperative will be bringing together individuals from across Canada to discuss the current state of universities in Canada, elect a board and decide on future directions. More information at: <http://www.newuniversity.ca>
- April 25 – Inaugural annual general meeting, Co-operative Enterprise Council, Crowne Plaza, Moncton, NB
- April 26 – Co-op Atlantic Annual General Meeting
- June 23-28, 2008 - **What’s Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week – There were no correct entries last week. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. ***Last week’s contest:*** Thirteen children dance in a ring holding hands. How many rings may they form without a child ever taking another child by the hand twice? Answer: Six. ***This week’s contest:*** Tanya wants to go on a date and prefers her date to be tall, dark and handsome. Of the preferred traits - tall, dark and handsome - no two of Adam, Bond, Cruz and Dumbo have the same number. Only Adam or Dumbo is tall and fair. Only Bond or Cruz is short and handsome. Adam and Cruz are either both tall or both short. Bond and Dumbo are either both dark or both fair. Who is Tanya’s date?



Co-op Cooking – Here's another offering from the slow-cooker. Serve with rice and a barely-steamed broccoli, cauliflower, carrot medley and you have a great meal.

Plum-Glazed Pork Loin

3 ripe red plums, pitted and coarsely chopped
1/4 cup golden raisins
2 tsp minced fresh ginger
1 small onion, chopped
1/3 cup sugar
2 tbsp cider vinegar
1/4 tsp ground cinnamon
1/4 tsp curry powder
1/2 tsp salt
1/2 tsp ground black pepper
1 boneless pork loin roast, trimmed (about 2 1/4 lbs)
3/4 lb green beans, trimmed
1 tsp Dijon mustard
1 tbsp cornstarch mixed with 1 tbsp water

In 5 or 6-quart slow-cooker, combine plums, raisins, ginger, onion, sugar, vinegar, cinnamon, curry powder and 1/4 tsp each of salt and pepper. Stir until well mixed. Sprinkle pork with remaining 1/4 tsp each salt and pepper and place into the plum mixture. Cook for 4 hours on High or 6 hours on Low. Stir in green beans for last 25 minutes of cook time on High or last hour of cook time on Low. Remove pork and green beans from slow cooker. Pour sauce into a saucepan; stir in mustard. Over high heat, on stovetop, whisk in cornstarch mixture; cook, stirring until thickened (about 1 minute). Slice pork and drizzle with plum sauce. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *Still enjoy reading your Co-op Circles ... not sure how far your circles extend, but Ontario Co-operative Association will be launching a new website this Monday that will be a searchable database of the 1300 Co-op in Ontario, the site is currently live, but will not be officially announced until this coming Monday at <http://coopsonario.com>. It is an amazing initiative and provides a comprehensive listing of Co-ops in Ontario.* - P.B., ON



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Openings – “*Success is not final; failure is not fatal. It is the courage to continue that counts.*” -
Winston Churchill nobelprize.org/nobel_prizes/literature/laureates/1953/churchill-bio.html

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This Week in Co-op Circles

- The **Nova Scotia Co-operative Youth Alliance** will launch its first leadership seminar in Baddeck, Nova Scotia at the St. Ann’s Gaelic College. 12-15 youth will be recruited from Cape Breton and surrounding areas to take part in a 2 ½ day leadership seminar, which will discuss co-operative values and practices and how co-operatives work and their contributions to the business world. This youth program is aimed at educating youth about the business styles and practices of Nova Scotia co-operatives. Sponsored by the Nova Scotia Co-operative Council and supported by the Co-operatives and Credit Unions of Nova Scotia, the program will involve youth in an extensive training program that will consist of three phases: an educational session, the development of a co-operative youth internship, and a co-operative youth conference. This conference will take place at the Hall of the Clans at the St. Ann’s Gaelic College, near Baddeck, and will be open to co-operatives and funding partners. The Conference will be a sit down meal with presentations throughout from guest speakers and participants. All participants will be offered membership to the Nova Scotia Co-operative Youth Alliance and will assist in helping youth and co-ops develop strong and long lasting networks. Co-ops and Credit Union will be able to contact NSCYA when seeking assistance for seeking youth involvement in their communities, as well as future employees. If your Co-operative is interested in sponsoring an intern or if you would just like to know more about the program, please contact program co-ordinator Meghan Farrell at 902-595-0876.
- The Canadian Co-operative Association is looking for the following Technical Cooperant: **Insurance Specialist – Ghana** The consultant will be based in Accra, however some travel might be required throughout certain regions of the country. For more information about this assignment contact: Monique Charron, Program Officer – Africa/YEI, Tel.: (613) 238-6711, Ext 224; Fax: (613) 567-0658, E-mail: monique.charron@coopscanada.coop APPLICATION DEADLINE: MARCH 28, 2008



Trends – Those familiar with co-operatives will undoubtedly know that people working together toward a common goal is one of their reasons for being. There’s a group in Quebec – the **Quebec Collective Kitchens Association** (<http://www.rccq.org/index.html>) – that though not a cooperative per se, functions much like a co-operative to ensure that collective action brings good to the community. A paragraph on their website under ‘What We Do’ caught my attention:

“The values promoted by the collective kitchens include self-sufficiency, empowerment, dignity, democracy and social justice.” Sounds familiar. Many of the 1300 collective kitchens in the group consist of people regularly getting together to cook meals for people in need in the community. But going a step further, they make it a point to use the time together to learn – actually learn – about economics, society, world politics, and anything else of interest to their ‘members’. Reading further yields more benefits to the participants: “They (the collective kitchens) allow us to: Break out of loneliness and isolation, build self-confidence, encourage initiative, value self-sufficiency and empowerment, value, acquire and share our knowledge, gain experience working on projects as a group, and build a network for helping each other, etc.” It’s a wonder there aren’t collective kitchens like these in communities across Atlantic Canada. - *Ron Levesque*



Circle of Life - Natural Easter Egg Dying: This Easter when coloring eggs, why not try more natural dying methods by using plant materials rather than synthetic food dyes. It is also a more fun process, mashing things to get the color, than dropping a tablet in water. For more information on which plants make which colors: <http://www.care2.com/greenliving/homemade-natural-easter-egg-dyes.html>

– *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The Advocate Youth Services Co-operative (AYSC) is an active youth co-op in Baie-Verte, Nfld. They exist to engage youth in community development. The AYSC was featured as a success story under the Co-operative Development Initiative (CDI) funding http://www.coopscanada.coop/cdi/success_stories.htm The group is currently planning a conference for youth across Newfoundland and Labrador for May 2-4, 2008. If you would like more details, contact them at ayscbaieverte@gmail.com – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Kim, NS, Grade 4: “*In Uganda, the houses in the rural communities have no bathrooms or water and they cook outside.*”



Co-op Community Bulletin Board

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- March 13 – Workshop with Peter Couchman, Mid-Counties Co-operative, United Kingdom at Nova Scotia Community College, Truro, NS, beginning at 1:30 pm
- March 14-16 - The 1st Annual General Meeting of the New University Cooperative near Toronto, Ontario. At this AGM the Cooperative will be bringing together individuals from across Canada to discuss the current state of universities in Canada, elect a board and decide on future directions. More information at: <http://www.newuniversity.ca>
- March 18 – Antigonish Farm and Garden Co-op 91 St Andrew St will be hosting an informative workshop on Tuesday March 18th from 7-9 pm, Sustainable agriculture and the

transition to organic methods. A detailed review of farming methods in order to document your present on-farm practices and consideration being given to taking your farm operation, market and/or home garden to certified organic status. Guest Speaker: Brian Ives; Coffee and Goodies supplied

- April 7, 7-9 pm – Solar Education Session, Co-op Fuels, Antigonish Farm and Garden Co-op, St Andrew's St For more information see the web site <http://www.co-openergy.ca/energy/> or call your local co-op fuels at <http://www.co-opfuels.com/english/contacts.aspx>
- April 8, 7-9 pm – Solar Education Session, Co-op Fuels, Braemore Co-op Food Market, Church St Extension For more information see the web site <http://www.co-openergy.ca/energy/> or call your local co-op fuels at <http://www.co-opfuels.com/english/contacts.aspx>
- April 25-26 – Inaugural annual general meeting, Co-operative Enterprise Council, Crowne Plaza, Moncton, NB
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Co-op Cooking – Winter doesn't seem to be in any hurry to leave and so my slow-cooker still sits on my counter and occasionally offers a nice hot supper. Here's a dish you may not have tried yet, and with the dietary emphasis on omega 3 oils, it's a heart-healthy choice.

Easy Salmon and Bok Choy

- 1 1/2 lbs salmon, patted dry
- 3 tbsp finely chopped fresh ginger
- 2 cloves garlic, minced
- 1/2 cup chicken broth (low -sodium is best)
- 3 tbsp rice vinegar
- 2 tbsp sugar
- 2 tbsp soy sauce (again, I look for low-sodium)
- 1 medium-size head bok choy, trimmed and cut into 1-inch pieces, stems and leaves separated

(about 4 cups each)

1 tsp hoisin sauce

1/4 cup thinly sliced scallions

Coat a 5 to 6-quart slow-cooker bowl with cooking spray and arrange salmon in it, tucking the thin end of fillets underneath. Sprinkle ginger and garlic over salmon.

In medium-sized saucepan, bring broth, vinegar, sugar and soy sauce to a boil over high heat.

Pour around salmon, not over, and cook on High for 1 hour or Low for 2 hours.

Stir the bok choy stems into slow cooker for last 30 minutes of cooking time on High, or the last hour of cooking time on Low.

Add leaves to the cooker for the final 10 minutes on High or 30 minutes on Low.

Carefully remove salmon from cooker with a wide spatula; set aside and keep warm. Stir hoisin into liquid. Sprinkle salmon with scallions and serve with bok choy and liquid.

Note: While this dish can be cooked on High, the colour will be more vibrant and the flavour more delicate if it is cooked on Low. - *Glenna Weagle*



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Openings – “It is one of the greatest compensations in life that no one can help another without helping themselves.” - Ralph Waldo Emerson www.rwe.org/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- On Friday, April 11, 2008, the National Young Leaders’ Committee, together with the “New Brunswick Youth Committee”, is hosting a **Think Tank Forum** to debate and discuss “Co-operative Principles: Do they really differentiate us?”. The National Young Leaders’ Committee will be gathering this input from young leaders across the country, and compiling that feedback into a position paper. This paper will be presented to the Canadian credit union system at this year’s national conference in Ottawa. For further information, or to find out how to register for this exciting session, please contact Committee Representatives Jackie Jardine (506-452-1824 / jjardine@nbtacu.creditu.net) or Beverly Somers (506-852-3947 / bsomers@omista.com).
- The **PEI Co-operative Council (PEICC)** is seeking a dynamic, self-motivated individual to fill the position of **Executive Director**. This is an exciting opportunity to work with a newly formed Council in the co-operative sector. The Executive Director serves as chief executive of the Council and, in partnership with the Board, is responsible for the success of the Council. Together, the Board and Executive Director assure the Council’s relevance to the community, the accomplishment of our mission and vision, and the accountability of the Council to its diverse constituents. Qualifications: An appropriate combination of education and experience, including knowledge of Community Economic Development and a good understanding of the co-operative sector. Computer literacy, fundraising and financial management experience. Experience working with a non-profit board of directors. Bilingualism considered an asset. Salary range: 35,000 – 60,000 (comparable to experience) Resumes may be submitted to: peicoopcouncil@gmail.com Requests for more detailed job description may also be made to the above address Deadline for resumes will be April 7th, 2008.
- The latest newsletter from the Master of Management Co-operatives and Credit Unions program at St Mary’s University, Halifax, NS, can be found at www.smu.ca/mmccu. You will find articles on:
 - * Creating a Co-operative Culture
 - * Linking to Malaysia
 - * The Social Responsibility Report that Won 15 major Awards
 - * Graduates and Masters Candidates on the move

* What is an iSORP and Why It Is Important to Your Co-operative Business
Program Manager Tom Webb encourages people to distribute the newsletter and check out the program. The next "wave" of Masters Candidates will attend orientation in August for a September start on course work.



Trends – I was handed an in-store flyer the other day that had the word ‘potatoe’ spelled exactly as I’ve spelled it...three times. It also promoted ‘chocolate’ something or other...They lost me on the first error. There’s a poster in the gym at the school where I do karate that instructs the children on how to do sit-ups correctly by stating: “Children grade three and above can put there hands...” It’s a poster sponsored by McDonalds that no doubt is in many schools across the country. It occurred to me that we’re seeing many **more spelling mistakes** in all types of communications these days. It seems people can’t or won’t spell correctly anymore, or at the very least take the time to proofread their material. The problem is becoming so bad I wonder if people care about correct spelling, or worse, if they even notice the misspellings. Perhaps it’s my past as a newspaper writer and editor that somehow magnifies these mistakes when I run across them. I still see bad spelling as unprofessional and ultimately, uncaring towards the readers. Because of this, yesterday I revisited a website for copy editors that I used to visit often when I was more involved in writing than today. If you’re interested in a pretty good read and don’t mind learning a few things, visit www.theslot.com started by Bill Walsh, now copy editor for the Washington Post. The section called ‘**Sharp Points**’ is interesting. - *Ron Levesque*



Circle of Life - WITHOUT VOLUNTEERS, kids can’t play. BE ONE. This is the message of the 2008 Sport Makes A Difference campaign from Sport Nova Scotia. They are calling on Nova Scotians to volunteer in organized sport or physical activities in their community.

“Enrolling children in sport or other physical activities has been shown to lead to improved self-esteem, better ability to handle stress, increased academic performance, and better relationships with family, not to mention the health benefits that they will carry with them as adults.” For more information about the campaign and how to get involved, visit:

<http://www.sportnovascotia.ca/contents/advocacy/smad.htm>

– *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The **Atlantic Co-operative Youth Leadership Program** has just launched a new website! If you would be interested in learning more about the program, sharing it with a young person in your life or exploring the possibility of serving as a volunteer staff person, check it out at www.acyl.coop – *Erin Hancock*



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. As consumers, we can make choices to support local producers in our own backyard and producers in the developing world, so that both are treated fairly and can have a livelihood that is life sustaining. The nomadic **Barabaig** tribe of **East Africa** has roamed the plains and savannas, adorning themselves with beautiful rings, bracelets, and jewelry. Through the **Amias Project**, the Barabaig now want to send their beautiful things and their stories around the world.

Amias and its fair trade mission have allowed families to find stability in a region wracked by hardship and frequent drought. More parents now send their children to school, and they have enough food in times of need. They are increasing their livestock and making plans for the

future. Amias, in the ancient language of the Barabaig, means "beautiful." So when wearing Amias jewelry or handbags, always remember that you are wearing hope, the story of the Barabaig, and something beautiful. From Amias' Web site - <http://www.amias.org/project.html>



Today I Learned Something New: International Development Through the Eyes of Students -

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Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- April 7, 7-9 pm – Solar Education Session, Co-op Fuels, Antigonish Farm and Garden Co-op, St Andrew's St For more information see the web site <http://www.co-openergy.ca/energy/> or call Lynn MacDonald and her number is (902) 863-1436. Her e-mail address is antigsh-mgr@co-opsonline.com.
- April 8, 7-9 pm – Solar Education Session, Co-op Fuels, Braemore Co-op Food Market, Church St Extension For more information see the web site <http://www.co-openergy.ca/energy/> or call Lynn MacDonald and her number is (902) 863-1436. Her e-mail address is antigsh-mgr@co-opsonline.com
- April 25-26 – Inaugural annual general meeting, Co-operative Enterprise Council, Crowne Plaza, Moncton, NB
- April 26 – Co-op Atlantic Annual General Meeting
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week – Sally White was our lucky winner for Week 17. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw. **Week 17 Contest:** My first is a color; my second is an agreeable exercise; my third is an article of clothing; my whole is a celebrated character. Who am I? **Answer:** Red Riding Hood **This week's contest:** Can you figure out what the following words have in common?

Banana
Dresser
Grammar
Potato
Revive
Uneven
Assess



Co-op Cooking – It would sometimes seem there are as many recipes for rice pudding as there are cooks to bake it. This is one that my family enjoys. It comes from a recipe book put together by one of the church groups in our area (Bridgewater, NS) more than 30 years ago. Although there are no spices in the recipe, I sometimes add a sprinkle of cinnamon and allspice along with a handful of raisins (my Mom used to say a recipe is only a place to begin), but its great just as it's written.

Creamy Rice Pudding

1 1/4 cups cooked rice

3 egg yolks

a little salt

1/2 cup sugar

3 tbsp flour

2 tbsp butter

2 tsp vanilla

3 cups milk

Mix rice, egg yolks, salt and vanilla. Mix flour and sugar and add to rice along with butter. Add milk. Beat egg whites until stiff and fold into rice mixture. Pour into buttered dish; set in pan of water and bake at 350F for 1 hour.

Note: If adding spices and raisins, I put them in after adding the egg yolks. Egg whites will rise to the top to create a meringue. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca



Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe:

circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, April 9, 2008



Week of Apr. 6– Apr. 12, 2008, Vol. 3, No. 19
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “*The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom.*” - James Allen jamesallen.wwwhubs.com/ -Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Members of three caisses in the Acadian Peninsula have voted in favour of the new **Caisse populaire Acadie** http://www.acadie.com/en/communiqu_e_affiche.cfm?id=174 Caisse populaire Acadie, Caisse populaire de Caraquet and Caisse populaire de Paquetville will form a single entity identified as Caisse populaire Acadie. The new Caisse will be officially constituted on May 1st, 2008, following the approval of the project by the Superintendent of the Caisses populaires, Robert Penney.
 - **Valley Credit Union** in Nova Scotia’s Annapolis Valley is giving students the knowledge and skills they need to effectively manage their financial future, by providing local high schools with NEFE, a comprehensive financial literacy program. <http://www.valleycreditunion.com/web?service=direct/1/WhatsNewView/SidebarBlocks/dlinkWNMore&sp=S1432> The high school financial literacy program is a six-unit course introducing students to basic financial planning concepts, and illustrating how these concepts apply to every day life. The course materials are presented from a teenager's perspective. Topics covered include the time value of money, earning an income, saving money, protecting assets, establishing and prioritizing financial goals, and understanding the cost of using credit.
- **Nova Scotia credit unions** make single largest corporate financial contribution to Early Intervention Association <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfield=content.id&search=357> through the **Nova Scotia Credit Unions Charitable Foundation**. This multi-year funding commitment to The Early Intervention Association of Nova Scotia (EINS) will help provide programs, assistance and support to families who have an infant or young child with developmental challenges The funding provided by the Charitable Foundation will assist with program delivery in the 18 Early Intervention programs across the province.
- Nova Scotia credit unions are celebrating a successful year this week. Credit union delegates from Nova Scotia and Newfoundland and Labrador are gathering at **Credit Union Central of Nova Scotia’s 74th Annual General Meeting (AGM)**. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfield=content.id&search=367>
- Long time co-operator **Vance Bridges** of Summerside, PEI sent us this note and since Vance is one of our favourite co-operators, we always like to lend him a helping hand. So

here's our pitch: Interested in a short get away in May? This spring you can travel to see the tulips in Ottawa and then on to Niagara Falls with Vance and Sheila Bridges. The tour will pick up passengers in Charlottetown, Summerside, Amherst, Moncton and Fredericton. This motorcoach tour includes transportation, first class hotels, 13 meals and a number of special events. \$1,399.00 per person twin including taxes. Call toll free 1 800 503 8883



Trends - I came across a promotion on Monday that really had me wondering what supermarkets think about their customers' intelligence. A little while back I wrote that I didn't like the word 'consumer' – to me it evokes a mindless machine that simply consumes without regard for the effects on its immediate environment. This particular promotion is at the U.S. Safeway stores (www.safeway.com) and the headline clamoured: "Safeway offers healthy living promotion" and it got my attention. Customers (and I use the word rather loosely) get \$10 off a future order if they spend \$30 on participating 'healthy' products. There are thousands, and they include things like Welch's juices, Newman's Own, Yves Veggie, Sun Maid raisins, Ocean Spray juices and cocktails, etc. That's all fine. But it also includes such healthy living products as Diet Coke, Diet 7-Up, M&Ms (but only the 100 calorie packs), Dasani and Aquafina bottled water, 3 Musketeers bars, all manner of artificially scented body products, even WD-40. WD-40!?!? And there was just this glimmer of hope in the past few weeks with reports that consumers could see through the 'greenwashing' for what it really was. Let's hope that's still the case at Safeway. – *Ron Levesque*



Circle of Life - Spring Cleaning: It's that time of year again and if you are interested in some environmentally friendly cleaning options, there are lots out there. Check out the following websites:

<http://www.environmentaldefence.ca/toxicnation/resources/newsletter/Toxic%20Nation%20Guide%20to%20Spring%20Cleaning.pdf>

http://www.plentymag.com/events/2008/04/cleaning_the_bathroom.php

<http://www.styleathome.com/DesignerTalk/tradesecrets/environmentally-friendly-cleaning-products-n231214p1.html> – *Bronwyn MacKinnon*



Co-op Ed 101 – Having just returned from three weeks in Italy, I thought readers might like to learn about the retail co-ops where we shopped while traveling.

<http://www.slowtrav.com/italy/foodshops/supermarkets.htm> The stores are lovely and staff very friendly and selection in the fresh departments was wonderful. They are called **Ipercoop**, a brand for co-operative hypermarket stores in Italy and Croatia used by co-operatives members of Coop Italia. In Italian, the hypermarket, i.e. combination of a supermarket and a department store, is called **ipermercato**.

Here are a few things we learned quickly:

You need a 1 Euro coin to get a shopping cart.

You must weigh and price all your fruits and vegetables.

You must bag your own groceries and sometimes you have to pay extra for the bags.

The COOP stores don't always take credit cards, so make sure you have cash. They use their own credit card. The larger stores usually have an ATM nearby. – *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree – Since 2006, the **British Columbia Institute for Co-operative Studies** (<http://www.bcics.org/aboutus>) has been supporting a radio program, *Each for All: The Co-operative Connection*, to share stories about co-operatives and raise awareness about social issues (including interviews and music). Now the show is available to download as a podcast. Check it out <http://bcics.uvic.ca/radio/> There are 2 programs posted now that address youth specifically: *Visiting a Youth Housing Co-op in Montreal* and *Building Co-op Futures Youth Conference 2006*. – Erin Hancock



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. As consumers, we can make choices to support local producers in our own backyard and producers in the developing world, so that both are treated fairly and can have a livelihood that is life sustaining. This week we heard from Satya Ramen, Development Coordinator with **JUDES** (Just Us! Development and Education Society). “I work for JUDES, which is a non-profit organization working to educate people in the Maritimes about the social, environmental, and economic benefits of Fair Trade. You may be aware of this already, but **Fair Trade Weeks** are coming up in May, coordinated nationally by TransFair (<http://transfair.ca/en/nftw>). It might be something that your readers are interested in learning more about. Individuals, co-op stores, and others can order information material to put at an event or in a retail location and to learn more about Fair Trade. JUDES also has information on our website (to be expanded shortly) – www.judesfairtrade.ca. The other thing I’m aware of is that **TransFair** is currently updating its list of where to buy Fair Trade products. If anyone wants to be added to their national list from this region, then they might want to contact TransFair, as well.” You can contact Satya at info@judesfairtrade.ca www.judesfairtrade.ca, Tel: 902-542-7474, Cell: 902-877-0263 JUDES is a not-for-profit educational organization committed to raising public awareness about social and environmental issues relating to international development and the benefits of Fair Trade. It welcomes donations to help support their educational activities.



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Tanya, NS, Grade 4: “*I thought the beaches were weird; all rock and polluted. I am glad they are learning about recycling and not putting plastic in the water.*”



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abstracts/presentations can be downloaded from:

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Contest of the Week – We had no correct entries for last week’s contest. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. Congratulations to Sally White for being the lucky winner whose name was drawn for March. A Compilation CD of international music is on its way to you. Thank you all for submitting your weekly entries. ***Week 18 Contest:*** Can you figure out what the following words have in common?

Banana
Dresser
Grammar
Potato
Revive
Uneven
Assess

Answer: If you take the first letter from each word and place it at the end of the word, and then spell the word backwards, you have the word you started with. **This week’s contest:** An apartment building has two floors, with three apartments on each floor. The Grays live in the top middle apartment. The Blues live directly above the Browns. If the Greens live on the top floor, then they live next door to the Blues. The Whites live to the left of the Greens, either on the top or bottom floor. The Blacks live on the top floor. Which family lives in which apartment?



Co-op Cooking – It’s been a long, snow-filled winter but the sun is now warm when you get out of the wind and I think spring has finally found us. Makes one realize how things have changed in our world. Used to be that asparagus spears poking through the ground were a sign that spring had arrived. But now, in the global marketplace in which we live, asparagus is an almost year-round veggie. If you like pasta salads, I’m sure you’ll enjoy this one.

Lemon Shrimp Pasta Salad

5 cups bow-tie pasta (uncooked)
1 lb. fresh asparagus spears, cut into 2-inch pieces
3/4 cup Zesty Italian dressing
2 tsp fresh oregano leaves, chopped (or 1 tsp dried)
1 tsp grated lemon peel
1 lb cooked, large shrimp
1 cup halved or quartered cherry tomatoes
1 pkg. (200g) shredded Cheddar cheese

Cook pasta according to package directions, adding asparagus for the final 2 minutes of cooking time. Drain, rinse with cool water and drain well. Mix dressing, oregano and lemon peel. Place pasta in large bowl. Add dressing mixture and remaining ingredients. Toss lightly to coat. Serve immediately or cover and refrigerate for up to 2 hours. - *Glenna Weagle*



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- *Thanks for the newsletter note. Much appreciated. When you do stuff on fair trade you might think about finding out where co-ops in Atlantic Canada can obtain product. Wouldn't it be great if we were the first in the region with a selection of fairly traded clothing?, TW, NS*
- *Do you have access to any Gluten Free Recipes you could post now and then? I enjoy Co-op Circles. Thanks. CD, PEI* **Editor's Note:** We will feature some gluten free recipes in the weeks ahead. We welcome recipes from readers as well.



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Next *Co-op Circles*: Wednesday, April 16, 2008



Week of Apr. 13– Apr. 19, 2008, Vol. 3, No. 20
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Openings – “*Letting your mind play is the best way to solve problems.*” - Bill Watterson
www.andrewsmcmeel.com/calvinandhobbes/interview_text.html -Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Credit Union Atlantic** of Halifax, NS, was named the 2007 Coady Award winner at the Credit Union Central of Nova Scotia’s annual general meeting held in Halifax, last week. “It’s gratifying that our efforts, particularly in the areas of environmental awareness and community economic development, have been so positively received,” says Jamie Baillie, CUA’s president and CEO. “CUA strives to be an active and effective community member...Our values include being responsive to the needs of our customer-owners, community and the environment and they help define how we can provide value to the community we serve.” In 2007, CUA developed a green plan to help focus on its environmental commitment. Each branch has an employee “green rep” to help implement green ideas. CUA participates in AWEDA (All-Women’s Empowerment and Development Association) Co-operative initiative, which helps immigrant and refugee women build skills to start their own businesses. The credit union also provided a \$25,000 donation to the building of the new Coady International Institute. It also actively supports Junior Achievement in Nova Scotia. The Coady Award is given in memory of Dr Moses R Coady, social activist, adult educator and co-operative entrepreneur. He spearheaded the Antigonish Movement and sparked a wave of co-operative development across Atlantic Canada.
- Four people working in credit unions in Nova Scotia received special mention at the recent annual general meeting of Nova Scotia and Newfoundland and Labrador credit unions for the work they are doing as part of a **Canadian Co-operative Association coaching program**. All spent time in the African nations of Ghana, Malawi and Uganda recently helping credit union personnel there address some of their concerns as their credit unions struggle as they attempt to meet the demands of products and services from their owners. Mel Gosse, operations manager, League Savings and Mortgage, Kevin Cooke, branch manager, Coastal Financial Credit Union, Yarmouth, Willy Robinson, general manager, iNova Credit Union, Halifax, and Vivian Campbell, manager, credit union consulting services, Halifax, participated in the national coaching program with counterparts from across Canada.
<http://www.thechronicleherald.ca/Business/1049196.html>
- Bathurst will be the host of the **Caisses populaires acadiennes Annual Congress**, which will be held on April 18 and 19. This event will bring hundreds of representatives of the cooperative world in the Chaleur region.
<http://www.acadie.com/en/communiquer/affiche.cfm?id=175> During the Annual Meeting,

on Saturday, April 19, the Mouvement will reveal its 2007 financial highlights. A special Distinction reception, held on the previous evening, will honour employees who will be joining the Club Quart de siècle, for having devoted over 25 years of service to the Mouvement. The recipients of the Volunteer of the Year award, the Prix Sénateur Hervé-Michaud award, as well as the highest award of the Mouvement, namely the Ordre du Mérite Coopératif Acadien, will be announced.

- As of March 17, 2008 Credit Unions in PEI became part of the **No SUR!** network. This allows owners to use any ATM machine in the United States that display the No SUR! logo and have their withdrawals surcharge free. If you have any questions on this new service, please contact your Credit Union.

<http://www.peicreditunions.com/news/article.php?ID=626>

- The **Canadian Community Economic Development Network** (CCEDNet) Board of Directors announces the resignation of **Rupert Downing**, Executive Director. After more than six years in the position, Downing is leaving to move on to other areas of interest in the CED field while setting aside time to work on personal projects. Under Mr. Downing's leadership, the Network has grown to involve over 10,000 communities, organizations and institutions across Canada. Today the Network is the major national voice for community economic development. Visit the website - www.ccednet-rcdec.ca - for the detailed job description.



Trends - I'm going to go out and put my reputation as a "co-opy" kind of person on the line and just say it: "I'm starting to think of **Wal Mart** as the store I hate to like." There, I said it. I'm not crazy about the behemoth that batters suppliers to bring all of us lower prices (we do love our lower prices, don't we?), but I have to say they have been doing some things really...correctly. For one, Wal Mart seems to have taken the position that being environmentally responsible does not necessarily add to the cost of doing business, and that it may save them and their customer's money. In 2005 their CEO set forth this goal: "To be supplied with 100% renewable energy, to create zero waste, and to sell products that sustain our resources and our environment." At the time, they were targeting a 25 per cent increase in fuel efficiency from their truck fleet within three years. In 2006, they announced their goal of selling 100 million compact fluorescent bulbs, potentially saving their customers \$3 billion over the life of the bulbs. Some of their private label coffees are certified by either Fair Trade, Rainforest Alliance or USDA Organic. Then last week they announced they would pay cotton growers premium 'organic prices' for 'transitional cotton' during the three years required for the fields to become certified organic – typically a tough time for most farmers converting to organic. There are still many things to not like about the company, but it's difficult to ignore some of the things they are doing right. – *Ron Levesque*



Circle of Life - Sustainable Landscaping: I've been in my yard for about a week, now that sun is out, and have been thinking about how to make all of my projects and plantings sustainable and environmentally friendly. So far, we've reused wood and brick, that were used in previous projects when we bought the house, to make birdfeeder posts, a bench and fire pit. Nothing bought, nothing wasted! Here are some sites on sustainability and recycling to apply in your own backyard:

<http://www.clean.ns.ca/default.asp?mn=1.274.275>

<http://www.theurbanfarmer.ca/>

<http://www.life.ca/nl/64/organics.html> – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – Stuart Neatby, a former young co-op developer and member of the Mobilizing Youth to Deliver Advisory Services has taken a leading role as Managing Editor with **The Dominion News Co-operative**. This monthly paper and blog focuses on “accurate, critical coverage that is accountable to its readers and the subjects it tackles,” and “examines politics, culture and daily life with a view to understanding the exercise of power.” If you would like to learn more visit www.dominionpaper.ca or find information about membership at <http://www.mediacoop.ca/> – Erin Hancock



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. As consumers, we can make choices to support local producers in our own backyard and producers in the developing world, so that both are treated fairly and can have a livelihood that is life sustaining. This week we visit **La Siembra**, an Ottawa-based worker co-op whose fairly products can be found here in Atlantic Canada. La Siembra Co-operative, founded in 1999, produces Fair Trade Certified and certified organic **Cocoa Camino** products. The co-op’s mission is to offer high-quality Fair Trade Certified organic chocolate, cocoa and sugar products that improve the livelihoods of family farmers and the well-being of communities at home and abroad. The co-operative chooses to identify with its producer partners by adopting the same democratic, participatory and transparent model that they follow in their own co-operatives <http://www.lasiembra.com/en/index.php> La Siembra’s Educational Toolkit “Get Fair in the Classroom” is available for downloading on its Web site.



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Yarmouth, NS: “*Today I learned something new. I learned that some of the people never go to school because they cannot afford it. I am happy we can all go to school for free in Canada.*”



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Contest of the Week – Congratulations to Lorraine Perry. She was the first one of the eight entries that had all the people in the right apartment. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the

“Contest Can” for the month end draw. ***Last week’s contest:*** An apartment building has two floors, with three apartments on each floor. The Grays live in the top middle apartment. The Blues live directly above the Browns. If the Greens live on the top floor, then they live next door to the Blues. The Whites live to the left of the Greens, either on the top or bottom floor. The Blacks live on the top floor. Which family lives in which apartment? Answer: Top floor, left to right: Blacks, Grays, Blues; bottom floor, left to right: Whites, Greens, Browns ***This week’s contest:*** Janice has \$2.46 worth of coins in her pocket. The coins are of four different denominations, and she has the same number of each denomination. What are the four denominations?



Co-op Cooking - This recipe is great for serving at a family get-together or other large gathering. Note that you will need butcher twine.

Spinach and Ricotta Stuffed Turkey Breast

6 slices bacon 1 medium onion, diced 1 skinless, boneless turkey breast (approx 3 lbs)

1 cup chicken stock

1 large onion, sliced

2 tbsp olive or canola oil

Stuffing:

1 cup cooked spinach, chopped and very well drained

1 cup ricotta cheese

½ parmesan cheese, shredded

1 egg

Salt and pepper to taste

Glaze:

2 tsp coarse salt

2 tsp paprika

2 tsp Dijon mustard

2 tsp garlic, minced

In a pan, fry bacon until slightly crisp. Remove from pan and set aside. In the same pan, sauté onions until softened. Remove from pan and set aside.

To prepare stuffing, combine all stuffing ingredients in a large bowl and set aside

To prepare glaze, blend all ingredients in a small bowl and set aside.

To butterfly the turkey breast, slice down the centre of the breast lengthwise to half the depth of the breast. Open the slice and slide your knife to the left of the breast sideways leaving 1” of meat at the end and creating a flap or pouch. Repeat this step to the right of the breast until you are able to “open” the two flaps like a butterfly.

Line the butterfly breast inside with the bacon slices. Layer in the sautéed onions and then the stuffing. Close the butterfly by folding the ends in and then folding the flaps together. Tie the breast tightly closed by tying around it with the butcher twine. Rub the breast with the glaze.

Heat a large oven-proof pot over medium heat; add two tablespoons of oil. Brown the turkey on all sides and remove. Add chicken stock and deglaze the pot (scrape the brown bits of flavor into the stock). Layer the sliced onion on the bottom of the pot and place the turkey on top. Cover and bake at 350F for 45 to 60 minutes depending on the size of the breast (until the turkey reaches an internal temperature of 170 degrees). Remove from pot. Let cool 10 to 15 minutes, slice, spoon over the pan drippings and onions and serve! - *Glenna Weagle*



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- *“We're glad to see that you'll be paying some extra attention to Fair Trade in the upcoming newsletters. You might like to include something about La Siembra, the Ottawa worker co-op behind the Cocoa Camino brand of Fair Trade chocolate, cocoa & sugar. Also, are you aware of a joint Canadian/US effort to create a model of Fair Trade for Cdn/US farms? Equal Exchange and Farmers Direct co-op from the Cdn prairies and others (including the Organic Valley co-op) did this recently and Equal Exchange has now been selling what we call "domestic Fair Trade" products from US farms (including farmer co-ops in California & Georgia) for a year now. see www.equalexchange.coop/dft For a proper introduction broader coalition behind this see: <http://www.equalexchange.com/what-is-domestic-fair-trade>”* Regards, RN, MA



Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

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Next *Co-op Circles*: Wednesday, April 23, 2008



Week of Apr. 20– Apr. 26, 2008, Vol. 3, No. 21
Edited and Compiled for you, by the Rising Tide Collective

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Openings – “*We create institutions and policies on the basis of the way we make assumptions about us and others. We accept the fact that we will always have poor people around us. So we have had poor people around us. If we had believed that poverty is unacceptable to us, and that it should not belong to a civilized society, we would have created appropriate institutions and policies to create a poverty-free world.*” - Muhammad Yunus www.muhammadyunus.org

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Co-operative Enterprise Council** (New Brunswick) Steering Committee is hosting an information session and **Inaugural Annual General Meeting** Friday, **April 25, 2008 at 9:00am** the Crowne Plaza in **Moncton**. The Co-operative Enterprise Council exists to cultivate healthy co-operative economic development within New Brunswick. The council aims to link co-operatives across the province, support co-op development, advocate for better government support for co-ops, create training opportunities and more. The Steering Committee consisting of Wayne Dempsey, Ken Elliott, Jim Hale, Erin Hancock (Secretary), Wendy Keats, Brian McCullum (Chair) and Bob Taylor (Treasurer) have been working toward establishing the council since spring 2007. If you would like to get more information, pursue membership or offer any thoughts, please contact the Co-operative Enterprise Council at coopenterpriseCouncil@gmail.com or come to the meeting.
- New this year, **Advance Savings Credit Union** with branches in Moncton, Salisbury, Petitcodiac and Port Elgin area of NB have an innovative Volunteer program called “The Volunteer Network”. If you need help with an upcoming charity event, or need someone to dish out meals or pack food boxes, or any other volunteer type activity, fill out the volunteer request form and the credit union will see what it can do to help! More details at http://www.advancesavings.ca/community_volunteer_network.htm
- **Northumberland Co-operative Limited** has announced they will be offering six (6) scholarships to students entering a post secondary program in the fall. The scholarships have been named to honour the work of Charles Butler and William Vickers, two men who made outstanding contributions to the development and growth of Northumberland Co-operative Limited. <http://www.northumberlanddairy.ca/e/1000/scholarships.cfm> The scholarships are valued at \$1000 each. Application deadline is June 27, 2008.
- **The Canadian Co-operative Association's Youth Experience International Program** offers young graduates the work experience they need to secure good jobs - in Canada or abroad. It also provides them with an opportunity to discover the world and themselves. Youth Co-operative Opportunities are between the ages of 19 and 30, are Canadian citizens or permanent residents eligible to work in Canada, are post-secondary graduates (University or College), not enrolled in an educational program. <http://www.coopscanada.coop/coopdevelopment/internationaldev/youthexperience/> Tentative Application Deadline is May 9. 2008-09 Internship Positions include: Youth

Savings Officer, Ghana; Impact Assessment Officer, Northern Ghana; HIV/AIDS and Gender Program Officer, Malawi; Environmental Protection Officer, Uganda; Assistant Administration and Finance Officer, El Salvador; Assistant Administration Officer, Nicaragua; Gender Program Officer, Honduras; Assistant Project Coordinator, Honduras and Project Researcher, Ukraine

<http://www.coopscanada.coop/forms/yei/OnlineApplication.htm>

- Co-op Atlantic and New Brunswick's Co-op stores are sponsoring the 2008 **Youth Entrepreneurship Challenge**, with participating teams from high schools throughout New Brunswick. The 2008 Youth Entrepreneurship Challenge is designed to bridge the gap between high schools and the business community. The challenge will help students become better prepared to face the opportunities ahead and will enable participants to develop leadership, communication, and presentation skills, as well as enhance their ability to conceptualize and create projects. For young people with an entrepreneurial mind, co-operatives offer some of the best opportunities and tools around.
<http://www.coopatlantic.ca/htm.aspx?id=565>
- **Nova Scotia Co-operative Youth Alliance** co-ordinator Meghan Farrell says a recent forum in Cape Breton was designed to help generate interest among young people about the co-operative movement in general and the movement's value to small rural communities in particular. Young people will get a chance to volunteer in co-operatives and help development communities, says Farrell. Similar events are expected to be held in central and southern Nova Scotia soon. To check for further details visit the Alliance's Web site: <http://nscya.wetpaint.com>
- Prince Edward Island has 4,423 families with children under 6. Many of those families are Co-op members – and they all can benefit from having the best family lives possible. The Co-op stores on Prince Edward Island have joined the province in launching **Take 30 for the Family**. <http://www.take30.pe.ca> This program will help equip parents and other caregivers of children 0 to 8 years old with the information and tools they need to succeed in spending more quality time playing and learning together while maintaining a positive work/life balance. <http://www.coopatlantic.ca/htm.aspx?id=562>
- About 30 employees at the **Atlantic Beef Products** plant in Albany, P.E.I. have been laid off after a decision was made to kill fewer cattle during the week. The plant reduced the number of cattle to be slaughtered weekly from more than 400 cattle to 280. The move was made partly to control costs. The plant was losing about \$250,000 a month. Many Maritime farmers have been shipping cattle to the United States, where they can get higher returns for certain grades of beef. Older, so-called cull cattle are also more valuable in the U.S. The company plans to control costs with the fewer cattle so that the plant starts breaking even, before ramping up production again.
- **Ruth Bhengu, Ugu district municipality deputy mayor** in the South African province of KwaZulu-Natal, visited Nova Scotia recently and toured co-operative businesses. Touring with a dozen officials from her country, the goal of the mission was to learn how a sustainable co-operative model could help her country battle poverty and improve economic conditions. Hugh Landry, director of Convergence Consulting Solutions in Antigonish, was hired by the Ugu district municipality to organize the group's visit. He worked the Nova Scotia Co-operative Council to set up visits to co-operatives and visited agencies like ACOA, as well as a tour of the Masters Program in co-op and credit union management at St Mary's University in Halifax, NS. Ms Bhengu's district is currently

working on a school nutrition co-operative and a toilet paper production co-operative.



Trends - I may have written about a trend that's a couple of years old already, yet yielding variations in its evolution. The 'pop up' trend first started as pop-up retail – a form of retail where small supply companies or manufacturers of consumer goods would 'pop up' in a town for a weekend or week in a closed building or tractor trailer, usually with the temporary accoutrements of retail (displays, signage, registers, etc). The idea is that you set up, sell, and leave town. Though 'fly by night' may come to mind, for the most part, they are above the water retailers. The latest company to join the 'pop up' trend is Sparespaces (see <http://www.sparespaces.org>). By making use of space that would otherwise be wasted during the transition from one paying tenant to another, **SpareSpace** brings the urban office within reach of budding creatives who otherwise might not be able to afford it. The company uses specially designed crate furniture (yes, a desk-in-a-crate, etc), and puts unused or transition space to commercial use, typically for creative companies in search of inspiration. Building owners get some revenue in between tenants and creative companies get affordable space (likely short-term, but affordable). Think of it as sustainability for rentals – a need is met and no buildings are constructed. – *Ron Levesque*



Circle of Life - Earth Day: So, I'm writing this on Earth Day and when you read it the next day just pretend it's Earth Day. In fact, why not pretend everyday is Earth Day, because it is. It's nice to have one day a year designated to thinking about the Earth and how our actions affect it but let's make an effort everyday and then we will see real action and results. So, what will you do for "Earth Everyday"?

- 1) Turn off the lights in the other room that no one is using!
- 2) Walk to the store instead of driving.
- 3) Don't forget your cloth bags in your trunk when you go grocery shopping!
- 4) Find one thing you purchase on a regular basis and switch to a green alternative. For example, change your laundry detergent to phosphate free.
- 5) Now that most of us can see the ground again, pick up the garbage around your house or neighborhood that has accumulated over the winter.

Try to find one little thing to change, and work toward changing one big thing in your life, that will be kinder to the Earth and future generations! Happy Earth Everyday!

– *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The **Co-operative Enterprise Council** (New Brunswick) has conducted a survey of New Brunswick co-ops. Respondents identified "attracting youth and young families" as a key priority for co-ops in New Brunswick. The CEC is looking to address the need through research and receiving feedback from members and other NB co-ops. If you have any thoughts or suggestions, please contact the council at coopenterprisecouncil@gmail.com – *Erin Hancock*



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. As consumers, we can make choices to support local producers in our own backyard and producers in the developing world, so that both are treated fairly and can have a livelihood that is life sustaining. **World Fair Trade Day** is celebrated every second Saturday of May, and is endorsed by the International Fair Trade Association www.ifat.org, the global

association of Fair Trade Organizations, comprised of 300 organizations from 70 countries around the world. This year's theme is "Fair Trade + Ecology". Groups are invited to hold an event to celebrate World Fair Trade Day www.wftday.org In Halifax, NS, on Sat., May 3 Fair Trade Week will be celebrated. At 12 noon: "Social Fabric", a free slide show and talk about community development & fair trade in action, and the women who make cloth from plants & cocoons as their foremothers did. Also, from 9 am - 4 pm, a display and sale of FAIRLY TRADED silks and cottons including scarves, bags, tableware, yardage and more. All handcrafted with natural dyes by village artisans in Thailand & Laos. Both events at the Universalist Unitarian Church, 5500 Inglis St. For more info: 902-624-0427, ask@tammachat.com



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Jeff, Yarmouth, NS: "*I learned that the people there ask questions about snow in Canada. In the Philippines they have coconut trees and in Ghana they have fruit trees.*"



Co-op Ed 101- Today, I will suspend my introduction to co-operatives far away and focus on one closer to home. This week our extended family lost a loved one quite suddenly to cancer. The funeral co-op of which I am a founding member, **Passage Funeral Co-op**, was called and they were wonderful. The details were all arranged and the immediate family was assisted in every way possible. So this week I will share the history and feature this co-op. Its new Web site has the details of the co-op as well as a lot of valuable information and pictures <http://www.funerairepassagefuneral.ca/en/aboutUs.cfm> It is a full service funeral home situated on Route 134 at Shediac Bridge, Kent County. The funeral home has three viewing salons, a family room and a show room. The Co-operative is governed by a Board of Directors and managed by a licensed funeral director assisted by staff and a group of dedicated volunteers. It serves members and non-members in Kent, Albert, Westmorland Counties and the Greater Moncton Area. The Co-operative now has over 800 family members. – *Maureen MacLean*



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- April 24 - Valley Credit Union's Annual Meeting, Waterville and District Fire Hall - 7:00pm
- April 25-26 – Inaugural annual general meeting, Co-operative Enterprise Council, Crowne Plaza, Moncton, NB
- April 25-26 – Co-op Atlantic Annual General Meeting
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - We didn't pick a winner this week because we had 5 correct answers arrive all within a 10 minute window. So knowing our readers appreciate co-operation, we have named all 5 winners. Congratulations to four New Brunswick subscribers - Duncan Matheson, Ron Levesque, Dennis Williams, Lorraine Perry - and our friend David Kerr in Manitoba. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw.

Last week's contest: Janice has \$2.46 worth of coins in her pocket. The coins are of four different denominations, and she has the same number of each denomination. What are the four denominations? Answer: Janice has six pennies, six nickels, six dimes, and six quarters. The easiest way to arrive at the answer is to notice immediately that, since the last number in the amount she has is 6, she must have either six pennies or one penny. She can't have just one penny, because then she would have only one each of three other denominations, and that can't add up to \$2.46. So she must have six of each denomination. She can't have six silver dollars, because then she'd have more than \$2.46. **This week's contest:** Many of you read Circles first thing in the morning with your wake up coffee or tea so here's a challenge. If a pound of tea has twice as much caffeine as a pound of coffee, and if a pound of tea is enough to make 160 cups of tea, and if a pound of coffee is enough to make 40 cups, and if a 12-ounce can of cola has about one-fourth the caffeine as a cup of coffee, how much caffeine does one cup of tea have compared to one cup of coffee? How much caffeine does one cup of tea have compared to a 12-ounce can of cola?



Co-op Cooking - These days we hear that diabetes is the fastest growing disease in our country and I have a number of friends who must now be watchful of their diets. Here is a recipe from a University of Illinois Extension program that may become a family favourite. It's given in amounts for 2 servings but is easily doubled and tripled.

Diabetic exchanges - 4 medium fat meals, 1 starch, 1 carbohydrate. 413 calories per serving.

Italian Beef Stir-Fry

3/4 cup pasta

1 1/2 tsp virgin olive oil

1 1/2 lbs. beef sliced in thin diagonal slices

1-2 cloves garlic

1/8 tsp pepper

1 1/2 cup sliced mushrooms

1 tomato or cherry tomatoes to equal amount

2 tbsp Italian dressing

2 tsp Parmesan cheese

2 tsp parsley, chopped

Cook pasta according to package directions, but do not add salt to cooking water. Drain cooked pasta and keep warm. Cut garlic cloves into thin slices or put through garlic press. Cut cherry tomatoes in half or slice tomato in thin wedges. Heat oil in large nonstick skillet over medium-high heat. Place half of beef strips in skillet and stir-fry 1 minute or until outside surface is no longer pink. Do not overcook. Remove to warm platter. Stir-fry remaining beef with the garlic. Remove to warm platter. Sprinkle with black pepper. Cover to keep warm. In same skillet, add mushrooms and stir-fry 2 minutes. Add tomatoes, beef and Italian dressing. Heat through. Spoon beef mixture over hot pasta. Sprinkle with cheese and parsley. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *“In reading Bronwyn's article on sustainable landscaping I could not help but think about how the last two generations changed our world. In my parent's time, nothing usable was thrown away. Only a house or a car was bought on credit. If they could not buy a needed item, they either saved until they could buy it, or they made due with an alternative. Old cotton clothing like tee shirts became cleaning rags. Clothes were separated into play and work clothes and "good" clothes that were changed as soon as one got home. Almost everything was reused if at all possible. Clothes and toys were passed on to others who needed them. Waste was frowned upon. Then came a couple of generations that sometimes openly mocked the way the "depression" generation treated their possessions and their finances. They became the "throw-away generations". We are now paying dearly for this drastic change and many people are trying to reduce, reuse, recycle and live green. In other words trying to go back to a time when people were more careful with how they lived their lives on this earth.” – LP, NB*



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Openings – “*The frog does not drink up the pond in which he lives.*” - Native American Proverb
<http://www.changemakers.net/node/7095> Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Bergengren Credit Union** with branches in Antigonish, St. Andrew’s and New Glasgow, Nova Scotia, held its annual meeting on April 24. The membership approved a dividend of 5 per cent on equity shares and patronage reward in the amount of \$1 million for 2007. Helen MacPherson was named chair of the board of directors. Bergengren was an honourable mention recipient for the 2008 Mobius Environmental Award for Small Business of the Year. www.bergengrencu.com
- Don Roper, CEO of **Advance Savings Credit Union**, NB, recently presented a cheque for \$500 to Dennison Tate of **Cape Enrage**. ASCU made this donation in order to help alleviate the deductible on an insurance claim that Cape Enrage needs to make as a result of a recent break-in that caused a significant amount of damage.
http://www.advancesavings.ca/news_pages/community_ascu_news_capeNrage.htm
Located near Fundy National Park, Cape Enrage employs approximately 20 students within ASCU’s service area annually. It is comprised of two organizations: Cape Enrage Interpretive and Cape Enrage Adventures. Cape Enrage Interpretive is a not-for-profit organization whose revenues are applied entirely to restoration and maintenance of the historic property.
- Customer-owners of both **Halifax Civic Credit Union** and **Credit Union Atlantic** have approved an amalgamation of their two organizations. At separate meetings held in the past week, both memberships voted strongly in favour of the amalgamation. This step represents the last required approvals needed to bring the two credit unions together.
<http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfield=content.id&search=378> The amalgamation will be effective July 1, 2008, under the Credit Union Atlantic name, with Jamie Baillie as President and CEO. The new Board of Directors will consist of Directors from each of the existing credit union Boards.
- Congratulations to one of Canada’s Credit Union Centrals for being recognized as a great place to work http://www.saskcentral.com/pages/news/GPTW_news_release.pdf
SaskCentral is being recognized as one of this year’s 50 **Best Workplaces in Canada**. SaskCentral ranked 6th on the list of 50, up from last year’s ranking of 13th. SaskCentral, which has 65 employees, is the only organization in Saskatchewan to make the top 50 list, which appears in the April 28th issue of the *Globe and Mail* newspaper. SaskCentral, owned and controlled by Saskatchewan’s 66 credit unions, is a democratic financial cooperative which supplies research, development, support, consulting services and

financial liquidity management and acts as a trade association to the province's credit unions. As of December 31, 2007 there were more than 524,000 credit union members in Saskatchewan. More info about Sask Central

<http://www.saskcentral.com/pages/profile.html>

- The **Co-operative Enterprise Council (NB)** reports a successful Inaugural Annual General Meeting (April 25) with over 40 delegates. Special guests included representatives from the Canadian Co-operative Association, the Nova Scotia Co-op Council, the Newfoundland and Labrador Federation of Co-ops, Co-operative de Developpment Regional-Acadie and more. There were presentations and discussions of a very hopeful and ambitious future for the council and co-ops in New Brunswick. The new Board of Directors is comprised of co-operators from a variety of backgrounds; Wayne Dempsey, James Hale, Mary MacDonald, Brian McCullum, Sharon Nussey, Clark Philips, Blake Reynolds, Owen Taylor and Robert Taylor. The council now has 18 members and 4 associates. Even if you were unable to attend the AGM, memberships are still available by emailing coopenterprisecouncil@gmail.com



Trends - I wasn't around the last time Canada instituted **food rations** (beginning in the midst of the Second World War) but if the actions last week by a couple of US warehouse stores are any indication, we may not be far off from seeing a trend develop – well, not really. I'm referring to Costco's and Sam's Club's announcements that they were limiting the amount of **rice** their customers could buy in response to what they said was hoarding by some customers in a market where supply was said to be short and prices rising. In reality, it was a bit of an overreaction. [The cynic in me argues the chains did it to increase sales of rice by creating additional demand where demand was normal – i.e. tell people there's a shortage and all of a sudden, you've gotta have the closet full. It's similar to the snowstorm phenomenon any grocery store manager will explain to you]. Truth be told, there is no real shortage of rice, only an artificial one created by the main rice producing countries. The price is increasing (mostly because of the rising production costs related to ethanol production), but there is plenty of rice to go around. The best source I've found to explain what's going on is Business Week, in an article titled "Understanding the global rice crisis". See it here:

http://www.businessweek.com/print/globalbiz/content/apr2008/gb20080428_894449.htm – Ron Levesque



Circle of Life - Spring Activities for Kids: As the weather starts to co-operate, it is a great time to get the kids outdoors to be active and learn. Outdoor activities are a chance to expose children to new things and for them to learn about nature. Why not try taking a walk around the yard with your child, and point out the different flowers, trees, birds, butterflies. You are enriching your child's vocabulary as well as enjoying the outdoors! Or, with older children you could take your camera for a walk. Follow this link for this fun activity and more:

<http://fun.familyeducation.com/outdoor-games/exercise/33065.html> Enjoy the outdoors! – Bronwyn MacKinnon



Young Co-operators: The Buds on the Co-op Tree – The **Social Economy and Sustainability Research Network** based out of Mount Saint Vincent University in Halifax is currently seeking a student worker for the summer to serve as the Communications **Assistant**. This position is to support the research network in communications, record keeping and organization activities. The

position offers 35 hrs/week from May 5 - August 15, 2008 at the rate of \$10/hr. You can learn more about the research network at www.msvu.ca/socialeconomyatlantic/ and although the position deadline was first set as April 25, they will be accepting applications until they find an appropriate candidate (send your resume in soon). You may contact the Project Coordinator Noreen Millar at seproject@msvu.ca – *Erin Hancock*



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. In 1998, **Divine**, the first ever Fair Trade chocolate bar aimed at the mass market was launched in the United Kingdom. Divine is the product of a co-operative which has as its members cocoa farmers from Ghana. Farmers in Ghana pooled their resources to set up Kuapa Kokoo, a farmers' co-op, which trades its own cocoa. It empowers farmers in their efforts to gain dignified livelihood, to increase women's participation in all of its activities and to develop environmentally friendly cultivation of cocoa. For more about Divine chocolate go to: <http://www.divinechocolate.com>



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Becky, Sussex, NB: "*I learned that war happens and some people are sent to camps to live with no water and they have to bring it from the village pump and that they make peanut butter by pounding nuts for a long time.*"



Co-op Ed 101- More about Co-ops in Italy This week a wine co-op is born.

On April 22, 2008, a Piedmont wine coop was born. It's called "Tre secoli" (three centuries), and it's the biggest Piedmont wine cooperative, born by the merger between Cantina Sociale di Mombaruzzo (Asti), founded in 1887, and Cantina Terre di Ricaldone (Alessandria). The new company name has been chosen by a jury made up of about forty people. Italy has a population of approximately 65 million inhabitants. The country produces about 2.078 billion gallons of wine, per year. Italians consume about 62 L of wine per person per year. Read more at <http://www.italianwinews.com/2008/04/biggest-piedmont-wine-coop-is-born.html> – *Maureen MacLean*



Co-op Community Bulletin Board

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- June 21-24 – 2008 Cooperative Communicators Association Institute, Portland, Maine, Hook Line & Sinker To register on-line go to www.communicators.coop For further information, e-mail susie.bullock@communicators.coop
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - Congratulations to Kerniel Aasland, MB. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. This month's winner is Bob Potegal, Vancouver, BC. A small gift is on the way. ***Last week's contest:*** If a pound of tea has twice as much caffeine as a pound of coffee, and if a pound of tea is enough to make 160 cups of tea, and if a pound of coffee is enough to make 40 cups, and if a 12-ounce can of cola has about one-fourth the caffeine as a cup of coffee, how much caffeine does one cup of tea have compared to one cup of coffee? How much caffeine does one cup of tea have compared to a 12-ounce can of cola? ***Answer:*** A cup of tea has one-half the caffeine that a cup of coffee has. A cup of tea has twice as much caffeine as a 12-ounce can of cola. ***This week's contest:*** If a certain brand of ice cream is 99% fat-free, how many cups would I have to eat to ingest the same amount of fat that would be in 1 cup of regular ice cream?



Co-op Cooking – Here is a quick and easy, tasteful fish dish for days when you seem to be going in many directions at once and don't have a lot of time for meal preparation.

Busy-Day Baked Fish

- 1 cup sour cream
- 2 tbsp onion soup mix
- 1 1/2 cup seasoned bread crumbs
- 2 1/2 lbs fresh or frozen, thawed fish fillets
- 1/4 cup butter, melted
- 1/3 cup shredded Parmesan cheese

In a shallow bowl, combine sour cream and soup mix. Place bread crumbs in another shallow bowl. Cut fish into serving-sized pieces. Coat with sour cream mixture, then roll in the crumbs. Place in two greased 13 x 9-inch baking dishes. Drizzle with butter. Bake, uncovered, at 425F for 12 minutes. Sprinkle with Parmesan cheese; bake 2 to 6 minutes longer (until fish flakes easily with a fork). - *Glenna Weagle*



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Openings – *"With Fair Trade we have an incentive to invest in social programs that benefit producers and the community. We also receive higher incomes to sustain ourselves. If it weren't for Fair Trade, we wouldn't exist as banana producers since the amount we receive for a box of conventional bananas does not cover our expenses."*

- Edinson Cabana Zapata, co-op member, ASOPROBAN banana cooperative, Colombia
<http://www.fairtrade.org.uk/producers/bananas/asoprobancolombia.aspx> Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **John Dechman**, who served on the board of Co-op Atlantic, has died in Middle Musquodoboit. He was 87. Dechman was a farmer and a co-op and community developer and took leadership positions over the years with Musquodoboit Valley Co-op, Co-op Atlantic, Arimathea Funeral Co-op, Dean Produce Co-op, and many other producer and agricultural associations. He was an honorary elder of St James United Church, Upper Musquodoboit, from where his funeral will be held on Monday, May 12. Arrangements are under the direction of Arimathea Funeral Co-op.
- **The Co-operators** has released its 2007 Sustainability Report: Designing for Sustainability. The company would like Canadians to provide feedback on its performance. Respond to the e-survey at www.cooperators.ca/sustainability_report. For every response they receive, \$5 will be donated to the Tree Canada Foundation.
- **Consolidated Credit Union** has entered into a unique ten-year partnership with the City of Summerside in support of the community's sports, recreation, entertainment and meeting facility that will see the Summerside Wellness Center change its name to Credit Union Place. <http://www.peicreditunions.com/news/article.php?ID=622> Inaugurated January 2008, Credit Union Place is Eastern Canada's leading and most modern sports, recreation and entertainment and meeting complex accommodating conferences, performing arts events, cultural shows and sporting events such as the 2009 Canada Games. In addition to supporting the facility with an annual contribution over ten years, the Consolidated Credit Union will actively partner on innovative fundraising initiatives with its staff.
- **Brian L. Comeau** was elected chairman of the board of directors of the Fédération des caisses populaires acadiennes. http://www.acadie.com/en/communiquer_affiche.cfm?id=181 At the annual general meeting of the Caisses populaires acadiennes, he succeeded Guilda Landry who, in 2005, became the first woman to hold this position in the history of the Mouvement. She was also the first woman on the board of directors of Acadia Life. Comeau, at 35 years of age, is the youngest member of the board of directors to become chairman.
- **Donald French** and **Robert Gauvin** have received the Ordre du Mérite Coopératif Acadien. http://www.acadie.com/en/communiquer_affiche.cfm?id=180 French, past

member of the board of directors of the Office de stabilisation des Caisses populaires acadiennes and Robert Gauvin, former general manager of Caisse populaire de Tracadie, received the Ordre du Mérite Coopératif Acadien, as part of the Evening of Distinction during the Caisses populaires Acadiennes annual general meeting. This is the highest distinction awarded in the Acadian cooperative sector. With many years of work with the Caisses populaires acadiennes network under their belt, the impressive track record of these two gentlemen is testament to their commitment toward the Mouvement.

- Atlantic Canadians wishing to help **New Brunswick flood victims** can do so by making a donation to the Red Cross relief and recovery efforts at their local credit union.

[http://www.ns-credit-](http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfid=content.id&search=385)

[unions.com/default.asp?mn=1.21.42.117&sfid=content.id&search=385](http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfid=content.id&search=385) The Red Cross currently has more than 100 staff and volunteers plus vehicles and equipment deployed in the area, with back-ups in reserve. The most urgent need now is for funds to help flood-affected residents and communities along the Saint John River get back to normal once flood waters recede. Donation of \$10.00 or more will automatically be receipted



Trends - This coming Saturday, May 10, is **Pangea Day**. Those familiar with Pangea know that it's the name given to the big lump of visible ground that formed the Earth before continental drift began to set in. However this coming Saturday's Pangea Day has no relation – save figurative – to the original Pangea. From Wikipedia: “On May 10, 2008 Cairo, Kigali, London, Los Angeles, Mumbai, and Rio de Janeiro will be linked to produce a 4-hour program of films, music and speakers. The program will be broadcast live at the same time across the world.” The idea for Pangea Day comes from documentary filmmaker Jehane Noujaim, a 2006 TED prize winner, whose ‘TED wish’ was to bring the world a little closer together through film’. (I've written about TED in this space in the past and you can find out more about TED at ted.com.) See **pangeaday.org** for more info on Pangea Day as well as a host of broadcast opportunities (click on ‘WATCH’ on the right-hand side.– *Ron Levesque*



Circle of Life - WorldChanging: This is a very interesting “solutions-based online magazine that works from a simple premise: that the tools, models and ideas for building a better future lie all around us. That plenty of people are working on tools for change, but the fields in which they work remain unconnected. That the motive, means and opportunity for profound positive change are already present. That another world is not just possible, it's here. We only need to put the pieces together.” They cover so many areas of life from communities and business to politics and the planet. Read more at: <http://www.worldchanging.com/> – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – If you are (or know of) a young co-operator who is interested in seeing the bigger picture of co-operation worldwide, you should visit the **International Co-operative Alliance's Youth Co-operative Network** online. Through various forums and the sharing of information and publications, they state: “We contribute to the development of the Coop Movement through Connecting, Communicating and Representing young people who are involved or interested in cooperative experiences.” Read more at www.icayouth.coop/node/62 . You can visit the site specifically set up for youth from ‘The Americas’ at <http://www.icayouth.coop/taxonomy/term/6> Create your own postings or comment on something another young co-operator has posted! – *Erin Hancock*



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. **The Marquis Project** in Brandon, Manitoba was started in the late ‘90s to deliver educational programs, to partner with Southern communities in development projects and to operate a fair trade store in downtown Brandon. For more go to:

<http://www.marquisproject.com/aboutmarquis.html>



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*I thought it was interesting that the kids have such a hard life. It made me feel bad. Also, it was cool how people made art work from the tree skins and stuff.*” – Marlene, NS



Co-op Ed 101- While in Tuscany in March, I had the opportunity to visit an olive tree farm and see a demonstration on olive oil production. I was informed that many of the farms are members of the “Consorzio dell’Olio Toscano” (Tuscan Olive Oil Cooperative), which under the law, is recognized geographically as a controlled and protected area for the produce of extra virgin olive oil. <http://oliveoilsoftuscany.com/>

Tuscany is in central Italy and is currently regarded as the culinary king of olive oil production worldwide. The region has the reputation for marketing the finest olive oils in the world. The olives are hand or mechanically picked from the tree at the point of maturity and pressed to extract the precious oil on the same day. This operation is conducted at a low temperature to conserve aroma. Tuscan Extra Virgin Olive Oil is green in colour with a tendency to have yellow highlights. The perfume is considered moderate and delicately fruity. It is also rich in vitamins E, A, and contains a high percentage of monosaturated acid fat of 78%, which in laymen’s terms means that it is without cholesterol. – *Maureen MacLean*



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- June 12-14 – Co-op Housing Federation’s Annual General Meeting, Toronto, ON – The Future is Now
- June 21-24 – 2008 Cooperative Communicators Association Institute, Portland, Maine, Hook Line & Sinker To register on-line go to www.commuicators.coop For further information, e-mail susie.bullock@communcators.coop
- June 23-28, 2008 - **What’s Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - Last week’s contest must have been difficult as we had only one submission. This week, we will try another fun one. See below. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca **Last week’s contest:** If a certain brand of ice cream is 99% fat-free, how many cups would I have to eat to ingest the

same amount of fat that would be in 1 cup of regular ice cream? **Answer:** 100 cups. The ice cream that is 99% fat-free contains 1% of the amount of fat that would be in normal ice cream. Normal ice cream, of course, contains 100% of the amount of fat in normal ice cream. 100 divided by 1=100 **This week's contest:** Eleanor found \$4. Putting that \$4 together with the money she had before her good luck, she now had 5 times the amount of money she would have had if she had lost \$4. How much money did Eleanor have before she found the \$4?



Co-op Cooking – Before we turn around strawberries will be on the vine and we will all be eager to pick our boxes and our bellies full. Perhaps you have not thought of tossing a few into a great salad.

Strawberry-Bacon Spinach Salad

1 pkg fresh baby spinach (or about 6 oz from your garden)
1 pint fresh strawberries, sliced
8 bacon strips, cooked and crumbled
1/4 cup chopped red onion
1/4 cup chopped walnuts
1 cup mayonnaise
1/2 cup sugar
1/4 cup raspberry vinegar

In a salad bowl, combine the spinach, strawberries, bacon, onion and walnuts. In a small bowl or pitcher, combine the mayonnaise, sugar and vinegar. Toss the dressing with the salad just before serving, or serve the dressing on the side and allow everyone to add as much or as little as they like. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca



Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, May 14, 2008



Week of May 11– May 17, 2008, Vol. 3, No. 25
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Openings – “*The human race is challenged more than ever before to demonstrate our mastery, not over nature but of ourselves.*” - Rachel Carson www.rachelcarson.org/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **The Co-operators**, in partnership with the Infant and Toddler Safety Association, has released an instructional video entitled Car Seat Safety Check. The DVD provides step-by-step instructions for selecting appropriate car seats and installing them properly. <http://micro.newswire.ca/release.cgi?rkey=1604039882&view=27607-0&Start=0> Explained Jayne Russell of The Co-operators, “We reach as many people as we can through our clinics, but clearly we need to do more. We produced the video as a way of complementing the service and advice we offer at our clinics. It’s just one more tool parents can use to make sure their little ones are safe on the road.” A limited number of the DVDs are available. To order a free copy, email community@cooperators.ca. ITSA, which also produces car seat education materials, can be reached at 1-888-570-0181
- Plastic bags will be a thing of the past at the **Colchester Co-op Food Store** as of July 1. Management made the final decision on May 1 and staff has been busy informing customers of the change as they come through the registers. There has been little negative public feedback since staff started informing costumers, said general manager Peter Steele. “I think it’s the right thing to do to get plastic shopping bags out of the system and out of the waste stream,” he said. <http://www.novascotiabusinessjournal.com/index.cfm?sid=133046&sc=107>
- **Gilles D. Ménard**, 1942-2008, aged 65, passed away peacefully on April 28th, 2008 at the Dr. Georges-L.-Dumont Hospital in Moncton, NB after a lengthy illness. Born in Hawkesbury, Ontario, he was the son of the late Delry and Mathilde (Ayotte) Ménard. Gilles was involved in the Canadian Cooperative movement his entire adult life, including service with United Cooperatives of Ontario, the Canadian Cooperative Association, the Co-operative Development Foundation, Co-op Atlantic, United Maritime Fishermen and Bluenose Fisheries Ltd., the Fédération des caisses populaires acadiennes and, most recently, by serving several terms on the board of directors of The Co-operators Group and the conseil canadien de la Cooperation. Gilles was also honoured to be named Senator of the Canada Jaycees. On line condolences can be made at www.cobbsfuneralhome.ca <http://www.canadaeast.com/classifieds/obituaries/listing.php?id=130144&t=66&c=8&pub=3&period=14> **Editors’ Notes:** During the early 1980’s Gilles invited me to be part of “Talent Atlantic”, a community program sponsored by the large co-ops and credit unions and following that I was elected to the board of Co-op Center in Moncton – *Maureen*. I met Gilles when he became a member of the board of *The Atlantic Co-operator* where I was employed. At the time Gilles was working at Co-op Atlantic. –*Brenda* He always had time to stop and talk and was one of the first groups of subscribers to *Co-op Circles*. Gilles’ presence at co-op meetings in Atlantic Canada will be missed.

- **JUDES and Just Us! Coffee Roasters Co-op** will present an evening with **Francisco VanderHoff**, a co-founder of Fair Trade. Fr. Francisco VanderHoff will share his experience and thoughts on the future of Fair Trade and Errol Sharpe of Fernwood Publishing will speak about his recent visit to a Fair Trade coffee community in Mexico. Also, JustUs! will screen *Wisdom of the Mountains*, a short video capturing the spirit and experience of the indigenous Zapotec peoples, Fair Trade coffee farmers in Chayotepec, Mexico on Wednesday, May 21, 2008, 7 pm K.C. Irving Environmental Science Centre Auditorium, University Avenue, Wolfville, Acadia University and Thursday, May 22, 2008, 7 pm, 5657 North Street Church, Halifax (at the Corner of North and Fuller Terrace) For more information, please email info@judesfairtrade.ca or phone 902-542-7474 Ext 230



Trends - You've got to hand it to the folks who run the city of **Sherbrooke, Quebec**. The city is home to the Université de Sherbrooke, which itself is home to a research chair on cellulose based ethanol production. The difference is that the research focuses on producing ethanol from biomass that doesn't include corn or other crops such as canola or soy – think ethanol produced from waste products derived from agriculture and the forestry industry. Last week, the city council's sustainable development committee announced that it wasn't going to fuel its municipal fleet on plant-based biofuels because it "wasn't ethical to divert agricultural products from the food chain". Councillor Jean-François Rouleau says plant based biofuels are partly to blame for today's global food shortage and that he "disagrees with taking potential food off people's plates in order to put it into fuel tanks". More on the story here:

<http://www.cbc.ca/canada/montreal/story/2008/05/08/sherbrooke-biofuel.html>. Bravo to Councillor Rouleau and his committee for taking the high road and thinking of others. Let's hope many others follow suit. – *Ron Levesque*



Circle of Life - Food for Life Partnership: This initiative "works to transform school and community food culture across England, by harnessing the ideas and initiative of young people and community leaders. Our mission is to reach out through schools to give communities access to seasonal, local and organic food, and to the skills they need to cook and grow fresh food for themselves. We want a new generation to explore how their food choices impact on their health and that of the planet, and to rediscover the pleasure of taking time to enjoy real food." For more information visit: www.foodforlife.org.uk – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The **Atlantic Co-operative Youth Leadership** program is having its spring seminar this week in Nova Scotia. At each camp, there is an open meal where any co-operator in the area who is interested in the program can attend a barbeque with the campers. At this seminar, Saturday, May 24 from noon until 1pm marks the time for the seasoned co-operators and the young co-operators to break bread and chat. If you are interested, the seminar is happening at Camp Mush a Mush in Bridgewater, NS. You may reach the program Coordinator at (506) 862-0737 and visit the website at www.acyl.org – *Erin Hancock*



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. **Fair Trade Cleaning** in Toronto, ON is an eco-friendly home and office cleaning and organizing service with a focus on fairness. While charging its customers a

competitive rate, it pays its cleaners a significantly higher rate than other cleaning companies.
<http://fairtradeclean.com>



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *"I though the beaches were weird, all rock and polluted. I am glad they are learning about recycling and not putting plastic in the water because it hurts the fish."* – Danny, Marshview School , Sackville NB



Co-op Ed 101- This time of year many people start thinking about planting and plants. Here is an interesting web site on a Co-op that has been in Ontario for almost 100 years. **Vineland Growers' Co-operative** started in September, 1913, when four prominent Niagara Peninsula fruit growers met at the home of Alonzo H. Culp to discuss the formation of a co-operative fruit company <http://www.vinelandgrowers.com/?id=30>

From the four founding members and the original managing director in 1913, the company has grown steadily, from 28 members in 1919 to over 300 members in 2003. Read their newsletter at http://www.vinelandgrowers.com/files/VG_Newsletter_Oct07.pdf Late in 2007, Vineland launched their own online catalogue store so customers from across North America can buy the same high quality products that local customers now enjoy. Go to www.vinelandgrowers.com and Click "Online Store!" – *Maureen MacLean*



Co-op Community Bulletin Board

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- June 12 – Co-op Leadership Workshop with Francoise Morrisette, author of "Made in Canada Leadership" – 1 PM, Best Glengarry Hotel, Truro, NS
- June 12 – Annual General Meeting, Nova Scotia Co-op Council, 3 PM; Banquet with keynote speaker Peter Mansbridge, 6:30 PM
- June 12-14 – Co-op Housing Federation's Annual General Meeting, Toronto, ON – The Future is Now
- June 21-24 – 2008 Cooperative Communicators Association Institute, Portland, Maine, Hook Line & Sinker To register on-line go to www.communicators.coop For further information, e-mail susie.bullock@communicators.coop
- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - Last week's contest had seven correct submissions. The first one was from Theresa McDonnell, St. George's NL Well done. everyone!! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. **Last week's contest:** Eleanor found \$4. Putting that \$4 together with the money she had before her good luck, she now had 5 times the amount of money she would have had if she had lost \$4. How much money did Eleanor have before she found the \$4? **Answer:** Before Eleanor found the \$4, she had \$6. If she had lost

\$4 from the \$6, she would have had only \$2 left. The \$4 she found plus the \$6 she already had means she now has \$10, which if 5 times the \$2 should have had if she had lost \$4 instead of finding \$4. **This week's contest:** The dog named Jam is heavier than the dog named Jelly. Jam is a black and tan bulldog. He got his name because as a puppy he followed so closely he was always getting jammed in the door. Copper is a Retriever who will play Frisbee by the hour. He weighs more than Brandy but less than Pumpkin. Copper whose shiny coat gets him lots of attention when walking with his owner, will sit quietly outside tied to the railing while his owner goes to the post office to get the mail. Brandy weighs more than Jelly. Brandy is a mostly black water spaniel who will jump out of a canoe, swim along side for 15 minutes, and then come back in for a rest. He will also pick and eat blueberries from the bushes in season. Pumpkin is a golden Lab. Pumpkin who loves to swim in St Georges Bay, NS, is a true water dog who also loves to go with his owners on their sailboat. He weighs less than Jam. List the dogs in the order of their weights, starting with the heaviest.



Co-op Cooking – For many people, nothing says comfort food like macaroni and cheese. Here's a simple but very good tasting version.

Macaroni and Cheese

2 tbsp butter

1/4 cup chopped celery

1/4 cup chopped onion

1 (10 oz) can condensed cream of mushroom soup

1/3 cup milk

2 cups grated cheddar cheese

3 cups cooked elbow macaroni

1/2 cup canned tomatoes, diced

In a saucepan, heat the butter until foamy. Add the celery and onion, cooking until onion is transparent. Stir in the soup, milk and cheese. Stir constantly until cheese is melted. Blend in the macaroni and tomatoes. Turn into greased 1 1/2 quart casserole dish. Bake at 350F for 30 minutes, or until thoroughly heated. If you wish, buttered bread crumbs may be sprinkled over top before heating. - *Glenna Weagle*



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Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, May 21, 2008



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Openings – “People can only hear you when they are moving toward you, and they are not likely to when your words are pursuing them. Even the choicest words lose their power when they are used to overpower. Attitudes are the real figures of speech.” - Edwin H. Friedman
www.encyclopedia.com/doc/1P2-807614.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Prince Edward Island Co-op Council** peicc@peicc.coop has hired a new Executive Director, Charles Crockett. The PEI Co-op Council has also re-located its office. Please update your records with the following contact information. 6 Alexandra Court, Stratford, PE, C1B 1K8, Office: (902) 569-7322, Fax: (902) 569-7337 Charles' Cell: (902) 314-9110
- International human resources firm, Hewitt Associates, has announced that **The Co-operators** is among Canada's 50 best employers for the fourth consecutive year. The Co-operators, based in Guelph, Ontario, is ranked No. 20, up from No. 25 last year.
<http://micro.newswire.ca/release.cgi?rkey=1501032791&view=27607-0&Start=0>
- Juno Award winner **Mitch Dorge**, former drummer of Emmy-nominated Crash Test Dummies, recently teamed up with **The Co-operators** and is taking his advocacy for responsible decision-making to high schools across the country. He is bringing his In-Your-Face and Interactive presentation to schools in Ontario as part of the Life Choices campaign aimed at Canadian youth. Dorge said of his partnership with The Co-operators, "They were looking for innovative ways to engage young people and offer them alternative perspectives on important decisions."
<http://micro.newswire.ca/release.cgi?rkey=1604227878&view=27607-0&Start=0>
- **Cathy Darland**, branch manager of **Advance Savings Credit Union** (ASCU) Peoples Park Tower, recently presented a cheque for \$1,000 to Mike Belong, principal of Hillcrest Elementary School for the newly created Advance Savings Credit Union Literacy Program. This new initiative that was recently launched at Hillcrest Elementary School involves a financial commitment from ASCU PPT of \$1,000 per school year, which will be used to fund the books needed for this project.
http://www.advancesavings.ca/news_pages/community_ascu_news_literacy2008.html
- The Canadian Co-operative Association is looking for a **Technical Co-operant** for Project Evaluation in Africa. If you are interested, fax or e-mail your resume to Monique Charron, Program Officer – Africa/YEI, Tel.: (613) 238-6711, Ext 224; Fax: (613) 567-0658, E-mail: monique.charron@coopscanada.coop Application deadline is May 30.



Trends - **Paul Stamets** (www.fungi.com) believes mushrooms can help save the world from environmental disaster, or at the very least provide solutions to some of Earth's more pressing environmental and health-related problems. Stamets is a mycologist, a mushroom or fungi

scientist who specializes in the vegetative part of mushrooms called the mycelium. We already know fungi produce strong antibiotics – penicillin is from a variety of penicillium mold, but Stamets has patented over 20 processes where mycelium can be used to clean up petroleum saturated soils, revamp pesticides, filter water and generate ethanol. You can hear Stamets talk about six ways mushrooms can save the Earth at the TED.com website (search for his name), or buy his books (search Amazon). Still not convinced about the benefits of fungi? Consider that other varieties of the penicillium molds are used to make Gorgonzola, Brie, Camembert and Roquefort cheese. – *Ron Levesque*



Circle of Life - Free Concerts: They probably aren't happening yet, but keep your eyes open, because once the weather warms up many communities offer free concerts throughout the summer months. These concerts are great ways to meet your neighbours and support local musicians. In Nova Scotia, keep your eyes open for concert series happening in Halifax, Antigonish and Chester, just to name a few locations. For other provinces or countries, check with your local tourism or recreation office to see what's playing in your backyard. – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The North American Students of Co-operation (NASCO) have recently completed their 2008 Board of Director elections. Their Board members include 2 Canadians: Ava Shannon from Cambridge, Ontario who is a member of the Grand House Co-op (eco-friendly student housing co-op) and Karine Fortier from Montreal, Quebec who is a member of Co-op Sur Genereux (student housing co-op). Read more about the new board at <http://nasco.coop/node/1421> and the organization at www.nasco.coop – *Erin Hancock*



Trading Fairly – Over the next few weeks, Co-op Circles will feature Web links to fair trade projects and products. **Prescraft** started in the early 1960s as a mission project of the Presbyterian Church in the English-speaking northwest province of Cameroon. Its goals are: 1) to provide employment, 2) to stem the flow of peasants from the rural areas to the cities, 3) to preserve traditional craft skills, and 4) to instill self-confidence in the craftsmen. Currently, about 75 artisans are marketing their products through Prescraft. Three well-equipped workshops in the villages of Bali, Bafut, and Bamessing produce musical instruments, brass, ceramics, woodcarvings, baskets, and toys. http://www.aworldaway.net/m_20.asp?g=8



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*One thing in that presentation that really kind of made me think was about how can we help but help so it actually can help and not just tell them what we are going to do for them but like ask them and work together. I really liked the stories because they really teach you stuff. I learned that the Philippines was in Asia, not U.S. I was shocked to hear that women in some places had to cover their faces. I can't stop thinking about the rice god statue. It was cool.*” – Justin, Grade 8, PEI



Co-op Ed 101- Owned by some 50 producers, St-Albert Cheese Manufacturing in St Albert, ON, employs more than 60 people who are guided by a common concern for quality and freshness to

ensure their cooperative's success. They have an interesting web site with recipes and a virtual tour: <http://www.fromage-st-albert.com/eng/historique.htm> For over 100 years, worldwide connoisseurs have enjoyed savory products from the **St-Albert Cooperative Cheese Manufacturing Association**. For more info <http://www.ccednet-rcdec.ca/?q=en/node/4013>–
Maureen MacLean



Co-op Community Bulletin Board

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- June 21-24 – 2008 Cooperative Communicators Association Institute, Portland, Maine, Hook Line & Sinker To register on-line go to www.communicators.coop For further information, e-mail susie.bullock@communicators.coop
- June 23-28, 2008 - **What’s Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>



Contest of the Week - The first correct entry last week was from Marsha Damon, Bayview Credit Union, Saint John, NB. Congrats!! Everyone who enters has his/her name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. ***Last week’s contest:*** The dog named Jam is heavier than the dog named Jelly. Jam is a black and tan bulldog. He got his name because as a puppy he followed so closely he was always getting jammed in the door. Copper is a retriever who will play Frisbee by the hour. He weighs more than Brandy but less than Pumpkin. Copper, whose shiny coat gets him lots of attention when walking with his owner, will sit quietly outside tied to the railing while his owner goes to the post office to get the mail. Brandy weighs more than Jelly. Brandy is a mostly black water spaniel who will jump out of a canoe, swim along side for 15 minutes, and then come back in for a rest. He will also pick and eat blueberries from the bushes in season. Pumpkin is a golden Lab. Pumpkin, who loves to swim in St Georges Bay, NS, is a true water dog who also loves to go with his owners on their sailboat. He weighs less than Jam. List the dogs in the order of their weights, starting with the heaviest. ***Answer:*** The heaviest dog is Jam, the next heaviest is Pumpkin, the next heaviest is Copper, the next heaviest is Brandy, and the least heavy (or the lightest) is Jelly. ***This week’s contest:*** What is the second to the largest number and the second to the smallest number that you can make if you have one each of the following Roman numerals? I V L X



Co-op Cooking – One of the best of spring’s vegetables is asparagus, and it’s a wonderful salad component, especially when grilled. This salad is great for a light lunch, served with a baguette,

or as a side for an early season barbecue.

Grilled Asparagus Salad

2 lbs asparagus, woody stems removed

4 tbsp extra-virgin olive oil, divided

1 cup sun-dried tomatoes, cut into strips

8 ounces goat's milk feta cheese, crumbled

1 cup kalamata olives

1/2 cup fresh basil leaves

1 tsp coarse sea salt

1 tbsp aged balsamic vinegar

pinch of coarsely ground fresh black pepper

pinch of salt

Preheat barbecue or indoor grill to high. Toss asparagus in 3 tbsp olive oil and season with a little of the salt and pepper. Grill for about five minutes (until slightly charred but still firm). Place on a large platter and sprinkle with tomatoes, feta and olives. Garnish with fresh basil leaves. Drizzle with aged balsamic vinegar and remaining olive oil. Sprinkle with sea salt and cracked black pepper. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, May 28, 2008



Week of May 25– May 31, 2008, Vol. 3, No. 27
Edited and Compiled for you, by the Rising Tide Collective

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Openings – *“This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good.”* -Author Unknown Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Heritage Credit Union** with branches in Dartmouth and surrounding communities, held its 69th AGM on April 29th
<https://www.heritagecu.com/SharedContent/documents/newsletters/april%20newsletter.pdf>
Heritage’s new board of directors includes Heather Matthews, Chair, John Peach, 1st vice-chair, Dan McDonald, 2nd vice-chair, Bill Mills, secretary, David Borden, Bruce McLaughlin, Ron Norquay, Caroline Wolfe Stewart, Brian Smith, Paul Adams and Braden Urquhart
- In 2005, Atlantic Business Magazine decided to recognize the extraordinary achievements of its five-time Top 50 CEO award winners by creating the Top 50 CEO Hall of Fame. As the magazine marks the 10th anniversary of its corporate leadership awards, it revisited the 14 individuals who have been inducted thus far. Among this year’s recipients were **Jamie Baillie, President & CEO of Credit Union Atlantic Ltd and Allison Chaytor-Loveys, CEO of Newfoundland & Labrador Credit Union.**
<http://www.atlanticbusinessmagazine.com/>
- Credit Union Central of Canada presented its annual National Credit Union Awards for outstanding achievement during a recent ceremony that concluded its annual conference. Four young credit union professionals were recognized as National Young Leaders including from Atlantic Canada **Terry Moore**, Director, Marketing Communications, Credit Union Atlantic, Halifax. <http://www.ns-creditunions.com/default.asp?mn=1.21.42.117&sfid=content.id&search=388>
- At its annual meeting, **Chaleur Credit Union** revealed its 2007 record financial performance to its members, a record annual surplus earning before patronage rebates and income taxes, with a result of \$797,000 for 2007. This record amount represents an increase of 14.7% over the 2006 record year and a progression of 290% compared to the year 2000
http://www.acadie.com/en/communique_affiche.cfm?id=184
- **Prince Edward Island** is Canada’s largest potato producing province, and is often known as “spud Island.” **Potato farmers and packers** in the province have been supporting food banks across Canada for many years, but this is the first time a tractor-trailer load of PEI potatoes has been donated to the Greater Boston Food Bank
[.http://www.atlanticfarmfocus.ca/index.cfm?iid=2833&sid=25314](http://www.atlanticfarmfocus.ca/index.cfm?iid=2833&sid=25314) The donation was

arranged as part of celebrating the International Year of the Potato. Several potato growers and packers donated the potatoes.



Trends - There is little doubt about the renewed consciousness people have about the environment – global warming and climate change, off-gassing and hazardous chemicals, fossil fuels, carbon footprints and carbon neutral, eco-friendly, renewable and sustainable, post-consumer and pre-consumer – to quote Monty Python’s Protest Song: ”What the hell does it mean?” Well, it turns out many consumers are asking the same question: What does it mean? And more succinctly, how can we tell? Corporations and manufacturers are taking advantage of the confusion to sell consumers on a vast array of so-called ‘green’ products...except they aren’t so green after all. It’s a phenomenon called ‘**greenwashing**’ and it exists because there are no set rules for making environmental claims. Case in point: The Chevrolet Tahoe Hybrid SUV, which seats eight, was just named the Green Car of the Year by an automobile panel that included the executive director of the Sierra Club...the Tahoe Hybrid SUV gets 20 miles per gallon or roughly the same mileage as the non-hybrid Honda Pilot SUV, which also seats eight. Which is the greener vehicle? What about bottled water? Nestlé has just launched a bottled water product in a single use ‘eco-shape’ format. Eco-shape? It simply uses less plastic...it’s not eco-shape. Simply Google “bottled water hype” to see why single-use bottled water is simply not good for you or the environment and caveat emptor. – *Ron Levesque*



Circle of Life - **HRMSmartTrip.ca**: The municipal government in Halifax, NS has just launched a website where people can go and connect with others who may be travelling in the same direction as them to potentially carpool together. This is only one of many examples of initiatives to provide alternative transit options to commuters and reduce pollution in cities. There are also pay services like Greenrider.ca which offers a for-pay carpooling service over a wide distance in NS each day. As the price of gas increases, what changes are you making in your daily routines to save money, energy and reduce pollution? Let us know. – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The deadline for scholarship applications to **Northumberland Dairy Co-operative** in New Brunswick is fast approaching (only 1 month left to apply). If you are living in NB, you can apply. Two scholarships are going to students entering community college, two are going to children of Northumberland Dairy Co-op employees and two to other young NBers who are pursuing post-secondary education (all with a \$1000 value). You can find information on the scholarship at <http://www.northumberlanddairy.ca/e/1000/scholarships.cfm> – *Erin Hancock*



Trading Fairly - Many co-operatives and organizations involved in fair trade offer ways for school students to learn more about the concept. **Trading Fairly in Our World** is a Social Studies Unit offered in Grade 6 by the Eastern Ontario Catholic Curriculum Co-operative and produced with the support of the Canadian International Development Agency. Topics covered include an introduction to poverty in the world, where do our goods come from and how our goods are sometimes made, what is fair, fair trade values and principles, and making our world a fairer place. To learn more go to:<http://www.eoccc.org/fairtrade/index.html>



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools

and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *“I learned about the Philippines and how different the country is from ours. I really don’t know if I could live with out snow. I learned how to take a bicycle to school and sometimes they have little shops inside their house.”* – Ryan, Sussex, NB



Co-op Ed 101- This week, we are looking at **preschool co-ops**. There are many in Canada. This preschool in St Catharines, ON, caught my attention: the North End Co-operative Preschool Corporation, 677 Niagara Street, St. Catharines, <http://northendcooppreschool.ca/> Have a look at their photo page. I would like to spend some time playing here. Another in Markham, ON <http://www.markhamcooppreschool.com/>

and another at <http://www.parentspress.com/educoopreschools.html>– *Maureen MacLean*



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Contest of the Week - The first correct entries last week were from Cathy Darland and Glenna Weagle at almost the same time. Congrats!! Everyone who enters has their name placed in the contest can for the month end draw. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week’s contest:*** What is the second to the largest number and the second to the smallest number that you can make if you have one each of the following Roman numerals? I V L X **Answer:** The second to the largest number is LXIV (64); the second to the smallest number is XLVI (46). ***This week’s contest:*** As you know, one way to tell an insect from a spider is to count its legs. All insects have six legs, and all spiders have eight legs. So if some insects and spiders went to a dance, and there were 48 dancing legs, how many insects and how many spiders were at the dance?



Co-op Cooking – Mushrooms are one of the most versatile veggies in my house. They can be added to a sauce, a stir-fry, a soup or casserole, or thrown into a salad. Here's a recipe I just

received from 'Mushrooms Canada', a site sponsored by mushroom growers. If you enjoy mushrooms you might like to check out their site or subscribe to their e-mail newsletter.

Italian Stuffed Mushrooms

8 large jumbo or stuffer fresh mushrooms
1/2 cup fresh bread crumbs
1/4 cup shredded mozzarella cheese
2 finely minced, garlic cloves
4 finely chopped, pitted black olives
2 tbsp finely chopped sun-dried tomatoes in oil
2 tbsp finely chopped marinated artichoke heart
2 tbsp finely chopped green or sweet onion
2 tbsp light mayonnaise
1/2 tsp dried oregano or basil
1/4 cup olive oil
1 tbsp grated Parmesan cheese

Remove the stems from the mushrooms and finely chop. In a medium bowl, combine chopped stems, bread crumbs, mozzarella cheese, garlic, olives, tomatoes, artichokes, onion, mayonnaise and oregano; mix well. Brush oil on outside of mushroom caps. Spoon filling evenly into caps, mounding as necessary and place in shallow baking pan. Sprinkle Parmesan on top. Bake in 425°F oven for 15-20 minutes or until mushrooms are heated through. Makes 4 main course or 8 appetizer servings

Variation: Substitute about 16-20 large mushrooms for jumbos or stuffers. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, June 4, 2008



Week of June 8– June 14, 2008, Vol. 3, No. 29
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Openings – “Soon silence will have passed into legend. Man has turned his back on silence. Day after day he invents machines and devices that increase noise and distract humanity from the essence of life.” - Jean Arp www.guggenheimcollection.org/site/artist_bio_8.html

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Scotian Gold Family Fun Day <http://www.novanewsnow.com/article-i218435-Scotian-Gold-Family-Fun-Day-a-great-time-for-all-ages.html> was fun for all ages at **Scotian Gold's** fifth annual Apple Blossom Festival Family Fun Day in Coldbrook during Apple Blossom Festival weekend. There was live musical entertainment, dancing by the Mary's Island Dance Troupe, sheep shearing, apple and ice cream eating contests, a woodman's competition, wagon rides, a petting zoo, face painting, a royal party visit and more.
- **Credit unions and co-operatives** around the world will use the theme It Belongs To Me as they celebrate International Credit Union Day on Oct. 16 and Co-op Week from Oct. 12-18. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfield=content.id&search=399> Demonstrating true co-operation at an international level, this year's theme for International Credit Union Day and Co-op Week was chosen by a U.S./Canadian committee representing credit unions and co-operatives worldwide. This is the first year that Canadian co-operatives have aligned their Co-op Week theme and artwork with the international theme used by WOCCU and its members.
- **Heritage Credit Union** <https://www.heritagecu.com/> in Halifax, NS, opened a new branch In October 2007, at 120 Kearney Lake Road. In early 2008, it relocated its Milford Branch to the thriving community of Elmsdale. The new branch is able to serve members of the communities of Shubenacadie, Stewiacke, Milford, Elmsdale and Enfield. For more details and the annual report see <https://www.heritagecu.com/SharedContent/documents/Web%20size%20Adobe7%20only.pdf>
- The **Advance Saving Credit Union** Community Champion award was designed to honour organizations or individuals within its community who make the world a better place and inspire everyone. This year's winner of the ASCU Community Champion award is **Monique LeBlanc Gough** of Riverview, New Brunswick. http://www.advancesavings.ca/community_community_champion.ht Monique started a program called *Blankets for the Metro Moncton Homeless*. She decided to collect blankets and coats that her family no longer needed. She created a Facebook group to help spread the word about the program. Soon there was radio hype from local radio stations, ads on localmoncton.com, and small blurbs in the newspaper. In the end, she collected over 500 items. From the credit union she received a \$500 cheque to the charity of her choice.

- **Laquita Normore**, marketing and communications manager for **Eagle River Credit Union**, in L'Anse au Loup, NL, submitted *It Belongs to Me*, the theme chosen for this year's Co-op Week and International Credit Union Day celebrations. The French version of the theme is: *Coopérer c'est s'enrichir mutuellement*. Co-op Week will be celebrated October 12–18 this year, with International Credit Union day recognized on October 16.



Trends - Today I want to talk about something that's sometimes called '**the fifth fuel**' – energy efficiency. While the use of other fuels to create energy oftentimes leads to negative byproducts – depleted uranium, greenhouse gasses, noise pollution as examples – energy efficiency has only wealth as a byproduct. Economists have adopted a term for energy efficiency – the negawatt. From Wikipedia: "This technique works by investing to reduce electricity demand instead of investing to increase electricity generation capacity. This 'virtual generation' method can supply growth of supply by improving the efficiency of existing electrical equipment rather than by building new power stations. Energy consumers may also reduce energy consumption for a few hours to 'generate' negawatts – hypothetical tradeable units of saved energy. By shutting off air conditioners during the peak electrical load hours – summer afternoons – peak electricity consumption can be reduced. This reduction in consumption is referred to as a negawatt." To close, a brief update on last week's Trends. I had mentioned that the Chevy Tahoe hybrid SUV had, somehow, received a Green Car of the Year award. Turns out GM has only sold 1100 of them (including its sister Yukon hybrid) throughout the world so far.
<http://www.nytimes.com/2008/05/31/business/31hybrids.html?pagewanted=print> – *Ron Levesque*



Circle of Life - Spring/Summer Reading: As the evenings get nicer to sit outside or you run into a rainy day, here are a number of magazines that I enjoy. They are unique and cover a variety of interesting topics.

Mary Jane's Farm <http://www.maryjanesfarm.com/magazine.html>

Back Home <http://www.backhomemagazine.com/>

Natural Home <http://www.naturalhomemagazine.com/>

What interesting magazines are you reading? Share your suggestions at: news1@nbnet.nb.ca – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The upcoming **Canadian Co-operative Association Congress and Annual Meeting**, scheduled for June 25-27 in Winnipeg will be offering a youth forum. Details are yet to come, but visit <http://www.coopscanada.coop/congress2008/> for updates coming soon. – *Erin Hancock*



Trading Fairly - In partnership with W.K. Kellogg Foundation, **Aid to Artisans South Africa Artisan Trust** has begun a multi-year program in southern Africa to "facilitate the growth and sustainability of cultural industries through market and product development, training and entrepreneurship building in southern Africa.

To learn more, visit: <http://www.aidtoartisans.org>



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*I learned that what we take for granted the less wealthy wish they could have, like proper schools, a roof over our heads,*

clean water and enough food. I also learned how much pollution we really have and that we should pick up after ourselves more.” – Dara, Pugwash, NS



Co-op Ed 101- A few weeks ago I spent some time with friends who after the food scare with dog food decided to make their own. I wondered if there was any co-op alternative. Looking around I found this type of hybrid member / ownership /worker co-op that seems to offer many types of foods for pets. **Sandy Hill Pet Food Co-op** <http://www.sandyhillpetfood.ca/> is a non-profit co-operative serving the community with natural and holistic pet food, ecological soaps and cleaners, toys and other accessories. There were 750 members in 2007. – *Maureen MacLean*



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Contest of the Week - The first correct entry last week was from Sally White. Everyone who enters has their name placed in the contest can for the month end draw. The winner for the month of May is Theresa McDonnell, St. George's, NL A small gift is on the way. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week’s contest:*** As you know, one way to tell an insect from a spider is to count its legs. All insects have six legs, and all spiders have eight legs. So if some insects and spiders went to a dance, and there were 48 dancing legs, how many insects and how many spiders were at the dance? Answer: 3 spiders @ 24 legs plus 4 insects @ 24 legs = 48 legs We also want to thank Bob Potegal for making us smile when he sent his answer: 3 spiders @ 24 legs plus 4 insects @ 24 legs = 48 legs ... or 7 bugs-a-boogie ***This week’s contest:*** A man applied for a job. The woman who interviewed him offered him two pay rates: a straight rate of \$100 a day or a pay rate that would begin at one cent the first day and then double each day. The second rate meant the man would earn two cents the second day, four cents the third day, eight cents the fourth day, and so on. The man chose the second rate, and the woman hired him. Tell why, and prove your case.



Co-op Cooking – Sometimes I get a bit bored with run-of-the-mill breakfasts. For a real change of pace, if there ever was a breakfast salad, this is the one. Or it's great for a brunch menu as the egg provides nourishment for the rest of the day.

Breakfast Salad

1 red onion, sliced 1/4-inch thick
7 tbsp extra-virgin olive oil, separated
1/2 clove garlic, crushed
3 tbsp red wine or sherry vinegar
2 tsp Dijon mustard
pinches of salt and pepper
12 oz baby spinach greens, washed
4 eggs
1 tsp white vinegar
8 strips bacon
2 medium ripe red tomatoes

Toss onion rings in 1 tbsp olive oil and grill on barbecue or indoor grill until dark brown on each side. Allow to cool, and then chop into small pieces. Set aside. Combine garlic, wine vinegar, mustard, pinch of salt and pepper and whisk. Slowly add the remaining olive oil in a steady stream while continuing to whisk. Once a smooth sauce forms, add onion.

Cut bacon into 1-inch pieces and fry until crisp. Drain well on paper towel. Bring 16 cups of water to a simmer, add white vinegar; poach eggs gently in water for 4 minutes.

Slice tomatoes into 8 rounds. Season with a pinch of salt and pepper. Toss spinach with half of dressing and divide between 4 plates. Place 2 tomato rounds on top and in center of each. Set a poached egg on top of tomatoes (this prevents greens from wilting too quickly); sprinkle with bacon bits and drizzle remaining dressing over top. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, June 18, 2008



Week of June 22– June 28, 2008, Vol. 3, No. 30

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Openings – “*The ability to simplify means to eliminate the unnecessary so that the necessary may speak.*” - Hans Hofmann www.hanshofmann.net

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Iona Connection** is an umbrella co-operative comprised of historical societies and heritage groups from all over Cape Breton Island. They share the common goal of preserving the heritage of the Island. Its mission is to create an environment where the culture and natural heritage of Cape Breton Island thrives. Established in 1994, its primary aim is mutual support through shared knowledge and experience. The membership discusses and acts on important policy issues of concern to the whole. Individual concerns can be raised and the membership can rely on the advice and leadership of the group. The Iona Connection strives to help the people of Cape Breton recognize and preserve what they value about their heritage. Historical societies, that are members of the Iona Connection hold their own meetings, arrange special events such as historical tours, etc., provide children's programming for schools, hold lectures and conduct commemorative functions. Some operate museums in their local communities providing a permanent home for their heritage and unique local treasures. Some of the year-round sites have paid staff, but for the most part, community museums are managed and staffed by volunteers, supplemented by university students in the summer. Visitors will enjoy both interesting exhibits and a friendly welcome at all of these sites. <http://capebretonisland.org/content/view/36/41/>
- **OMISTA Credit Union** in Moncton, NB, was just awarded the position of 10th Best Place to Work in Atlantic Canada. In Progress magazine's annual survey of the top 20 Best Places to Work in Atlantic Canada, companies are ranked on Human Resource policies and employee responses to questions relating to leadership, culture, and company practices. At the Best Places to Work Awards Ceremony held in Halifax on June 20th, 2008, OMISTA Credit Union took home the award for position number ten, moving up two from last year's rank of number 12 across the Atlantic. The Best Places to Work program was designed to recognize the best employers in the region who are recognized by their employees for making it a priority to create better workplaces. According to Peter Burke, president of Best Companies Group, “Identifying outstanding employers is a very effective way of recognizing the importance of creating cultures where employees love to come to work.” As an employee, Anise Boudreau agrees. “OMISTA is not my job but my career, my future, where I am part of a team and have the opportunity to empower our owners to take control of their finances on a daily basis.” For 70 years, OMISTA Credit Union has provided owners superior service, innovative products and wise financial guidance. OMISTA is part of Canada's largest network of financial institutions. Credit Unions nationwide manage \$95 billion in assets for over 4.9 million owners across the country



Trends - I'm reminded this past month of a series of books I used to read voraciously while a young child – the **Hardy Boys series** of books. I remember walking into the public library in Grand Falls every week to pick up another in the series until I'd read them all, and how Mrs. Shannon, the librarian, either took pity on, or rewarded me, with brand new ones until all 58 editions of the hard covered, aqua coloured books were all lined up perfectly on the shelf. I'm reminded of that this month because I've started reading the Hardy Boys to my sons, and while the original 58 still stand the test of time, the series actually ended in 2005 at number 190. (There are derived works, but I'm not counting them). Two of the books in particular grabbed my attention recently, #187, "No Way Out" is entirely set in Cape Breton, Nova Scotia; while in #188, "Farming Fear", the Morton's grandparents have belonged to a farm co-op for over 30 years. That's pretty neat, especially considering the first Hardy Boys mystery was published in 1927 and updated beginning in 1959. What's also neat is that to this day, the Hardys are still aged 17 and 18, but now they have access to GPS receivers and laptop computers to help solve their mysteries (it's called a floating timeline). See more about the Hardy Boys on Wikipedia.–
Ron Levesque



Circle of Life - Communities in Bloom: "is a volunteer-based, non-profit organization committed to fostering civic pride, environmental awareness and municipal beautification through community involvement and the challenge of a national program." To learn more about this program that could already exist in your community, or how to get involved, visit:
<http://www.communitiesinbloom.ca/> – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The **National Young Leaders Committee** of the Canadian Credit Union System have identified young leaders across the country in the credit union sector and are working to create a database of these leaders. "The National Young Leaders Committee vision is to make the credit union system the number one employer for young leaders in the financial services industry. To bring this vision alive the committee is focusing on four key strategic goals: attracting talent, developing talent, retaining talent and succession planning." Read more at http://www.cucentral.ca/NYL_DB_July07 – *Erin Hancock*



Trading Fairly – **Ten Thousand Village's** philosophy of helping to build a sustainable future is based on the principle that trade should have a conscience. Through 'fair trade' artisans receive the respect, dignity and hope that comes from working hard and earning fair value for their work. Check out the Web site: www.tenthousandvillages.ca



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*Today I learned about the beaches and how polluted they are by plastic in the Philippines and how the credit union there is trying to educate the students in sorting their garbage. I also learned that the students have to share supplies, books and desks.*" – *Jessica, Yarmouth, NS*



Co-op Ed 101- Everyone is talking about the price of gas but no one can do anything about it and if the media hype is accurate, it won't get better soon. Do we have alternatives? Will someday those of us in urban centers be able to do without a car except for certain days or events? Today, we look at some **car share co-ops**. <http://victoriacarshare.ca/drupal-6.2/>

<http://web.net/~cce/index.html>

<http://www.peoplescar.org/>

<http://www.calgarycarshare.ca/> – Maureen MacLean



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- June 23-28, 2008 - **What's Working in Community Development** conference, Acadia University in Wolfville, Nova Scotia The pre-conference announcement can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/PreConfLo.pdf> If you are submitting an abstract or presentation outline, it must be received by December 31st, 2007. The call for abstracts/presentations can be downloaded from: <http://www.horizonscda.ca/PDF%20Files/AbstractsLo.pdf>
- August 10, 2008 – Credit Union Atlantic Lung Run, Pier 21, Halifax, NS. To register or fundraise and to learn more about the NS Lung Association and the Credit Union Atlantic Lung Run visit www.ns.lung.ca or call 1-888-566-8864.



Contest of the Week - Last week we had no correct entries. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest:*** A man applied for a job. The woman who interviewed him offered him two pay rates: a straight rate of \$100 a day or a pay rate that would begin at one cent the first day and then double each day. The second rate meant the man would earn two cents the second day, four cents the third day, eight cents the fourth day, and so on. The man chose the second rate, and the woman hired him. Tell why, and prove your case. **Answer:** The woman hired the man because she wanted a smart employee, and he was smart enough to figure out that he would accumulate much more money at the second pay rate as soon as he got to the 18th day of work. It's true that at Day 10, the first rate would pay him a total of \$1,000, for the first 10 days and the second rate would pay him a total of only \$10.23 for the same ten days. By day 19, however, the first rate would earn him a total of \$1,900, but the second rate would earn him \$2,621.44 just for that day! And the man's earnings would keep increasing by leaps and bounds. ***This week's contest:*** In your mind, follow these instructions:

1. Beginning with a full cup of coffee, drink one-sixth of it.
2. Pour into the cup the same amount of milk as you have just drunk of the coffee.
3. Now drink one-third of the mixture.
4. Pour into the cup the same amount of milk as you have just drunk of the mixture.
5. Now drink one-half of the mixture in the cup.
6. Pour into the cup the same amount of milk as you have just drunk of the mixture.
7. Drink the whole cup of liquid.

Have you had more milk or more coffee? How much of each have you had?



Co-op Cooking – One of the best of spring's vegetables is asparagus, and it's a wonderful salad component, especially when grilled. This salad is great for a light lunch, served with a baguette, or as a side for an early season barbecue.

Grilled Asparagus Salad

2 lbs asparagus, woody stems removed

4 tbsp extra-virgin olive oil, divided
1 cup sun-dried tomatoes, cut into strips
8 oz goat's milk feta cheese, crumbled
1 cup kalamata olives
1/2 cup fresh basil leaves
1 tsp coarse sea salt
1 tbsp aged balsamic vinegar
pinch of coarsely ground fresh black pepper
pinch of salt

Preheat barbecue or indoor grill to high. Toss asparagus in 3 tbsp olive oil and season with a little of the salt and pepper. Grill for about five minutes (until slightly charred but still firm). Place on a large platter and sprinkle with tomatoes, feta and olives. Garnish with fresh basil leaves. Drizzle with aged balsamic vinegar and remaining olive oil. Sprinkle with sea salt and cracked black pepper. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca



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Openings – “Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.” - Joseph Addison

www.theatredatabase.com/18th_century/joseph_addison_001.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Co-operative Housing Federation of Canada** celebrated its 40th anniversary with the publication of a new history of co-operative housing in Canada. *Under Construction: A History of Co-operative Housing in Canada* is a success story, built on the principles and perseverance of people who just wouldn't take no for an answer in their pursuit of a place for housing co-ops in Canada. The official launch of *Under Construction: A History of Co-operative Housing in Canada* took place at CHF Canada's annual general meeting in Toronto, on June 14, during which time author Leslie Cole spoke to more than 700 housing co-op members from across Canada. There are more than 93,000 co-op homes in Canada, providing affordable housing for a quarter of a million Canadians
- **Nova Scotia's** co-op businesses are reporting significant growth at a time when the economy is suspected to be slowing down. Speaking at the **59th annual meeting** for the **Nova Scotia Co-operative council in Truro**, council CEO **Dianne Kelderman** announced a business growth of 5.6 per cent. This equates to an increase of \$80 million since this time last year. <http://www.novascotiabusinessjournal.com/index.cfm?sid=145239&sc=107> There are 402 co-ops and credit unions in Nova Scotia. They employ more than 7,000 people and generate revenues in excess of \$5 billion annually.



Trends - It may just be the time for the 'people' to take back their government. There's a trend happening in New Brunswick and it's not very pretty. First came a judge's decision overturning the launch of a new immersion program for the province's schools – the judge ordering the education minister to consult with the people before making decisions that affect them. Then there is the 'silent majority' (an MLA's words, not mine) which is in favour of uranium exploration and mining in their backyards...riiiiight. And last week, in the francophone media, was the story of a new NB Power customer being asked, in an official capacity, who would be the people living with that customer. Seems NB Power wants to find delinquent past customers, and I assume they can refuse to hook you up if one of the people living under your roof hasn't paid a bill in the past. Not to be outdone, there's the story of a group of residents in Montreal (not in New Brunswick, I know, but trends know no boundaries) being ordered to install handrails on their steps (many with four stairs) if they wanted to continue to receive mail. All of a sudden, Canada Post deems their steps 'dangerous' and 'hazardous'. Now, people being rational and creative beings that they are, have decided that one good turn deserves another, and will report any mail carrier NOT using the handrails. – *Ron Levesque*



Circle of Life - Eco-Action Funding: For groups interested in funding opportunities for various projects, check out Eco Action Community Funding Program. This funding supports projects that have measurable, positive impacts on the environment. Visit

http://www.ec.gc.ca/ecoaction/what_is_e.html for more information. – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – At the **Canadian Association of Studies in Co-operation** conference, held within the larger Social Sciences and Humanities Congress in Vancouver, BC in early June, I was able to have lunch and speak with a few young and passionate co-operators. The three, **Kathryn Foulds** (working with the Canadian Co-operative Association (CCA)), **Tanya Gracie** (currently with the CCA) and **Chelsea Lake** (founding member of the New Practice Facilitators Co-operative) presented “Co-operatives and Youth” at the conference. They used interactive methods to involve the audience in the presentation (activities). They provided many lessons that were worth remembering, including that youth need opportunities in the co-op movement, but also that the co-op movement needs youth. While speaking with the three over lunch, a key lesson emerged, youth are not the leaders of tomorrow (which is a common tagline used), but rather they can be the leaders of today as well. Perhaps this lesson can be useful in your own co-op and we can all make a point to provide opportunities to bring youth and their energy into the movement. – *Erin Hancock*



Trading Fairly – Some readers may know that Wolfville, NS, became the first fair trade town in Canada during this past year. For a quick peak at another fair trade town, visit Hebden Bridge in the United Kingdom and learn more about the Fairtrade Town initiative.

http://www.hebdenbridge.co.uk/fairtrade/fairtrade_directorypage3.htm#HebdenBridge



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*I learned that oceans in other countries are very dirty and there is plastic on the beach.*” - Colby, Grade 5, Sackville, NB



Co-op Community Bulletin Board

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- August 10, 2008 – Credit Union Atlantic Lung Run, Pier 21, Halifax, NS. To register or fundraise and to learn more about the NS Lung Association and the Credit Union Atlantic Lung Run visit www.ns.lung.ca or call 1-888-566-8864.



Contest of the Week - Last week Cathy Darland, Advance Savings Credit Union, was our winner. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca **Last week's contest:** In your mind, follow these instructions:

1. Beginning with a full cup of coffee, drink one-sixth of it.
2. Pour into the cup the same amount of milk as you have just drunk of the coffee.
3. Now drink one-third of the mixture.
4. Pour into the cup the same amount of milk as you have just drunk of the mixture.

5. Now drink one-half of the mixture in the cup.
6. Pour into the cup the same amount of milk as you have just drunk of the mixture.
7. Drink the whole cup of liquid.

Have you had more milk or more coffee? How much of each have you had?

Answer: You have had the same amount of milk as you have had coffee. The cup originally held a cup of coffee (one-sixth plus one-third plus one-half), and you have poured in the same amount of milk. **This week's contest:** Here is a set of letters that make no sense: umboet. The letters can become a familiar two-word phrase if you put a j at the beginning and add another j where a second word should start. The phrase you can make out of the letters above is jumbo jet. Figure out how to make each of the sets of letters below into a two-word phrase in the same way. Add a letter at the beginning. Then add the same letter where a second word should begin.

- otow
- tudykills
- astood
- oubleate
- oodrief



Co-op Cooking – Mushrooms are one of the most versatile veggies in my house. They can be added to a sauce, a stir-fry, a soup or casserole, or thrown into a salad. Here's a recipe I just received from 'Mushrooms Canada', a site sponsored by mushroom growers. If you enjoy mushrooms you might like to check out their site or subscribe to their e-mail newsletter.

Italian Stuffed Mushrooms

- 8 large jumbo or stuffer fresh mushrooms
- 1/2 cup fresh bread crumbs
- 1/4 cup shredded mozzarella cheese
- 2 finely minced, garlic cloves
- 4 finely chopped, pitted black olives
- 2 tbsp finely chopped sun-dried tomatoes in oil
- 2 tbsp finely chopped marinated artichoke heart
- 2 tbsp finely chopped green or sweet onion
- 2 tbsp light mayonnaise
- 1/2 tsp dried oregano or basil
- 1/4 cup olive oil
- 1 tbsp grated Parmesan cheese

Remove the stems from the mushrooms and finely chop. In a medium bowl, combine chopped stems, bread crumbs, mozzarella cheese, garlic, olives, tomatoes, artichokes, onion, mayonnaise and oregano; mix well. Brush oil on outside of mushroom caps. Spoon filling evenly into caps, mounding as necessary and place in shallow baking pan. Sprinkle Parmesan on top. Bake in 425°F oven for 15-20 minutes or until mushrooms are heated through. Makes 4 main course or 8 appetizer servings Variation: Substitute about 16-20 large mushrooms for jumbos or stuffers. -

Glenna Weagle



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *Thank you so much for including us in the current issue of Co-op Circles! It's certainly rewarding to be acknowledged as a Best Place to Work by our employees. It's just as rewarding to be recognized in our media, by our system partners, and the residents in the communities in which we do business. Have a great day! – Trisha Leaver, OMISTA Credit Union, Moncton, NB*



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Openings – *“If I can stop one heart from breaking,*

I shall not live in vain;

If I can ease one life the aching,

Or cool one pain,

Or help one fainting robin

Up to his nest again,

I shall not live in vain.” - Emily Dickinson www.online-literature.com/dickinson/

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Canadian Co-operative Association (CCA)** is seeking a Technical Consultant to support the development of a Business Plan for one or more pilot Credit Unions to be established in the Kampong Chhnang province of Cambodia. This is a three week field assignment requiring travel to and from Cambodia, starting September 13th, 2008. Please fax or email resumes and covering letters to: Derek Cameron, Program Officer Asia and Microfinance, Canadian Co-operative Association, 400-275 Bank Street, Ottawa, Ontario, K2P 2L6, Fax: 613-567-0658, derek.cameron@coopscanada.coop For more information visit www.coopsCanada.coop The deadline for applications is July 30, 2008.
- **Moncton area credit unions** recently joined together to purchase the 20th of 100 shelves being sold in the **Buy a Shelf** campaign at the Food Depot Alimentaire (FDA). Representatives from Advance Savings Credit Union, OMISTA Credit Union, PSE Credit Union and Rexton Credit Union gathered at the FDA to present a cheque for \$12,500; the price to buy one shelf. The FDA's main purpose is to help those who help others. They operate as a food storage and distribution centre from their recently acquired 12,000-square-foot warehouse and distribute food to 23 food banks and community kitchens across southeastern New Brunswick. Approximately 2.5 million pounds (1.134 million kg) of food is processed through the FDA every year – enough to fill 85 tractor trailers. The Buy a Shelf campaign is a capital campaign where 100 shelves are being sold at a cost of \$12,500 each to help raise \$1.25 Million in order to purchase the building where they are currently located; a purchase that will significantly reduce their annual operating costs and free up funds to purchase more food for the communities. Currently their operating costs are over \$72,000 per year. The cost to purchase one of the shelves can be spread out by paying \$2500 annually for five years. “The area Credit Unions are committed to doing whatever we can to ensure that this valuable resource remains available for the many food banks in our communities,” says Jennifer Marr, Community Promotions Officer for Advance Savings Credit Union. “The FDA is still early in its campaign and only needs to sell 80 more shelves in order to reach their goal so we encourage other businesses to also consider supporting this community-focused organization by purchasing a shelf.”

- Three **Moncton credit unions** have joined together to support the **Typically Canadian Group**, a team of inspirational young men who are biking across Canada in order to pay tribute to people who have battled or are currently battling cancer. Representatives from Advance Savings Credit Union, OMISTA Credit Union, and PSE Credit Union gathered at the Assumption Fire Department to present the Typically Canadian team with a cheque for \$750. All proceeds go directly to the Canadian Cancer Society and the Typically Canadian team has already raised over \$63,000 for the cause. “It is truly inspirational to see four young men coming together to cycle across Canada to raise awareness and funds for a disease that will affect each and everyone of us someday,” says Jennifer Hamilton, Business Development Manager for PSE Credit Union. “Through their selfless dedication to this cross-country journey, in each of the communities they visit, they are honouring Typical Canadians who have battled or lost their lives to cancer. These young men truly are heroes for their dedication and time to this cause.” Over the summer, the Typically Canadian Group is partnering up with firefighters across Canada as they embark on a cross-country journey, to inspire others, not with the physical feat of riding their bikes, but by relaying the inspirational stories of Canadians who have battled this merciless disease and honouring all Typical Canadians who have gone above and beyond in the fight against cancer.
- Are you interested in taking part in a fundraising event that incorporates a love for dancing, a show of cultural diversity, a sense of team spirit and some great entertainment – all for the good cause of helping CUSO and VSO volunteers make the world a better place to live, work and play for all? If so, then the position of chair and/or committee member for **Dance for the World’s Special Events Committee** may be just the volunteer opportunity you’ve been looking for! Check out www.dancefortheworld.ca Halifax event is scheduled for Nov. 15th, 2008. If interested, please call 1 800 676-8411 or email cuso.atlantic@cuso.ca
- Advance Savings Credit Union, OMISTA Credit Union, PSE Credit Union and Rexton Credit Union presented the **CHOICE REWARDS™ MasterCard® and Credit Union Community Leadership Award** to the Maritime Junior “A” Hockey League team player who best exemplifies credit union values of community involvement, responsibility and leadership. The recipient of the award for the 2007/2008 season is **Corey Garland** of the Dieppe Commandos (formerly the Moncton Beavers). Corey, who is attending Concordia University in Montreal this fall, was presented with the award during a recent game along with a \$500 scholarship from CHOICE REWARDS™ MasterCard®. He was also presented with a \$500 scholarship from the area credit unions.
- The **Canadian Worker Co-op Federation (CWCF)** is seeking nominations for this year’s **Worker Co-op Merit Award**, to be presented as part of the 2008 AGM/ Conference – November 13-15, in Winnipeg. The criteria are:

 - * The Award is given to a person or co-op which has made outstanding contributions to worker co-operation.
 - * It is generally awarded to a person or co-op within the region in which the Conference is taking place.
 - * Current Board members and staff are ineligible.

The deadline for nominations is Monday, July 21st. If you would like to make a nomination, please submit to Hazel Corcoran, hazel@canadianworker.coop Tél: (403) 276-8250, Fax: (403) 338-0226



Trends - I learned a new word today, and thought I'd pass it on. Maybe it's because my first language is French, though most of my working life has been writing something or other in English, but until today, I'd never heard of a "**contronym**". Right now, my spell checker has it underlined in red. My computer's dictionary (New Oxford American Dictionary) can't offer a definition, but the word exists. When all else fails, Wikipedia: "Conronym... (also called an auto-antonym) is a word with a homonym that is also an antonym. (...) It is a word with multiple meanings, one of which is defined as the reverse of one of its other meanings." Put simply, a contronym is a word that has definitions that are opposite of each other. Some examples: 'dust' can mean getting rid of fine particles: 'to dust furniture'; or applying fine particles: 'to dust crops'. A trucker will tell you a 'grade' is a hill, a surveyor will tell you it's level land. Something that is 'custom' may be what everyone does, or it may be unique. A mechanic will tell you a 'bolt' secures something, a prisoner may tell you it means running free. You can 'garnish' food – add something to it, or you can 'garnish wages' – remove something from them. You can learn more about contronyms here: <http://en.wikipedia.org/wiki/Conronym>. – Ron Levesque



Circle of Life - Local Summer Fun – Many people are choosing to adventure closer to home this summer with the price of gas and the environmental impact of traveling. There are lots of things to see and do in our own backyards and it's a chance to support our communities and local economies at the same time. Some ideas include: farmers' markets, community theatres, beaches and parks, museums, camping, and a variety of festivals and concerts. Check out your local tourism department for a list of activities and places to see in your area. – Bronwyn MacKinnon



Young Co-operators: The Buds on the Co-op Tree – Just in case some of you have yet to see this fun video about the difference between banks and credit unions, find it on Youtube today at <http://www.youtube.com/watch?v=cawzTSVTP2M&feature=related> . The video was produced by Larissa Walkiw of Young & Free Alberta. This is a very quick and simple video to teach people about the fundamental differences between these two types of financial institutions. Read more about the initiative at www.youngfreealberta.com/, powered by Common Wealth Credit Union. – Erin Hancock



Trading Fairly – In 1990, **Bettys & Taylors of Harrograte Ltd** decided to plant one million trees around the world to give something back to the communities the family business relies on for tea leaves and coffee beans. Nine years later, with the help of its main partner Oxfam and the support of its customers, they planted their millionth tree. To date, they have planted over three million trees on four continents, and donated more than one million pounds to Oxfam. To learn more, go to <http://www.treesforlife.co.uk/>



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*I was surprised that in the Philippines the kids have to go to school in uniforms and sometimes classrooms have only ceilings and no walls.*"- Brook, Grade 5, Marshview Middle School



Co-op Community Bulletin Board

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- August 10, 2008 – Credit Union Atlantic Lung Run, Pier 21, Halifax, NS. To register or fundraise and to learn more about the NS Lung Association and the Credit Union Atlantic Lung Run visit www.ns.lung.ca or call 1-888-566-8864.
- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB
- Nov 15, 2008 – CUSO's Dance for the World event, Halifax, NS



Contest of the Week – In Week 31, Kathy Woodside of Charlotte County Credit Union was our winner. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end draw. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. **Last week's contest:** Here is a set of letters that makes no sense: umboet. The letters can become a familiar two-word phrase if you put a j at the beginning and add another j where a second word should start. The phrase you can make out of the letters above is jumbo jet. Figure out how to make each of the sets of letters below into a two-word phrase in the same way. Add a letter at the beginning. Then add the same letter where a second word should begin.

- otow , tudykills , astood , oubleate , oodrief
- Answers: not now, study skills , fast food , double date , good grief

This week's contest: Figure out the word hinted at in Clue 1. Then rearrange those letters and add one more letter to figure out the word hinted at in Clue 2. Continue recycling letters and adding one more until you have built a seven-letter word as the answer to Clue 5.

Clue 1

A drink made with leaves

Clue 2

Something that's sticky on one side

Clue 3

A fold in a skirt or curtain

Clue 4

Thing that a stapler dispenses

Clue 5

Bodies in space



Co-op Cooking – Here in what we laughingly call the “fog belt”, summer has finally arrived. There is lots of sunshine and crowds of people on the beaches. After a swim, the perfect way to feed your guests is around the barbecue. Here is a mushroom salad that goes great with grilled meats.

Grilled Oriental Mushroom Salad

3 tbsp each vegetable oil and soy sauce

1/3 cup rice vinegar

2 cloves garlic, minced
1 tbsp Dijon mustard
2 green onions, chopped
1 tbsp finely minced gingerroot
1 lb. assorted sliced fresh Mushrooms (white, crimini, portabella, shiitake, oyster)
3 tbsp teriyaki sauce
16 cups mixed salad greens or baby spinach
1 tbsp sesame seeds

In small saucepan, mix oil, soy sauce, vinegar, garlic, mustard, onions and gingerroot; set aside. Pile mushrooms in centre of large piece of heavy-duty aluminum foil. Drizzle with teriyaki sauce. Fold edges and ends to seal well. Barbecue on high heat about 5-6 minutes or until steaming. Heat dressing on barbecue or stovetop just until boiling. Divide salad greens evenly among 4 large salad plates. Top with warm mushroom slices and drizzle with hot dressing. Sprinkle sesame seeds on top. Serve immediately.- Glenna Weagle



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *Thanks again for your efforts at keeping the spirit of cooperative alive, I look forward to Co-op Circles and am regularly amazed at the breadth and relevance of information contained in each issue.* – DK, Manitoba



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Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm
Next *Co-op Circles*: Wednesday, July 23, 2008



Week of July 20 – July 26, 2008, Vol. 3, No. 33
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings – “When a deep injury is done us, we never recover until we forgive.” - Alan Paton
literature.kzn.org.za/lit/22.xml Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Canadian Co-operative Association**, in association with Pengembangan Aktivitas Sosial Ekonomi Aceh (PASKA), seeks a volunteer sustainable agriculture **Technical Assistant** to work with their Social and Economic Recovery in Aceh Programme (SERAP). The western coastal areas of Aceh were among the areas hardest-hit by the tsunami resulting from the Indian Ocean earthquake on December 26, 2004. While estimates vary, approximately 230,000 people were killed by the earthquake and tsunami in Aceh, and about 500,000 were left homeless. The objective of the SERAP is to assist families in Nagan Raya, Pidie and Bireuen districts to regain self-reliance and rebuild livelihoods through community-based institutions. The project is led by the Canadian Cooperative Association and PASKA and also includes partnerships with the Social Marketing Circle and the Polling Centre. Application for this consulting position should be made to: Rodd Myers, Senior Programme Manager / International Agriculture Specialist, rodd.myers@coopscanada.coop Applications should be submitted no later than August 7, 2008.
- As part of a five year commitment to a total of \$5,000, **Advance Savings Credit Union** recently presented a cheque for \$1,000 to the Jordan LifeCare Centre Foundation Inc., an independent foundation that supports the Jordan LifeCare Centre Inc. and its residents. The donations are being used to help purchase much needed equipment for the residents of the Jordan LifeCare Centre, which is a 50 bed nursing home facility, located in River Glade, NB. For more information, visit www.advancesavings.ca or call 855-ASCU (855-2728).
- **Café Femenino Coffee Project** is a social program for women coffee producers in rural communities around the world. More than 1,500 women in Bolivia, Colombia, Dominican Republic, Guatemala, Mexico and Peru are active in the project http://www.cafefemenino.com/about_us.htm The Red Whale in Saint John NB is participating in this program <http://www.redwhalecoffee.com/wordpress/> Cafe Femenino is making a difference and Red Whale believes in the efforts of self-empowerment through sustainability, not subsidies. Read more at Cafe Femenino. <http://www.cafefemenino.com>.



Trends - I haven't jumped on the 'ban the plastic bag' trend. I see it as a somewhat confused issue that's being driven by rhetoric. Many claims are made, but I don't see a lot of facts presented. In my former journalist days, there were two dictums you pronounced when considering the facts presented to you for a story. One was 'follow the money', and the other was 'consider the source'. I still refer to them today when trying to figure out what's going on around me. We know there are trillions of bags produced each year. We know many of them end up in landfills each year – actually 'clogging' landfills and killing wildlife according to some sources.

In my view, the problem isn't so much the plastic bags, it's the littering and our irresponsibility with the bags once we get them home from the store. If you look at plastic bags from a weight or volume standpoint, well, there are much bigger fish to fry if our goal is to keep plastic out of landfills. Take a look at one week's worth of packaging next time you're hauling the blue garbage bag to the curb – just about everything is sealed away in a plastic clamshell or container designed to keep our products unadulterated by others or difficult to shoplift, because, well, that's what we as consumers and retailers want. My resistance to the 'ban the plastic bag' trend is also tempered by the fact that a big part of me thinks that's what landfills are designed for: receiving and storing garbage – i.e. the stuff that's non-compostable, non-recyclable and non-reusable – for the long term. That's how garbage gets to the landfill: in plastic bags, a vehicle that does what it's designed to do extremely well. The trend we should be developing, in my mind, is creating more recycling opportunities (some would say 'diversion opportunities') for all plastics, including the bags I get at the supermarket (which I divert as liners into our household trash cans). They exist in many parts of the country for glass and plastic bottles. We need to adapt that type of thinking to all plastics.– *Ron Levesque*



Circle of Life - Green Events – If you are planning an event this summer, from a family barbeque to a three-day festival, consider making your event as green as possible. Follow this link to helpful tips such as reduction, working with vendors, and communications.

<http://www.rrfb.com/pdfs/greenevent.pdf> Holding a green event is not just about recycling, there are many choices you can make about energy reduction and buying local, among many other things. – *Bronwyn MacKinnon*



Young Co-operators: The Buds on the Co-op Tree – The **Building Co-operative Futures** youth initiative marked its 6th forum last month. The conference has a different theme each year and has been held in a variety of places (from Saskatoon, SK to Manchester, England), but this year was extra special. The theme “Building Co-operative Futures in a Carbon Neutral World” not only focused on environmental issues in their conference proceedings, but they also used video conferencing and online forums rather than contributing to large fossil fuel emissions by flying people all around the world. Read more at www.learningcentre.coop/en/og/bcf2008 – *Erin Hancock*



Trading Fairly –The **Autonomie Project** <http://www.autonomieproject.com> in Boston, MA, is a new Fair Trade fashion company with sweatshop-free & eco-friendly footwear, clothing and accessories. The project works exclusively with small, independent co-operatives and Fair Trade certified facilities located in developing areas of the world. It uses organic cotton, all natural FSC rubber, and other eco-friendly materials whenever possible to lessen environmental impact.



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*I was surprised that in the Philippines the kids have to go to school in uniforms and sometimes classrooms have only ceilings, no walls. I liked the presentation on co-operatives and Canada's role in making the world a better place. I learned that there are a lot of countries in Africa that are very poor.*” – Ross, Grade 5, Marshview Middle School



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Contest of the Week – Last week, Sally White from NB was our winner. Good luck this week!!!

Everyone who enters has their name placed in the contest can for the month end draw. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to

contest1@nbnet.nb.ca **Last week's contest:** Figure out the word hinted at in Clue 1. Then rearrange those letters and add one more letter to figure out the word hinted at in Clue 2.

Continue recycling letters and adding one more until you've built a seven-letter word as the answer to Clue 5. Clue 1A drink made with leaves

___ Clue 2 Something that's sticky on one side ___ Clue 3 A fold in a skirt or curtain ___

_ Clue 4, Thing that a stapler dispenses _ Clue 5, Bodies in space _ **Answer:**

The answers are *tea, tape, pleat, staple, and planets*. This week's contest: In the equation below, replace each question mark with one of the four mathematical signs: +, -, ×, or ÷. Each sign can be used only once. Fill in the blanks to solve the equation. (Hint: the first sign is +.) $7? 5? 4? 7? 6 = 15$



Co-op Cooking – Sometimes a 'cook once - eat twice' recipe comes in handy. Here's a grilled steak that is perfect served for dinner with a salad and veggies. Then the leftovers become lunch when they are brought back for an encore as a great tasting sandwich.

Simply Glazed Steak

2 Tbsp. Balsamic Vinaigrette Dressing

1-1/2 tsp. Dijon mustard

1 tsp. Worcestershire sauce

1/2 tsp. cracked black pepper

1 1/2 lb boneless beef sirloin steak, 3/4 inch thick

Mix dressing, mustard, Worcestershire sauce and pepper in shallow dish. Add steak; turn to evenly coat both sides. Let stand 15 min. to marinate, turning occasionally.

Remove steak from marinade; discard marinade. Place steak on rack of broiler pan.

Broil 6 inches from heat, 4 min. on each side or to medium doneness. Let stand 5 min. before cutting across the grain into thin slices to serve.

Italian Steak Melts

Place bottom halves of 2 split sandwich rolls on rack of broiler pan. Spread with 2 tbsp. mayonnaise. Top with leftover steak and 1/4 cup Italian style shredded cheese. Broil 2 min.; cover with tops of rolls. Makes 2 servings, one sandwich each. - *Glenna Weagle*



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op Circles. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *“I just got in and was welcomed by the latest edition of Co-op circles. Thanks for the kick start to my day.”* - DK, Manitoba
- *“Dan Meades writing from Indianapolis Indiana today. It has been a while since I sat to really enjoy the co-op circles news letter, but I did today and I wanted to say thanks for sending it out! Please give my best to Maureen! Also, the answer to the contest is "Planets" Thanks! Dan”*



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Next *Co-op Circles*: Wednesday, July 30, 2008



Week of July 27 – August 2, 2008, Vol. 3, No. 34
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Openings - “Do not wait for extraordinary circumstances to do good action; try to use ordinary situations.” - Jean Paul Richter www.alcott.net/alcott/home/champions/Richter.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Herbert Yuill, Director of **Sustainability Solutions Group Workers Cooperative** says the co-op’s 2007 Sustainability Assessment is available at <http://www.sustainabilitysolutions.ca/downloads/SSGsustainability2007.pdf>. The assessment takes stock of where the co-op is as an organization, both to hold the members accountable and to guide future efforts. Illustrations by Sylvia Nickerson hint at the challenges of sustainability. Here are some tidbits from the assessment: Collaboration with other companies and organizations increased from one quarter of projects in 2006 to one third in 2007; SSG worker members traveled more but greenhouse gas emissions declined due to increased use of train and bus; Community Support Fund donations reached over \$28,000, a portion of which were matched by Tides Canada Foundation; in 2007, five out of 23 clients, or 22%, rehired or engaged SSG on another project and SSG worker members' overall happiness fell. SSG is interested to support and/or work with other cooperatives. For more information, please contact yuill@sustainabilitysolutions.ca
- The **Credit Union Atlantic Lung Run 5K** will be held in Halifax, NS, on Sunday, Aug. 10. To register go to www.lungrun.ca. Funds raised will go to support Camp Treasure Chest, the Lung Association of Nova Scotia’s summer camp for children with moderate to severe asthma.
- The **Canadian Co-operative Association** is seeking qualified **technical co-operants** to work with the Social and Economic Recovery in Aceh program. These assignments are of critical importance to the social and economic sustainability of the livelihoods of those affected by 30 years of conflict that were ended by the tsunami in Aceh, Indonesia. For more information go to http://www.coopscanada.coop/pdf/whatsnew/CCA_Sustainable_Agriculture_TOR_CAD.pdf or e-mail Rodd Myers, rodd.myers@coopscanada.coop The assignment will take place between September 1 and September 30, 2008.
- **Rural Cooperation in the 21st Century** will take place on the campus of the Robert H. Smith Faculty of Agriculture, Food and Environment in Rehovot, Israel, during June 15-17, 2009. Organized by Professor Ayal Kimhi (The Hebrew University) and Professor Richard J. Sexton (University of California, Davis), the international workshop program will include both invited and selected presentations. **Organizers are soliciting papers** related to all aspects of rural co-operation, particularly under the themes: traditional and non-traditional organizational forms of rural co-operatives; changes in the rural environment and the co-operative response; the role of co-operatives in rural community development; structural changes in agricultural marketing co-operatives; co-operative relationships, partnerships and

networks; social and economic performance of co-operatives. Those interested in presenting a paper at this workshop are asked to submit electronically an extended abstract or a complete paper, before December 31, 2008, to jrc@agri.huji.ac.il. Preference will be given to those submitting complete papers. Organizers expect to be able to offer a modest travel subsidy to young participants. Those wishing to be considered for a travel subsidy should enclose a short CV and a list of publications with their submission. Graduate students and post-docs should also enclose a letter of support from their supervisor. Selected papers from the workshop will be included in a special issue of the Journal of Rural Cooperation. If you wish your paper to be considered for publication in JRC, please indicate that in your submission message. Further information will be posted as it becomes available at the workshop's web site at departments.agri.huji.ac.il/economics/coop-workshop.html.

- **Acadia General Insurance**, an affiliate of the Fédération des caisses populaires acadiennes, has inaugurated its first office destined to better meet the insurance needs of the residents of the Acadian Peninsula, in Tracadie-Sheila. <http://www.acadie.com/en/communiquer/affiche.cfm?id=186> The new office has been open to the public since April 16. However, the official opening took place in July, in presence of dignitaries for a ribbon cutting ceremony, following a meeting with the media of the region. Acadia General Insurance employs three full-time brokers in Tracadie-Sheila, adding to the six existing positions at its administrative unit, at the Fédération des caisses populaires acadiennes.



Trends - “And now for something completely different.” The advent of user-created content on the web has spawned creativity on a scale we haven't completely understood or experienced. I came across this particular website after researching new trends in storytelling (perhaps more on that next week), but I felt compelled to write about this site today. “**We Feel Fine** is an exploration of human emotion on a global scale” it proclaims, adding that the site has been ‘harvesting’ human feelings from a number of published sources on the web – mostly blogs – searching for the phrase ‘I feel’ and ‘I am feeling’. Think of it as a search engine for feelings. When it finds such an instance, it records the full sentence, and identifies the ‘feeling’ that is expressed in the sentence (sad, happy, depressed, etc). It then scours the blog for evidence of age of the blogger, the gender, the geographical location, even local weather conditions. What results is a three-year old database of several million human feelings which can be searched and sorted across a number of qualifying variables mentioned above. Using different interfaces, you can easily find who feels ‘cooperative’ in ‘Moncton’ ‘this year’ or ‘last year’. Which are the happiest cities in the world? The saddest? And so on. Poke around at www.wefeelfine.org and when you're ready to experiment, click on the ‘Open We Feel Fine’ menu item, select your interface and search variables and explore. It's entertaining and frankly, a little bit scary. – *Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree – **Amanda Hachey**, a young person from New Brunswick with an interest in business development has recently embarked upon an internship in Vietnam where she is working as a Co-operative Development Advisor. Amanda most recently worked in business development with Enterprise Fredericton and now is being steeped in learning about the co-op model. She's working with CECI- Centre d'étude et de coopération internationale. Visit Amanda's blog to learn more and stay updated on her journey: www.vistanam.blogspot.com – *Erin Hancock*



Trading Fairly – Is **tobacco** the next fair trade frontier? <http://peopleandplanet.org/navid5986> and <http://peopleandplanet.org/navid6039>



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *“I learned we have worse problems than having good air when we remove all the trees from the ground because of mud slides. I also hear that other countries are very grateful for Canada trying to make peace.”* – Sarah, Marshview Middle School



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Contest of the Week – Last week, Cathy Darland from NB was our winner. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end draw. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca **Last week’s contest** answer: $(7 + 5) \div 4 \times 7 - 6 = 15$

If the first sign is +, there are only 6 possible combinations. You can get the answer by trying each one of them out. There is only one correct answer. **This week’s contest:** A catering company sells large containers of iced tea and large containers of fruit juice. Right now the company has six containers, each holding the following amounts: Container A: 30 quarts
Container B: 32 quarts
Container C: 36 quarts
Container D: 38 quarts
Container E: 40 quarts
Container F: 62 quarts Five of the containers hold iced tea, and one container holds fruit juice. Two customers come into the shop. The first customer buys two containers of iced tea. The second customer buys twice as much tea as the first customer. Which container is holding the fruit juice?



Co-op Cooking – My first experience with fish grilled on a plank was at a local community supper and I was delighted with the wonderful flavour. Since then I've enjoyed plank grilling at home, using a variety of foods. To try your hand at plank grilling: Start by buying untreated wood planks at specialty food stores or Websites. The following recipe uses a cedar plank, but you will find apple, cherry, maple and oak, as well. Each wood gives a unique flavour to foods cooked on it. Soak the planks for four hours or overnight to create moisture while cooking and to keep them from burning as you cook. Check often during cooking to make sure the planks are

not on fire. Keep a spray bottle of water handy to put out hot spots if necessary.

Grilled Cedar-Planked Salmon

1 untreated cedar plank (14x7x1 inch)

1/2 cup Sundried Tomato and Oregano Dressing

1/4 cup finely chopped fresh parsley

1/4 cup oil-packed sundried tomatoes, drained, finely chopped

1 salmon fillet (2 lb./900 g), 1 inch thick

Immerse plank in water, placing a weight on top of plank to keep it submerged. Soak at least 4 hours or overnight. Preheat barbecue to medium heat. Mix dressing, parsley and tomatoes; set aside. Brush top of cedar plank with 1 Tbsp. oil; top with fish. Place on barbecue; cover barbecue with lid. Grill 10 min. Brush with dressing mixture; continue grilling 10 min. or until fish flakes easily with fork. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, August 6, 2008



Week of August 10 – August 16, 2008, Vol. 3, No. 35

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Openings - “The capacity for getting along with our neighbor depends to a large extent on the capacity for getting along with ourselves. The self-respecting individual will try to be as tolerant of his neighbor's shortcomings as he is of his own.” - Eric Hoffer www.erichoffer.net Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Representatives from **Advance Savings, OMISTA, and PSE Credit Unions** in Moncton gathered at the Assumption Fire Department to present the Typically Canadian team with a cheque for \$750. All proceeds go directly to the Canadian Cancer Society and, to date, the Typically Canadian team has raised over \$63,000 for the cause.
http://omista.com/news_detail.aspx?news_id=61
- The 12th Edition of **the Défi Golf Acadie** was held on July 18 at the Edmundston Fraser Golf Club. This event raised \$60,000 that was donated to the **Fondation des caisses populaires acadiennes**, <http://www.acadie.com/en/communiquer/affiche.cfm?id=188> Over 230 participants took part in this fundraising activity. The Défi Golf Acadie is a benefit tournament, which donates all of its profits to a provincial charitable organization. Since it was first started the total donated thus far is just over \$174,000.
- Two **very young PEI farmers** share their story about planting 1,000 acres of organic cereal grains and oil seeds in field patches across Prince Edward Island. Now they are waiting anxiously to see if their organic barley, oats and hull less oats, rye, buckwheat, flax and soybeans will succeed. Jeffrey, 23, and Beattie, 22, are new to organic farming, and they believe it's the way of the future.
<http://www.atlanticfarmfocus.ca/index.cfm?sid=160091&sc=586>



Trends - Where can you find a school that teaches thespian training alongside woodworking, how to build a solar water heater, designing trails in wilderness areas, web development, how to vote with your food dollar, and much more, all in one weekend? Closer than you think, if you live in Maritime Canada. August 21-24 is when the **Tatamagouche Summer Free School** takes place east of Tatamagouche, Nova Scotia. Registration is limited to 100 participants (only because that's how many people they can comfortably feed – that number has been reached, if you insist on going, contact the school and be prepared to bring your own food.) See freeschool.fairtrademedia.com for additional information, or better yet, plan on teaching at next year's school. Free schools are called 'free' for two reasons: they are typically free to attend (donations often accepted) and they are typically free speech. There are a number of free schools around the world – see Wikipedia's entry for 'Free School' to see a list of the better known ones. – *Ron Levesque*

Circle of Life - African Children's Choir – The choir's vision is “to support relief and development projects directed at children and youth (including the building and staffing of

schools) in Africa, as well as sponsorship of children and schools, in order to improve access to education and quality of education for the poorest of Africa's children. To bring joy and healing to communities of all cultures and faiths around the world through the music and performances of the Choir. This is the gift from Africa's children to the world." The choir is touring across the Maritimes currently. Visit the website for a concert near you.

<http://www.africanchildrenschoir.com/> - Bronwyn MacKinnon



Young Co-operators: The Buds on the Co-op Tree – The Saskatchewan Co-operative

Association is in its 29th year of awarding merit awards to outstanding co-operators. These awards will be presented in the fall and nomination forms are currently available for the Co-operative Youth Leadership Award at

http://www.sask.coop/siteimages/Youth%20nomination%20form_pub_0001.pdf They are also currently looking for a new Executive Director. Learn more on their website: www.sask.coop – Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *"I was surprised that in the Philippines the kids have to go to school in uniforms and sometimes their parents can't pay so they can't go to school. I thought the motorbike with five people was cool but we can't do that here."* - Ryan, NS, Grade 6



Trading Fairly – Fair Trade could mean that small farmers in poor nations might survive, says George Monbiot <http://www.globalexchange.org/campaigns/fairtrade/cocoa/5741.html>



Co-op Ed 101 - In July, I visited Branson, Mo where I found a few co-ops. I will introduce them to readers over the next few weeks. **White River Valley Electric Cooperative** <http://www.whiteriver.org/highband.html> origins are traced back to 1935 when the Rural Electrification Administration (REA) was created. This New Deal agency was created to bring rural Americans the same comforts, like electric lights to extend the day and electric motors to ease the daily workload, that modern life provided to city residents Revenue: \$25M - \$50M in sales Employees: 100 - 250 employees – Maureen MacLean



Co-op Community Bulletin Board

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- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB
- Nov 15, 2008 – CUSO's Dance for the World event, Halifax, NS



Contest of the Week – Week 34 winner was Catherine Ann Fuller, NS. Our lucky winner for the month of July was Joanne Sheppard, NL. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is

Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. Week 34 contest: A catering company sells large containers of iced tea and large containers of fruit juice. Right now the company has six containers, each holding the following amounts:

Container A: 30 quarts

Container B: 32 quarts

Container C: 36 quarts

Container D: 38 quarts

Container E: 40 quarts

Container F: 62 quarts

Five of the containers hold iced tea, and one container holds fruit juice. Two customers come into the shop. The first customer buys two containers of iced tea. The second customer buys twice as much tea as the first customer. Which container is holding the fruit juice? Answer: Container E holds the fruit juice. The second customer can buy twice as much as the first customer if the first customer buys Containers A and C (for a total of 66 gallons) and the second customer buys Containers B, D, and F (for a total of 132 gallons). Therefore, the remaining container—E—must hold the fruit juice. STRATEGY: Make a list of possibilities. **This week's contest** is a cute question: “**What happened to the female cat that swallowed a ball of yarn?**”



Co-op Cooking – It's the time of year when fresh vegetables are coming in from the garden in increasing numbers and varieties. And my preferred method of cooking continues to be the simple ways. Here's a recipe for green beans that features one of my favourite herbs (also growing right outside my door). Adding a few yellow beans to this dish adds a bit more colour.

Fresh Green Beans & Basil

1/3 cup Sundried Tomato and Oregano dressing

1 lb. green beans, trimmed

1 red onion, sliced

3 tbsp chopped fresh basil

In a large skillet, heat the dressing. Add beans and onions; cover and cook until tender-crisp (about 5 minutes). Add basil; cover and cook 1 minute. Serve warm. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca



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Next *Co-op Circles*: Wednesday, August 20, 2008



Week of August 24 – August 30, 2008, Vol. 3, No. 36

Edited and Compiled for you, by the Rising Tide Collective

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Openings - “An unhurried sense of time is in itself a form of wealth.” - Bonnie Friedman
<http://bonniefriedman.com/> Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Two technical co-operants** are needed for the **Ukraine Credit Union Strengthening Project** which is funded by the Canadian International Development Agency and managed by Canadian Co-operative Association in partnership with Council of Ukrainian Credit Unions of Canada. The co-operants need expertise in Credit Union Risk Management and Credit Union Liquidity and Asset-Liability Management. Application deadline is Aug. 31. Send resumes to Bohdan Kozy, Manager - Ukraine Credit Union Strengthening Project, Canadian Co-operative Association Email: Bohdan.Kozy@CoopsCanada.coop
- As the title sponsor for Credit Union Golf for Wishes for the past nine years, Credit Unions have raised in excess of \$200,000 for the Children's Wish Foundation - PEI Chapter. For close to twenty-five years, the Prince Edward Island Chapter has been granting the most heartfelt wishes to Island children. Their goal is to provide a once in a lifetime experience for children between the ages of three and eighteen who are diagnosed with a high risk, life threatening illness. The Foundation relies solely on the generosity of Islanders, who through donations and fundraisers, enable the Chapter to continue its work of granting wishes to Island children <http://www.peicreditunions.com/news/article.php?ID=648> For more information on how you can play in this wonderful tournament, please contact the Children's Wish Foundation at 566-5526 or pei@childrenswish.ca
- **Credit Union Atlantic** opened its eighth branch, located at St. Margaret's Square in Upper Tantallon, NS <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfield=content.id&search=421> This branch represents many “firsts”. The Tantallon branch is the first credit union in the area. It is the first branch for Credit Union Atlantic to be built with environmental impact in mind and the building features many green elements. It is also the first time the credit union has teamed up with a local business, The Java Factory, to offer the community a destination spot. The fair trade and organic coffee house is a respected establishment in Upper Tantallon and customer-owners will have the chance to sample the offerings of the coffee house before or after conducting their credit union business.



Trends - This week's item covers two interests of mine – stories and storytelling along with databases and information. Combining the two is a tour de force few people can master well. Regular readers of this space may recall a couple of items I did awhile back on Hans Rosling (see the Co-op Circles archives at http://www.coady.stfx.ca/library/coop_circles/v2/44.htm to read about it) who used his Gapminder software to present world trends over decades in a way that easily gets the message across. Today, the focus will be on Jonathan Harris, whom you read

about a couple of weeks ago as one of the creators of the “We Feel Fine” website. One of Harris’ other projects is at www.thewhalehunt.org . What he presents there is a series of photos taken over seven days, none of which are more than five minutes apart. From his website: “I documented the entire experience with a plodding sequence of 3,214 photographs, beginning with the taxi ride to Newark airport, and ending with the butchering of the second whale, seven days later. The photographs were taken at five-minute intervals, even while sleeping (using a chronometer), establishing a constant “photographic heartbeat”. In moments of high adrenaline, this photographic heartbeat would quicken (to a maximum rate of 37 pictures in five minutes while the first whale was being cut up), mimicking the changing pace of my own heartbeat.” Each photo is then tagged with other variables such as ‘cast of characters’, ‘location’, ‘adrenaline level’, etc. You can then ‘watch’ the story unfold chronologically, or by cast of characters, or by location, or even by adrenaline level, or a combination of variables to ‘see’ that characteristic of the story. Even the different timeline presentations are innovative and interesting, if that’s at all possible. While I’m not a big fan of whale hunts, my guess is that the methods used on the website will find homes elsewhere – though I haven’t figured out how. – *Ron Levesque*



Circle of Life - Potlucks: We love partaking in them, but we hate figuring out what to make for them. They are where we meet our friends, family and community. They are a conversation starter with a stranger over a recipe, a friendly competition with your sister over who makes the best dip, a way to experience a new food or culture, and so much more. Here are some tips for planning a potluck, classic potluck recipes and some new recipes.

<http://www.functionjunction.ca/gtpscpot.htm>

<http://familyfun.go.com/recipes/family/specialfeature/potluck-recipes-sf/>

What do potlucks mean to you? Share your favorite potluck recipe with our readers, so they can be the star of their next potluck! Send your recipes to: news1@nbnet.nb.ca - *Bronwyn*

MacKinnon



Young Co-operators: The Buds on the Co-op Tree – If you’re studying in a new town or planning to move, consider **co-operative housing**. There are lots of interesting co-op housing units across Canada. Take the Guelph Campus Co-op accessible housing project where their latest renovation included making a house totally wheelchair accessible <http://www.guelphcampus.coop/page.php?id=51> or the Grand House green housing project in Cambridge, ON <http://www.wacsa.org/grandhouse/Frameset.htm> which is still in progress (they are still seeking donations and volunteers). A quick ‘Google’ search might help you find a housing co-op in the area you plan to live. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*I liked the contrast between Asia and Africa. I didn’t know about credit unions working there. It was nice of her to give us a coin.*”- Jason, Miramichi Rural School



Trading Fairly – The purchase of **New Hope Coffee**, fair trade and organic, helps provide youth training and employment opportunities through the restoration and operation of historic American diners. In 1872 Walter Scott first offered coffee from his lunch wagon to customers on

the streets of Providence, Rhode Island. He unknowingly inspired the creation of an industry that would later become an American icon, the diner. In the entrepreneurial spirit of Walter Scott, the American Diner Museum, in collaboration with the Rhode Island Training School, Bryant University and Struever Bros. Eccles & Rouse has been working with a disadvantaged youth population through the restoration of historic American Diners. This collaboration, the **New Hope Diner Project**, provides educational, vocational and employment opportunities to the youth in the care of the Department of Children, Youth & Families, Division of Juvenile Correctional Services. All proceeds from coffee sales go to the New Hope Diner Project, a self-sustaining program. <http://www.americandinermuseum.org/site/index.php>



Co-op Ed 101 - While in Missouri in July I looked for co-op products in the various grocery stores. **Dairy Farmers of America Inc. (DFA)** is a milk marketing co-operative with more than 18,000 members representing more than 10,000 dairy farms in 48 states. DFA's mission is to deliver value to its members through its core business of marketing members' milk, paying a competitive price and providing leadership in the industry. In addition, DFA is one of the country's most diversified manufacturers of dairy products, food components and ingredients. The co-operative also is a leader in formulating and packaging shelf-stable dairy products. <http://www.dfamilk.com/> The co-op produces 34 per cent of the US milk supply with an annual pool of more than 61 billion pounds of milk. Along with fresh and shelf-stable fluid milk, the co-op also produces cheese, butter, whey, dried milk powder, and other dairy products for industrial, wholesale, and retail customers worldwide. Headquartered in Kansas City, Missouri, DFA is divided into seven geographical areas to better represent its members at a grassroots level. Each area elects members to serve on DFA's Board of Directors, which governs the cooperative. – *Maureen MacLean*



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- Nov 15, 2008 – CUSO's Dance for the World event, Halifax, NS



Contest of the Week – Week 35 winner was Joyce Humble, Capital CU, Fredericton, NB. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end draw. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca **Last week's contest:** What happened to the female cat that swallowed a ball of yarn?" **Answer:** She had mittens. **This week's contest:** If March = 43 and May = 39, then by the same logic, what does July equal?



Co-op Cooking – Here's another of those recipes which use the fresh produce available in our gardens or at the market just down the street. Hope you enjoy it.

Just for the Halibut

- 1 tsp olive oil
- 1 cup diced zucchini
- 1/2 cup minced onion
- 1 tsp minced garlic

2 cups diced tomato
2 tbsp chopped fresh basil leaves
1/4 tsp salt
1/4 tsp pepper
4 halibut steaks (6 oz each)
1/2 cup crumbled feta cheese

Heat the oil in a saucepan over medium heat. Add zucchini, onions and garlic. Cook, stirring for 5-6 minutes (until zucchini is tender). Remove from heat and stir in tomato, basil, salt and pepper. Rinse fish and pat dry with paper towels. Lightly oil a baking pan or spray with cooking spray. Place halibut steaks in pan and spoon 1/4 of the tomato mixture over each. Top with feta cheese. Bake at 450F for 12 to 15 minutes (until fish flakes) - *Glenna Weagle*



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Openings - “The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.” - William James www.des.emory.edu/mfp/james.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Just Us! Coffee Roaster Co-op** café in Halifax, NS, has declared itself a “**Penny Free Zone**”. The café’s policy comes after a bill suggesting the penny’s abolishment was introduced in the Canadian parliament in April. At the café, each purchase is rounded to the nearest five cents. A coffee that comes to \$1.32 would have the customer pay \$1.30 and a muffin that costs \$1.73, would see the customer pay \$1.75. Debit and credit card purchases are not rounded off. “It’s something the café management thought was really great, so we’re trying it out, said Neil Zimmerman, a supervisor at the café. Parliament has yet to make a decision on whether the penny stays or goes.
- **Co-op and Valufoods** stores have donated \$92,650 to charity. <http://www.coopatlantic.ca/htm.aspx?id=585> In June this year, Co-op Atlantic and Valufoods stores donated \$76,650 to the IWK Children’s Hospital and \$16,000 to the Janeway Children’s Hospital. in Newfoundland and Labrador.
- **Sussex Co-op** recently received certification to manufacture organic feed at its Sussex feed mill in Sussex, NB. The Co-op will begin manufacturing organic feed this summer fall and will be the only mill in Atlantic Canada to do so. Ecocert, an internationally recognized control and certification organization and one of the world’s leaders in the area of organic farming products granted the certification. “There is a increasing demand for organic feed and a growing desire among farmers, and dairy processors in particular, to enter into the organic market in Atlantic Canada,” says Dave Arsenault, General Manager of the Sussex Co-op. “We look forward to being in a position to meet that demand by manufacturing organic feed at our mill.”
- **Co-op stores** are inviting Atlantic Canadians to take part in the ***Eat Atlantic Challenge*** on **Thursday, September 4 (tomorrow)**, by eating only Atlantic products for the entire day and discovering the benefits of choosing Atlantic products for their dinner table. While the challenge is for Atlantic Canadians to eat Atlantic for a day on September 4, the larger goal is to help people understand the benefits of choosing food produced here whenever possible. “Atlantic Canadians increasingly understand that there are huge benefits to eating food that’s been produced in our region,” said Bertha Campbell, a member of Co-op Atlantic’s Board of Directors, from Kensington, PEI. “We want to make it as easy as possible to make the Atlantic choice.” Co-op Atlantic is the wholesale and services business owned by the region’s Co-op stores. “We want people to think about their food and where it comes from,” Campbell said. “Co-ops not only support their members but they strive to

ensure the sustainable development of their communities. Buying food grown by our neighbors is an important part of that.”

- Members of the **Canadian Co-operative Association’s international program committee** were in Ghana recently for the first meetings that the committee has ever held outside of Canada. “Part of our strategic direction is to engage our international partners in guiding CCA’s international program,” explains Senior Director of Development Jo-Anne Ferguson. “In the past we’ve brought our partners to Canada to meet with the committee. We thought it was time to give committee members—the individuals who guide our programming—the opportunity to meet our partners in their own environment and learn more about our work first-hand.” The group held a roundtable with CCA’s two main partners in Ghana, the Credit Union Association of Ghana and the SEND Foundation, as well as representative primaries. The group started the week meeting with Canadian High Commissioner Darren Schemmer and visiting primary credit unions. As well, committee members were able to see results from various CCA programs including women’s mentorship, credit union coaching and youth experience international.
- The **Canadian Co-operative Association** is looking for technical co-operants to help revive the credit union movement in the Ukraine. The **Council of Ukrainian Credit Union of Canada** has been helping CCA in its work to support these developments. If you are interested in helping, go to www.coopsCanada.coop or e-mail: Bohdan.Kozy@CoopsCanada.coop CCA is also looking for a technical co-operant to help achieve sustainable canola production in the Peruvian Highlands. For more information, go to CCA’s Web site.



Trends - Do you want **to save the environment, or do as your fellow humans do**? A study to be published in the upcoming Journal of Consumer Research suggests that more people will adopt a herd mentality and do as their fellow humans do, even if the end result is similar: “to save the environment”. The study of hotel guests and the re-use of towels found that messages on signs highlighting environmental impact are not as successful as those focusing on the actions of fellow guests. So “Help Save The Environment” was less compelling to guests than “Join Your Fellow Guests in Helping to Save the Environment”. The latter implies other guests are co-operating, and that’s when the herd mentality kicks in. From Wikipedia: “Herd mentality implies a fear-based reaction to peer pressure which makes individuals act in order to avoid feeling “left behind” from the group.” Researchers were then able to boost participation further on a room-by-room basis by posting more specific messages, such as “Seventy-five Percent of Guests in This Room Reused Their Towels”. Something to think about next time you’re wondering why you bought that thing you don’t want... –Ron Levesque



Circle of Life -**Eat Atlantic Challenge, September 4, 2008:** Co-op Atlantic has launched an Eat Atlantic Contest where you could win \$250 of Atlantic products. Visit the website for more information about the contest, stories from people about their “Eat Atlantic” experiences and the many reasons to “Eat Atlantic”. <http://www.co-oponline.com/EatAtlantic/index.cfm/en/home> Contest closes October 14, 2008. - Bronwyn MacKinnon



Young Co-operators: The Buds on the Co-op Tree – Rachel Horwat, a Master’s of Environmental Policy, Science, and Management student, is seeking help from other co-operators. Her research deals with “agricultural cooperatives in Quebec, and their positive role in promoting sustainable development (e.g. local food consumption, rural development, responsible

agriculture practices, etc).” Rachel is hoping to gain some suggestions about how to study co-operatives, what methodologies might work and how to classify co-operatives. Rachel is new to co-ops so any information you can offer would be helpful. Please send any ideas to her at ra_horwat@hotmail.com – Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*Thank you for coming to our class in Sussex. I liked to hear about the green water and that it is warm to swim in the ocean. I’m sorry that they have so much pollution. I hope we can help.*” – Ryan, Grade 8



Trading Fairly --The **Preda Foundation** has been trading with partners both North and South in the fair trade movement since 1974. As a Southern Alternative Trading Organization and former member of the executive Committee of the International Association of Fair Trade (IFAT) Preda has been contributing to the concept of Fair Trade and Alternative Trade for some time. Preda has been marketing and exporting the products of many producer groups and supports a Grameen Type banking system project for 240 impoverished women in Olongapo.
<http://www.preda.net/ftpapr01.htm>



Co-op Ed 101 - With the terrible news about Maple Leaf meat products having a strain of Listeria bacteria http://www.680news.com/more.jsp?content=20080825_070816_32552 this article on Atlantic products caught my eye. As consumers, we can support production as close to home as possible. <http://www.atlanticfarmfocus.ca/index.cfm?sid=158323&sc=586> Atlantic female business leaders are looking to expand their markets for potato, vegetable and maple syrup products and recently participated in a trade mission to Philadelphia and New York. Deborah Childs McCluskey of Saint John, NB, took part in the trade mission. Her Child’s Foods uses New Brunswick-grown potatoes for its frozen croquettes and Yorkshire puddings. In 2003, the company received the ‘New Product Award’ from the Canadian Council of Grocery Distributors. McCluskey hopes to expand Child’s Foods into central Canada by the end of the year. A Little Gift, a family owned business in Bonshaw, Prince Edward Island, also took part in the trade mission. The company produces pure maple syrup, candy, butter, cream, wood products and giftware from its sugary. Its products are handmade in the workshop located in the Strathgartney maple forest. The mission was part of the 2008 Women Exporters’ Initiative, a five-month export readiness program, organized by the Canadian Manufacturers & Exporters (Nova Scotia Division), funded by the Atlantic Canada Opportunities Agency. Prior to the US trip, participants were provided with export training, mentoring and business guidance. Some 40 Atlantic women business owners took part in two previous Initiative programs. - *Maureen MacLean*



Co-op Community Bulletin Board

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- Oct 15 – The Big Co-op 50/50 Charity Give Away, Moncton Co-op stores – inquire at Mapleton Road and Record Street stores
- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB
- Nov 15, 2008 – CUSO’s Dance for the World event, Halifax, NS
- Feb 2 – 5, 2009 Institute for Co-operative Studies, Banff, AB. Presented by the Canadian Co-operative Association, the Institute of Co-operative Studies is the only national co-operative event that contributes to the development of leadership across organizations and sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week – We didn’t get any correct answers last week. Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. **Last week’s contest:** If March = 43 and May = 39, then by the same logic, what does July equal? **Answer:** July = 68. Each letter is replaced by the number of its position in the English alphabet. Then the numbers are added together. **This week’s contest:** After a day picking strawberries I had a basket full. I ate 5 and gave Geoff half of the remaining. I then ate another 3 and gave Simon one third of the remaining. I ate another 6 and then gave Kim two thirds of the remaining. I now had 34 strawberries left. How many did I start with?



Co-op Cooking –Here's another great barbecue recipe. These veggies go well with grilled chicken, beef or pork.

Marinated Veggie Kabobs

- 1/4 cup olive oil
- 2 tbsp white wine or herb flavoured vinegar
- 2 tsp dried tarragon leaves
- 2 cloves garlic, minced
- 1/2 tsp ground black pepper
- 16 large fresh mushroom caps
- 12 mini red potatoes (see note)
- 1 large red or green pepper, seeded
- 2 medium zucchini, cut into 1-inch pieces

In large bowl, whisk together oil, vinegar, tarragon, garlic and pepper; stir in mushrooms, potatoes, peppers, and zucchini to marinade. Marinate at least 30 minutes or up to 4 hours, tossing occasionally. Thread mushrooms, potatoes, peppers and zucchini alternately onto four metal skewers; reserve any marinade. Grill or broil kabobs over medium high heat, turning several times and brushing with reserved marinade, about 12-15 minutes or until potatoes are tender. Note - Mini potatoes are about 1-1 ½-inches; if not available cut small potatoes in half or quarters and precook for 2-3 minutes. Greek Style: Substitute lemon juice for vinegar, dried oregano and mint for tarragon, and add a pinch of hot red pepper flakes to the marinade. Substitute large cherry tomatoes for potatoes, and add red onion wedges. Grill 8-10 minutes; serve with grilled whole wheat pita halves, tzatziki and crumbled feta. - *Glenna Weagle*



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Week of Sept. 7 – Sept. 13, 2008, Vol. 3, No. 38

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Openings - “*Most men pursue pleasure with such breathless haste they hurry past it.*” - Soren Kierkegaard plato.stanford.edu/entries/kierkegaard/ **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Valley Credit Union**, with branches throughout Nova Scotia’s Annapolis Valley, provides ongoing support to many community events and activities in the area. Valley Credit Union is a gold sponsor of Bridgetown’s 25th anniversary of **Ciderfest Celebrations**, from Sept. 17-21. It is also a “Friend of the Festival” for the 5th anniversary of the **Deep Roots Music Festival**, from Sept. 26-28 in Wolfville. It has helped sponsor this festival since its inception. For more events and activities that Valley supports, go to www.valleycreditunion.com
- Again this year, **the New Brunswick Film Co-op** is presenting its **Fredericton Monday Night Film Series**. The series partners are the Film Circuit, a division of the Toronto International Film Festival and the UNB Faculty of Arts. The series presents limited release, independent foreign and Canadian films for one-night screenings, with the goal of diversifying local access to cinema. These films are new or recent releases, which would not otherwise be available to Fredericton audiences on the big screen. The film series is open to everyone. Regular admission is \$7.00 per screening. Memberships are available that provide discounted prices for individual film screenings www.nbfilmcoop.com The films are shown at Tilley Hall on the University of New Brunswick campus.
- **Advance Savings Credit Union** in New Brunswick recently presented a cheque for \$500 to Petitcodiac siblings Allison (Alley) and David (Davey) Watson, in support of their 91 day, 7600 kilometre bike journey across Canada to raise money and awareness for cystic fibrosis. Alley and her older sister Amy both suffer from the life-threatening genetic illness. They began their trip in early May by dipping the back wheels of their bikes in the Pacific Ocean and, as part of their cross-country journey, stopped in their hometown of Petitcodiac, NB, for an evening before heading to their final destination of Newfoundland.
- Bill McCarthy along with other members of **Shean Co-op** is organizing a **Cellophane Dinner** as a Co-op Development Foundation fundraiser prior to Co-op Week 2008. They will sell tickets on a basket of pre-selected groceries. It is planned for the Wednesday before Thanksgiving. The Co-op plans to include a turkey and use mainly local and co-op products. Also, it will be a fairly healthy market basket.



Trends - If you’re reading this today, then it likely means everything went well at the start today of the Large Hadron Collider (LHC) underground near the French and Swiss borders. From the LHC website at CERN: (<http://lhc2008.web.cern.ch/lhc2008/>) “Two beams of subatomic particles called ‘hadrons’ – either protons or lead ions – will travel in opposite directions inside the circular accelerator, gaining energy with every lap. Physicists will use the LHC to recreate

the conditions just after the Big Bang, by colliding the two beams head-on at very high energy”. Along the way, over 1600 magnets serve to either quicken the beam of particles or focus them, eventually squeezing them closer until they collide. When the particles collide, there’s a relatively huge explosion (but remember, these are infinitely small particles), and particle detectors can take ‘pictures’ of the results to see what happened. One of the things scientists hope to do is verify the existence of the Higgs boson – which some physicists call the ‘God particle’. From Wikipedia: “The verification of the existence of the Higgs boson would be a significant step in the search for a Grand Unified Theory, which seeks to unify three of the four known fundamental forces: electromagnetism, the strong nuclear force and the weak nuclear force, leaving out only gravity. My sense is that particle research will eventually lead to finding new energies (or ways to harness the aforementioned forces), eliminating our dependence on fossil fuels. As for the opening line, some people fear the LHC could create a black hole that would engulf the planet. –Ron Levesque



Circle of Life - NOCTURNE: ART AT NIGHT On October 18, from 6pm to midnight, 28 art galleries, in Halifax, NS, will open their doors and share special exhibits with participants. This is a brand new, free event where people can experience all the art and talent the city has to offer on both sides of the harbour. There will be two free Metro Transit buses to take participants along the program route.

<http://www.artgalleryofnovascotia.ca/en/home/aboutagns/partnerships/nocturne/default.aspx> - Bronwyn MacKinnon



Young Co-operators: The Buds on the Co-op Tree – The Atlantic Co-operative Youth Leadership Program is seeking east-coast youth who want to develop their leadership abilities, meet new friends and learn about co-ops. ACYL provides 3.5 day seminars filled with lots of activities and fun. There are still 2 seminars happening this fall where you (or someone you know) can participate in: 1) New Brunswick – September 11-14, 2008, Camp Shiktehawk or 2) Newfoundland and Labrador – October 9-12, 2008, Twin Ponds. Act fast if you want to take advantage of this great opportunity provided by the co-op movement. Visit www.acyl.coop or contact Trevor at leadership@acyl.coop– Erin Hancock



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*I learned that up to grade one or two they do not wear uniforms; that sometimes the coins have holes in them, and if you have no uniform you can go to school. Rice is a popular food and they do not have enough food. There is a lot of pollution everywhere.*” - Matthew C, Debert



Trading Fairly -- Fair Trade vs. Free Trade – The principles of fair trade are based on economic justice, and human rights. An article from the Canadian Centre for Policy Alternatives - <http://www.policyalternatives.ca/index.cfm?act=news&do=Article&call=957&pA=281A8E32&type=3>



Co-op Ed 101 - The Ethical Co-op, Cape Town, South Africa http://www.ethical.org.za/about_us.php arose out of the need to access organic food more

affordably and more conveniently. Besides organic fruit and vegetables, they offer a range of other organic and biodynamic items, from dairy to household products. Their focus is on building awareness around organic food and promoting sustainable, organic farming practices. This means educating members as to the nutritional value and growing cycles of food, plus allowing members to know who the farmers are and where the food actually comes from. They want you to have an informed opinion when choosing what you want to eat and which practices you want to support

<http://blog.ethical.org.za/?p=68> They are now offering co-op branded peanut butter made from organically grown peanuts. - *Maureen MacLean*



Co-op Community Bulletin Board

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- Oct 15 – The Big Co-op 50/50 Charity Give Away, Moncton Co-op stores – inquire at Mapleton Road and Record Street stores
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- Feb 2 – 5, 2009 Institute for Co-operative Studies, Banff, AB. Presented by the Canadian Co-operative Association, the Institute of Co-operative Studies is the only national co-operative event that contributes to the development of leadership across organizations and sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week – This week we had six readers with the correct answer of 335 strawberries - Cathy Darland, Glenna Weagle, Bob Potegal, Theresa McDonnell, Marty Frost and Troy Barkhouse. We have included Glenna’s answer as it has such a great explanation. “If I had 34 berries left after giving away $\frac{2}{3}$ then $\frac{1}{3} = 34$ and so I had 102 before giving any away. I had eaten 6 so $102 + 6 = 108$. This was $\frac{2}{3}$ of what I had before meeting Simon and so (108 being $\frac{2}{3}$, $54 = \frac{1}{3}$ so $108 + 54 = 162$). I ate 3 more making my total 165 which was $\frac{1}{2}$ of what I had before sharing with Geoff ($165 + 165 = 330$). And the first 5 eaten means I had 335 strawberries in my basket at the end of picking and before being hit with all this generosity.” And we can’t help sharing these comments:

- Hey contest staff... there were 335 strawberries to start... if it took all day, that’s one slow picker. - Bob Potegal
- Maybe too late with this, but I think you started with 335 strawberries. I would have too, but the deer ate all my strawberry plants as fast as I could plant them. - Marty Frost

This week’s contest: Can you complete the names for the authors of these imaginary books? See first example:

1. Politeness by Hugo First
2. What's for breakfast? by
3. Native American Weaponry by
4. Easy Money by
5. Successful Books by
6. Foreseeing the Future by
7. The Perfect Marriage by

Good luck this week!!! Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca.



Co-op Cooking – This is a great luncheon dish. Serve it with a few fresh veggies and a dip on the side.

Potato Pepperoni Frittata

4 eggs

1/4 cup water

1 cup frozen hash brown potatoes

1/4 cup chopped onion

1/4 cup chopped green pepper

8 thin slices pepperoni

1 small tomato, seeded and chopped

2 tbsp shredded mozzarella cheese

salt and pepper to taste

Beat eggs with water; season with salt and pepper.

Heat an 8-inch non-stick skillet over medium high heat. Sauté potato, onion and green pepper until tender. Pour egg mixture over veggies. As mixture sets at edges, gently lift cooked portion to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set.

Arrange pepperoni slices over frittata. Broil for 2 minutes. Sprinkle with tomato and cheese.

Return to broiler for 1 to 2 minutes (eggs are completely set and cheese is melted. Serve immediately. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, Sept. 17, 2008



Week of Sept. 14 – Sept. 20, 2008, Vol. 3, No. 39
Edited and Compiled for you, by the Rising Tide Collective

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Openings - “*Stories can conquer fear, you know. They can make the heart bigger.*” - Ben Okri
www.emeagwali.com/nigeria/biography/ben-okri-19jul92.html Openings is a weekly feature of
Co-op Circles. Send your favourite quote about celebrating co-operatives, communities and a
better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Canadian Co-operative Association** offices in Ottawa have been extensively damaged by **fire**. Fire department officials said when they arrived at 275 Bank St. shortly after 2 a.m. Monday, flames were visible on both the second and fourth floors of the four-storey structure. Damage is estimated at \$4 million
<http://www.ottawasun.com/News/OttawaAndRegion/2008/09/15/6768891.html> Most of the co-operative employees are working from home until temporary office space is found. The extent of the damage will be determined on Wednesday (today) when senior management is allowed to temporarily enter the premises. For a video of the fire see <http://ottawa.ctv.ca/> click on CTV video player - “fire forces several business to close”
- For the fourth consecutive year, an independent survey of thousands of Canadians has shown **that credit unions rank first** in customer service excellence among all financial institutions. The Synovate Customer Service Index (CSI) 2008 survey was sent to a total of 124,000 demographically and regionally representative Canadians. The Best Banking Awards for 2008 were based on the cumulative total of 35,000 responses for the year ending August 2008. The CSI survey has been conducted since 1987. <http://www.ns-credit-unions.com/default.asp?id=190&pagesize=1&sfid=content.id&search=433&mn=1.21.42.117>
- Concentra Financial is now accepting applications for the 2008 **Dennis Lyster Leadership Bursary**. The value of the bursary is \$5000. Full details and the application form are available via at www.concentrafinancial.ca/press_conf/dennis_lyster_bursary.asp?p2p=yes
- **Strait Area Transit Co-operative Ltd.** is holding its grand opening of a public transit system on Sept. 22. The system will serve from Chapel Island to Mulgrave, says the general manager Malcolm Beaton. The system will include one transit bus and two commuter vans. Initially for the first year, the bus will make two trips daily with rates for students, seniors and a special rate for those who use the bus regularly. It includes a dial-a-ride service where people can receive driveway pickup if booked with 48 hours notice. The Strait Regional School board is providing the drivers with training and maintaining the bus.
- The **Co-operative Enterprise Council of New Brunswick's** new Web site is <http://www.cecnb.ca> They are currently developing a promotional campaign and have applied to Google and Yahoo to add the Website to their search engines.
- **Co-op Food Market, Moncton**, is planning a special event during Co-op Week, Wednesday, Oct 15. A turkey dinner will be held for members, staff and guests. Theme of the evening will be “Celebrating Our Success”. As part of the evening, in

conjunction with their 50/50 draws and fundraising activities, the Co-op will donate \$1,500 to various charities in the community. The council will also provide \$500 in door prizes for members in attendance. Discounted tickets are available for \$5.00 from the member services representatives at both Moncton Stores.

- There has been a lot of news lately about school students drinking energy drinks. Schools in Prince Edward Island plan to ban these. There is a co-operative alternative -

Northumberland Chocolate Milk: A Natural Sports Drink

<http://www.northumberlanddairy.ca/e/1000/Details.cfm?ID=53> Chocolate milk has scored a victory as a sport recovery drink. A study at Indiana University published in the International Journal of Sport Nutrition and Exercise Metabolism, found when athletes drank low fat chocolate milk after an intense bout of exercise, they were able to work out longer during a second round of exercise compared to when they drank a carbohydrate replacement beverage.



Trends - I like creative approaches to situations and the environment is no different. Some readers may find that difficult to believe, given my stance on plastic bags, but in essence, I don't think we're quite there in finding ways to supplant the bags in favour of something more environmentally friendly. In any event, I was pleasantly surprised when I ran across the Worn Again website – already, they had me hooked with their catchy name – what were they about? For sure, second hand clothes are nothing new... Turns out **Worn Again** is a recycling company, taking old things and turning them into fashion items. Admittedly, fashion isn't my forte but the idea behind Worn Again has some merit. Their latest project is having taken 1000 or so seat covers and seatbelts from Virgin Atlantic airplanes (of Richard Branson fame) and converted them to pretty nice handbags for men and women. (They also manufacture bicycling shoes). What's interesting about Worn Again is that it is making recycled products cool (for lack of a better word), creating jobs, and co-operating with Virgin to decrease the airline's carbon footprint, all in one fell swoop. These types of alliances can be win-win situations, and I predict things will get better: manufacturers are already designing and building products with recycling in mind (as opposed to disposal). Recycling has the potential to become one of the largest industries on our planet...if we want it, to paraphrase John and Yoko. Read more about Worn Again here: <http://www.wornagain.co.uk/> –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree – **Uniterra**, Canada's largest international voluntary organization (a partnership between the Centre for International Studies and Co-operation and the World University Service of Canada) has some exciting placements available for the adventurous and those committed to reaching the Millennium Development Goals (as well as being a voluntourist). Currently, there are a number of placements open including a Co-operative Development Advisor in Malawi (http://www.uniterra.ca/postesVacants_en.html) and a Credit Union Counselor in Nepal (http://www.uniterra.ca/postesVacants_en.html). Check out their website and their overseas placements (http://www.uniterra.ca/postesVacants_en.html) for more information– *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "I learned that not

everybody gets to go to school and about Uganda and the Philippines. In the Philippines they have to work after school at the age of 13 helping their parents. Sometimes grades 1 to 6 are all in one classroom. If they don't have uniforms they can't go to school. I learn that mosquitoes carry malaria and people may have to have a net on their bed so they don't get bitten. I learned about Uganda and that it's in East South Africa. Thank you for the coin.” – Monica, grade 5



Out of the Ordinary – **Healthy child development** is one of the determinants of how successful and healthy we and our communities will be. Read about an experiment in public education: a boarding school, with all the privilege and prestige that such a concept implies, in Washington, DC. <http://www.washingtonpost.com/wp-dyn/articles/A16283-2004Jun29.html>



Co-op Ed 101 - Appreciate your democratic freedom. **Please vote** on Oct. 14. Here are some of the issues identified by the co-op system. The **Canadian Co-operative Association (CCA)** is promoting several important recommendations during the federal election campaign. First in importance is the renewal and expansion of the Co-operative Development Initiative. Among other key recommendations is the establishment of a Co-operative Investment Plan, which give tax credits to co-op members of agricultural and worker co-ops when they invest in their co-op. And finally, CCA is asking that a new government commit to increasing international development assistance and augmenting the role of co-operatives and other non-governmental organizations in its delivery.

“The election also provides an opportunity for us to educate the parties and their candidates on the co-op model and co-op development as a means to deal with major national issues,” says CCA Director of Government Affairs and Public Policy John Anderson. Further information on co-op election issues can be found on the CCA website at <http://www.coopscanada.coop>. CCA will be re-launching its special election website to provide co-op members with information, tools and resources to help them participate in the election <http://www.bcics.org/content/coop-sector-identifies-major-issues-for-federal-election> - *Maureen MacLean*



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Contest of the Week – Last week was for fun. We recognize Lorraine Perry for her submission. See below. There was no correct answer. In this game, you have to think of a suitable punning

surname for the author of an imaginary book. The most popular example used to be The Broken Window by Eva Brick (which is a pun on 'heave a brick').

Can you complete the names for the authors of these imaginary books?

Word Challenge

1. Politeness by Hugo First
2. What's for breakfast? by
3. Native American Weaponry by
4. Easy Money by
5. Successful Books by
6. Foreseeing the Future by
7. The Perfect Marriage by

New

1. Politeness by Hugo First
2. What's for breakfast? by Hammond Eggs
3. Native American Weaponry by Tom A. Hawk
4. Easy Money by Robin Banks
5. Successful Books by Bess Sellers
6. Foreseeing the Future by Horace Scope
7. The Perfect Marriage by Ruth Fitzpatrick and Patrick Fitzruth

Lorraine sent this along: 'I did some research and sent the question to two writer friends of mine. Unlike me, they have imaginations and came up with some good ideas. I think it would be fun if you shared some of the creative answers that your readers came up with. I know I really enjoyed reading the answers my friends sent me.

1. What's for Breakfast by Tiffany O.M. Cumming 2. Native American Weaponry by Gaston Reserve 3. Easy Money by Payno Wunn 4. Successful Books by O. N. Lyvenmee 5. Forseeing the Future by Harper C. May 6. The Perfect Marriage by Gaye D. Vorsay

1. Politeness by Hugo First
2. What's for breakfast? by Cyril N. Dulait, Boyle Dags, and Ora Anjou Saw
3. Native American Weaponry by Tom A. Hawk
4. Easy Money by Ely N. Steele
5. Successful Books by Del E. Gent, Bess Reiter, and Loza Luck
6. Foreseeing the Future by Seifert A. Head

7. The Perfect Marriage by Rose Collard Igleises, Patience Ann Love, and Hart Worke"

Good luck this week!!! **This week's contest:** If a collection of cows and crows has 43 heads and 120 feet, how many of each are there? Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca.



Co-op Cooking – Here's a great after school snack that can be enjoyed by the adults as well as the children. They can be made ahead, or the ingredients can be provided for the children to prepare their own snack. Either way, they are great.

Crunchy Portabella Fingers

2 cups cheese or multi-grain tortilla chips

1/2 cup mayonnaise or salad dressing

6 oz. slices Portabella mushroom (1/2 to 3/4-inch slices)
salsa or ketchup

Place chips in the plastic bag; seal or tie with twist tie. With a rolling pin or the bottom of a mug crush the chips to make coarse crumbs. Or pound them with your fists if you prefer. Pour crumbs onto a large dinner plate; set aside. Brush or spread mayonnaise on sides of a mushroom slice. Press the mushroom slice into the chips; turn over to coat both sides. Place on serving plate; repeat with remaining mushrooms. Enjoy eating them with your fingers using paper napkins or serve on small plates; dab with salsa or ketchup and eat with knife and fork. Variation: Substitute large pre-sliced fresh white mushrooms for portabellas. - *Glenna Weagle*



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Openings - “People who optimize their personal capital can change their world. People who optimize their social capital can change the world.” - Mick Cope www.wizoz.co.uk/

Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Co-op stores and Eden Valley Farms are two of the presenting partners in the Nova Scotia **Drive Away Hunger** tour, spearheaded by Farm Credit Canada. Every month more than 40,000 Nova Scotians use a food bank. About a third of them are children. FCC brings businesses and the agricultural industry together to help collect 100,000 pounds of food to help feed the hungry people in our province. It will roll across NS between Oct. 14 and 16. It will be stopping in Antigonish at the Braemore Co-op Food Market. It is an annual program that was started in 2004 and so far has raised almost one million pounds of food. You can donate in person when the tour visits a location near you or donate online. Go to http://www.fac-fcc.ca/en/AboutUs/Responsibility/drivewayhunger/dah_novascotia_e.asp
- **OMISTA** Credit Union (Moncton Area NB) employees lent a helping hand to Habitat for Humanity with their most recent project, a duplex to house for two Metro Moncton families in need. All 15 employees volunteered their time to Habitat, an organization that not only assists the local community, but also families across the world. A \$2000 donation was also made by OMISTA to the organization as part of OMISTA's Adopt a Day http://omista.com/news_detail.aspx?news_id=65
- In order to promote the “Lire, découvrir et grandir” literacy program, **the Caisses populaires acadiennes are launching the second Caisses populaires acadiennes “Hat Trick” Contest** for the Titan 2008-2009 regular hockey season. To participate in the contest and be eligible to win, you must be a resident of New Brunswick, be at least 19 years of age, respect the other eligibility conditions stated and complete the form on the Caisses populaires acadiennes Web site at www.acadie.com prior to each of the Titan home games and no later than March 6, 2009 at 11:59 p.m. <http://www.acadie.com/en/contenu.cfm?id=1070>
- **Valley Credit Union**, with branches in Nova Scotia’s Annapolis Valley <http://www.valleycreditunion.com/web?service=page/Home> announced that the recent charity golf tournament raised over \$6100 for the Special Olympics. <http://www.valleycreditunion.com/web;jsessionid=67F3930B851E5E8FD1723377DA7BD17F?service=direct/1/Home/SidebarBlocks/dlinkWNMore&sp=S1631>



Circle of Life – Fall Adventures: For the next few Circle of Life’s, we will profile **Fall Adventures** from around Atlantic Canada. October in Nova Scotia is **Valley Pumpkin Fest**. There are so many events and activities for everyone, from wine harvesting and tasting to

pumpkin races, corn mazes and apples. Check out <http://www.valleypumpkinfest.ca/> for more details. Get out and have fun! - *Bronwyn MacKinnon*



Trends - This week is more about the end of a trend. There was a time in my life when I was very absorbed in 35 mm photography. It started in Grade 10 as a member of my high school's Photo Club, first with black and white films (because that's what we used for our yearbook) and then in Grade 12 with color slides (because the Photo Club used to put on a year-in-review slide show at the graduation ceremony). We used **Kodachrome** film on the advice of our teacher-supervisor and I remember the purchase price included processing exclusively by Kodak. **Kodachrome**, for those who never had the privilege of using it, was the film you used if you had time to take pictures and more importantly, if you shot in natural light and required natural-looking results. Kodachrome reproduced bright vibrant natural colours, without saturating the frame. Of course, if you wanted more speed and more convenience, you could shoot with Ektachrome, but it just wasn't the same. Well, a story by the Associated Press today questions the future of Kodachrome, pointing out that current rolls have a 2009 expiry date, and that there's only one remaining lab in the world that processes Kodachrome (Dwayne's Photo World in Kansas) under contract to Kodak. A visit to Kodak's website shows that Kodachrome is still for sale (in one speed – ISO 64), but you have to dig through a number of levels before you find it. Of course, it's all because of the trend toward digital photography, which has many advantages and benefits over film and transparencies, but which for some reason, can't reproduce the nuances of certain lighting conditions the same way Kodachrome can. Should it disappear, it would be the end of an era. - *Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree – The North American Students of Co-operation annual institute (learning gathering) is being held from November 7-9 in Ann Arbor, Michigan. "Grassroots Run Deep" is the title of this year's conference, with special focus on how co-operatives are involved with land rights, land use, community development and so forth. Registration is currently open. If you are interested in sharing and learning with 400 other co-operators, visit www.nasco.coop/institute/ They have special funding considerations for low-income people as well. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*Uganda is in East Africa and their schools are small. Grades 1 to 6 are in one classroom and all they had is lattice for windows. If the mom or dad had enough money to send a kid to school sometimes they send the boy first. If the girl did not go to school, she cannot spell her name. I learned they sometimes burned their garbage.*" – Marie, grade five



Out of the Ordinary –Initiated in 1998, **GOONJ**, the Indian NGO (non-governmental organization) of the year, sends out more than 20,000 kgs of material every month. It provides clothes and other basic amenities to millions in the far-flung villages of India by turning waste from some into a resource for another. Visit www.goonj.org



Co-op Ed 101 - Are you, as a consumer, concerned about the recent rash of recalls and scares relating to food? You can do something about it. Buy fresh and buy local and buy co-op. This week, we look at the growing interest in buying from local producers in Nova Scotia. http://nsfarmersmarkets.ca/index.php?option=com_content&task=view&id=208&Itemid=87 –
Maureen MacLean



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Contest of the Week –Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noons. Send your answer to contest1@nbnet.nb.ca. Last week, we had lots of correct answers - Cathy Darland, Moncton; Trien Wissink, Moncton; Ron Levesque, Moncton; David Kerr Winnipeg; Lorraine Perry, Grand Bay, NB and Theresa McDonnell, St. George's, NL. People had fun with it and that is our goal. This week, a riddle that may take you back to your childhood (that’s a hint). Good luck!!! **Last week’s contest:** If a collection of cows and crows has 43 heads and 120 feet, how many of each are there? Answer: 26 crows gives 26 heads and 52 feet; 17 cows gives 17 heads and 68 feet - Totals 43 heads and 120 feet **This week’s contest:** You are driving a car. On your right is a steep cliff. Right in front of you there is a horse and right behind an elephant, both of which travel at your own speed. On your left there is a fire truck blocking you. How do you stop your car?



Co-op Cooking – I don’t often give tips, but if you love yogurt as much as I do, start checking the ingredients lists. Some yogurts are a mixture of milk and yogurt cultures while others have a whole list of ingredients ranging from sugars to chemical additives.

Love the sauce but not the work? Try this simple version which is ready in 5 minutes or less.

Simple Hollandaise Sauce

- 1/2 cup mayonnaise-type dressing
- 1/2 cup plain, fat-free yogurt
- 1 tsp yellow mustard
- 1 tsp lemon juice

Mix all ingredients in small saucepan. Cook on low heat for 5 minutes (until heated through), stirring constantly. Serve over steamed fresh asparagus, sugar snap peas, broccoli, or in egg dishes calling for Hollandaise Sauce. - *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *I also thought Crystal Ball would have been good for previous week's "Foreseeing the future" character....RL, NB*
- *"Loved the story on recycling, if now we can get the manufacturers to use the co-op model to develop regional recycling centers we can clean up our country." – DK, MB*



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Openings - “Let us not look back in anger, nor forward in fear, but around in awareness.” - James Thurber www.thurberhouse.org/james/james.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- It is now possible to register on-line for the **Canadian Worker Co-op Federation Conference**, being held Nov 13 – 15, 2008 in Winnipeg, Manitoba. To register, please go to: www.surveymonkey.com/s.aspx?sm=GJjvLBkjo7g9pjjWSvSang_3d_3d. It would help in planning if those who attending could register as soon as possible — it should only take a few minutes. Information about the CWCF Conference, including the full program, is now available in one place at: www.coopzone.coop/en/CWCF_Conf08. Both Air Canada & Westjet have a seat sale which is on until end of the day on Thursday, Oct. 2nd. Lastly, there is an additional Workshop on Nov. 12th in Winnipeg -- at a different conference site: the Union Centre, and with a separate registration process. It is being hosted by the Western Labour-Worker Co-op Council in which CWCF is a partner. It is called “Enhancing Worker Empowerment: A Labour – Coop Leadership Workshop”. People are invited to attend either the Labour-Coop Workshop or the CWCF Conference, or both; the two events are distinct. They have been planned for the same city in the same week so that those wishing to attend both need to make only one trip. For more information on this workshop, contact dwinter@clc-ctc.ca
- **Credit Union Atlantic** recently amalgamated with Halifax Civic Credit Union, located at 6070 Lady Hammond Road in Halifax, NS. Now having two retail branches in close proximity, it has been decided to turn the Young Street location into a business banking centre. Effective October 6, 2008, the Young Street branch will be closed for renovations. The branch will re-open early in the new year to exclusively serve CUA’s business customer-owners.
https://www.cua.com/SharedContent/documents/AYoung_St_notice_Sept_2008.pdf
- **Advance Savings Credit Union (NB)** recently presented a cheque for \$250 to the House of Nazareth, Moncton, NB, to assist with their mission of helping homeless and vulnerable people reintegrate into society.
http://www.advancesavings.ca/news_pages/community_ascu_news_NazHouse.htm The House of Nazareth offers emergency shelter in a safe environment, and in 2007 they averaged 12 clients per day at their shelter. Last year they served 27,793 meals through bag lunches, meals for their residents and monthly open house full course dinners.
- **Citizens Credit Union (NB)** with assets exceeding \$18 million and branches in Fredericton Junction and Gagetown, NB, providing financial services to over 1900 owners is looking for a loans officer. <http://www.ns-creditunions.com/default.asp?mn=1.3.24.53&sfield=content.id&search=440>

- In celebration of Credit Union Day 2008, **New Brunswick Credit Unions** are giving customer owners the chance to win a laptop in their “It Belongs to Me” contest! <http://creditunion.nb.ca/Contest%20Rules%20&%20Regs%20FINAL.pdf> To enter, use a video, an essay or even a song telling about what your ideal Credit Union would look like, what products and services it would have and how you would market it, including information about what makes your credit union unique. Contest runs Sept. 11, 2008 - Oct. 16, 2008



Circle of Life — Fall Adventures, Prince Edward Island: **Fall Flavours, Sep 30 - Oct 5**, features over 130 culinary and cultural events across the Island in many communities. The event is hosted by Chef Michael Smith of the Food Network's new series, Chef Abroad. Check out the many events under categories like Island Direct to the Source Product Experiences, Interactive Taste Workshops, Signature Events and Island Cuisine. www.fallflavours.ca - Bronwyn MacKinnon



Trends - If you're tuned in to the design scene (rest assured, most people aren't) you're probably familiar with **biomimicry** or **biomimetics**. From 'bio' (life) and 'mimicry' (mimic or copy) you'd think biomimicry was the process of copying life into conventional design processes...and you'd be correct. Biomimicry is a relatively new discipline that seeks to investigate, then incorporate, the natural world's own design processes into our own products and processes. Scientists will point out that biomimicry brings with it 3.8 billion years of research and development (as opposed to our typical 1 to 20 years for a given product) and that there is much to be gained from this approach. One of the most famous examples of biomimicry is Velcro®, which purportedly came to inventor George de Mestral of Switzerland one day after walking his dog in the Alps and arriving covered with burdocks. Under a microscope, de Mestral found the tiny hooks on the burdocks and spent ten years trying to mass produce them and the corresponding hoops. Read more about biomimicry at Wikipedia, or watch a video of one of its biggest proponents at http://www.ted.com/index.php/talks/janine_benyus_shares_nature_s_designs.html In a world thirsting for sustainable solutions, it's my guess that designers and engineers will increasingly turn to the natural world for help solving our most pressing needs. - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *“I learned a lot from Maureen MacLean. They have really small schools in the countryside and not many supplies. They have to share seats and desks. Sometimes there are three people in a desk. They share textbooks and whenever they learn something they have to write it down in their scribbler. When you are in higher grades you have to wear uniforms. If you don't have enough money for the uniforms then you can't go to school or your mother has to borrow the money.”* - Timothy, Yarmouth, NS



Out of the Ordinary – For political junkies, for those gathering more information before voting, and for those trying to make sense of it all, check out a Canadian election blog by visiting: <http://www.wordpress.com/tag/canadian-election/>



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- Oct 15 – The Big Co-op 50/50 Charity Give Away, Moncton Co-op stores – inquire at Mapleton Road and Record Street stores
- Nov. 7-9 - The **North American Students of Co-operation annual institute** (learning gathering) is being held from in Ann Arbor, Michigan. “Grassroots Run Deep” is conference title. Visit www.nasco.coop/institute/
- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB www.coopzone.coop/CWCF_Conf08
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Contest of the Week – This week’s winner is Glenna Weagle (see below). Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. Last week, we had lots of correct answers. People had fun with it and that is our goal. Good luck!!! **Last week’s contest:** You are driving a car. On your right is a steep cliff. Right in front of you there is a horse and right behind an elephant, both of which travel at your own speed. On your left there is a fire truck blocking you. How do you stop your car? **Answer(s):** With your car brakes. - *SW* My guess for the riddle is that you are already stopped because you are on a ferry and you are moving at the same pace as all the things around you because none of you are independently moving but rather at the pace the boat is going. My secondary guess would be you are in a parade and moving extremely slowly so you can stop easily. - *EH* Step on the brake, as the horse and elephant are travelling at my speed, they will also stop. – *DK* Push on the brakes. - *JS* You had better get off the Merry-go-Round. Perhaps you had better sober up a bit so that you can recognize where you are as well. Have a great week. - *GW* **This week’s contest:** I have provided you with some simple sentences that contain words with the letter ‘K’ in them. Your job is to figure out what the missing word is.

1. Some employees have a K --- K for K ----- to their bosses.
2. It's not good business sense to sell a - K --- of wool for a --- K -- .
3. The snowmobile crossed the K ----- K - at ---- K --- K speed.
4. The student was expelled for carrying a K ---- in his --- K --- K.



Co-op Cooking –Here's a new twist for those of us who love Bread Pudding. It's where you might say, we can have our pudding and eat our pie too. My guys like this especially well if it's made with raisin bread.

Apple Pudding Pie

- 1 unbaked pastry shell (or pastry to make 1 crust)
- 3 eggs
- 1 cup applesauce

1/2 cup vanilla yogurt
1/2 cup packed brown sugar
1/3 cup rolled oats
1 tsp ground cinnamon
4 slices day-old bread, cut or torn into pieces (about 3 cups)
2 medium cooking apples
1/4 cup packed brown sugar
1/4 cup all-purpose or whole wheat flour
2 tbsp butter
1/2 cup chopped nuts (walnuts, pecans or almonds)

Line unbaked pastry shell with a double thickness of foil. Bake at 450F for 8 minutes. Remove foil and bake for 4 minutes more. Remove from oven. Reduce oven temperature to 350F. Peel, core and slice apples. Stir together eggs, applesauce, yogurt, 1/2 cup sugar, oats and cinnamon. Stir in bread and apples. Set aside. In another bowl, combine 1/4 cup sugar and flour. Cut in butter until mixture resembles coarse crumbs. Stir in nuts. Pour filling into prepared crust, sprinkle with topping and cover edge of crust with foil. Bake for 30 minutes. Remove foil and bake 30 minutes longer (until top is golden and apples are tender). - *Glenna Weagle*



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Openings - “ *It takes two to speak the truth -- one to speak and another to hear.* ”

- Henry David Thoreau www.transcendentalists.com/1thorea.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Pictou County Co-op Food Bank Drive**, aptly named “**Athletes’ Food**” helped collect almost four (4) tons of food for the New Glasgow and Town of Pictou food banks recently. In addition, a barbecue during the drive raised \$585 for the food banks and the Pictou County Co-op store’s monthly 50/50 raised \$1,400. From start to finish the whole process took five weeks say local advisory council members Art Jenkins and Cheryl Didsbury. All Pictou County minor sports participants were notified and hockey teams and Special Olympics responded with more than 100 young athletes going door to door wearing their uniforms and sporting a 3” pin-on button made at Summer Street Industries, a local sheltered workshop. All were carrying Co-op reusable grocery bags. Council chair Jenkins says it was a community effort and surpassed everyone’s wildest dreams. “This wouldn’t have worked without our council and members, minor sports, food bank, local media, generosity of our store and other merchants, good kids and etc., etc. In a word – ‘Community’. Our next major project will be IWK TV Marathon. We raised over \$3,000 in our store last year. The IWK coordinator was so impressed with what we did in a month she invited us to be part of the show next year.”
- **ACA Co-operative**, Nova Scotia’s only poultry processor, is getting a \$3.5-million loan from the province for working capital. The loan will help the co-op maintain its 650 jobs and annual payroll of more than \$25 million. ACA has annual sales of more than \$110 million. Its Eden Valley products can be found in stores throughout Atlantic Canada.



Trends - There’s an old joke I’ve been reminded of in the past couple of weeks. It goes like this: “If I owe the bank \$500 and I can’t pay them back, I have a problem; if I owe the bank \$500,000 and can’t pay them back, they have a problem”. Boy, do they have a problem. I’ve never been a big fan of easy credit and the past weeks’ financial sector meltdown in the U.S. again reinforced why. Easy credit is simply bad for consumers. Very easy credit is bad for banks. While you have to do quite a bit of reading to even begin to understand what happened in the U.S., the simple version is this: Some mortgages in the U.S. are ‘sold’ to investment banks who assume the debt and sell investments in them in return for fees and commissions, going with the premise that the value of properties is always increasing. Add to that an artificially high market caused by the introductory subprime mortgage rates that were used to attract less-than-credit-worthy homeowners and you create a bubble that has no choice but to burst when the sub-prime rate clicks into regular gear after a couple of years. Millions of people got hooked defaulted and lost

their homes. Investments whittled down to nothing. Investment banks went bankrupt. All because of the cycle of greed (living the American Dream of owning a home even if you couldn't afford it, fees and commissions for the mortgage companies, and potential investment returns for the investment banks). And that doesn't even begin to address the domino effect this is having on other sectors of the economy, even in other parts of the world. - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: -



Out of the Ordinary – Project 10 to the 100th: Do you have an idea to promote? Something to change the world and make it a better place through co-operation? www.project10tothe100.com. Through its **Project 10 to the 100th** initiative, Google is calling for ideas to change the world. The purpose of the project is to identify great ideas and bring them to life, and Google is committing \$10 million to fund up to five ideas selected by an advisory board. Only individuals can submit ideas, which will be evaluated based on five criteria:

Reach: How many people would this idea affect?

Depth: How deeply are people impacted? How urgent is the need?

Attainability: Can this idea be implemented within a year or two?

Efficiency: How simple and cost-effective is your idea?

Longevity: How long will the idea's impact last?

The submission deadline is October 20th, 2008. For more information, visit:

www.project10tothe100.com.



Co-op Ed 101 -Be sure to **Vote on OCTOBER 14**. With only one week before the federal election, I would like to suggest that all our Canadian readers follow this link to the web site of the Canadian Co-operative Association and read the RECOMMENDATIONS for the Federal government on community economic development and social economy:

http://www.coopscanada.coop/pdf/CED/CED&SocialEnterprisePlatform_EN.pdf

Only once in approximately every four years do we have the chance to at least have the ear of the members of parliament from our local areas who will be making decisions on our behalf. This is the time to ask them if they know about co-ops and ask how they plan to support co ops and community economic development. Even if you do not feel comfortable having this discussion, you can at least print off the RECOMMENDATIONS and give them to the candidates in your riding. According to the media this election may be close, and so is a good time to make sure your voice is heard. VOTE!!!! – *Maureen MacLean*



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- Nov. 7-9 - The **North American Students of Co-operation annual institute** (learning gathering) is being held from in Ann Arbor, Michigan. “Grassroots Run Deep” is conference title. Visit www.nasco.coop/institute/

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Contest of the Week – Last week's contest winner was Marty Frost, BC. Congratulations, Marty!

Last week's contest: I have provided you with some simple sentences that contain words with the letter 'K' in them. Your job is to figure out what the missing word is. 1. Some employees have a K --- K for K ----- to their bosses. 2. It's not good business sense to sell a - K --- of wool for a --- K -- . 3. The snowmobile crossed the K ----- K - at ---- K --- K speed. 4. The student was expelled for carrying a K ---- in his --- K --- K. **Answer:** 1. Some employees have a knack for kowtowing to their bosses. 2. It's not good business sense to sell a skein of wool for a nickel. 3. The snowmobile crossed the Klondike at breakneck speed. 4. The student was expelled for carrying a knife in his backpack. **This week's contest:** Can you write down this number using digits? Twelve thousand twelve hundred twelve Contest entries are due each week by 12 Noon on Tuesday.



Young Co-operators: The Buds on the Co-op Tree - Since 2004, Saskatoon-based Concentra Financial has offered the **Dennis Lyster Leadership Bursary** for a student pursuing studies and research in co-operatives. There is still time to prepare your application, as the deadline is October 17. Find the application form at <http://www.concentrafinancial.ca/forms/701-025.pdf> Questions can be directed to Shauna MacNeil at macneil@concentrafinancial.ca - Erin Hancock



Co-op Cooking – Carrots, potatoes and lots of other root veggies are now coming into the kitchen and the flavour of fresh veggies from the garden is not to be equalled. Here's an easy method for preparing these vegetables, especially for a crowd. The recipe will easily give 6 to 8 servings, but may be adjusted to whatever size you desire.

Roasted Fall Root Vegetables

4 lbs of mixed root vegetables (carrots, potatoes, beets, sweet potatoes, turnips, rutabagas, yams and parsnips to name a few), in any combination.

1 cup chopped onion

1 clove garlic, minced

1/4 cup canola oil

1/2 tsp dried thyme

salt and pepper to taste

Peel and cut vegetables into 1/2-inch cubes. Place in large bowl. Add remaining ingredients.

Toss to mix well. Place in a single layer on a parchment-lined baking sheet.

Bake at 375F for 40 to 45 minutes (until vegetables are slightly browned and can be easily pierced with a fork). - Glenna Weagle



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Well, here we are. Another milestone for *Co-op Circles* - our third anniversary. We have changed and grown since we launched in 2005 with only the two of us. Now we have regular contributors who help with the content each week. We appreciate all our readers and enjoy the interaction we have with our contests and readers' comments. Do take time to drop us an email if you have a suggestion or want to circulate news from your co-operative or credit union or community. You can help by forwarding this week's issue to a fellow co-operator and encouraging them to sign up. Won't you help us widen our "Circle?" Thank you for all the words of support and please this week during Co-op Week take time to reflect on the value of having local ownership and control of business enterprises here in Atlantic Canada - Brenda and Maureen



Openings - *"Even after all this time*

The sun never says to the earth,

"You owe Me."

Look what happens

with a love like that,

It lights the Whole Sky." - Hafiz www.poetseers.org/the_poetseers/hafiz

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This Week in Co-op Circles

- **Colchester Transportation Co-operative Limited** is community based transportation co-operative in the Colchester County area of Nova Scotia which is providing ground transportation to meet the needs of persons with disabilities, seniors and non-disabled individuals. Transportation is provided Monday to Friday between 7:30 am and 5 pm. The co-operative has three fully trained drivers who are available to take people to medical appointments, shopping and they are available to do small charters, as well. The vehicles are equipped with wheelchair lifts. Priority is placed on meeting the needs of people who are disadvantaged in terms of transportation. For more information on the co-operative, phone (902) 896-7433, or e-mail ctcl@ns.sympatico.ca
- The winners of the **2008 Antonine-Maillet-Acadie Vie Literary Award** have been revealed <http://www.acadie.com/en/communiquer/affiche.cfm?id=357> The Antonine-Maillet-Acadie Vie Literary Award has announced the 2008 winners for the Quinquennial Award, the Annual Award and the Richelieu Youth Award, and also celebrated its 10th anniversary. The 2008 Quinquennial Award was awarded to Calixte Duguay for his work. The winner received a certificate, a bronze medal engraved with his name and a \$5,000 grant. The 2008 Annual Award was won by David Lonergan for his essay *Tintamarre - Chroniques de littérature dans l'Acadie d'aujourd'hui*, published by Les Éditions Prise de parole. The winner received a certificate, a bronze medal engraved with his name and a \$4,000 grant. Finally, the 2008 Richelieu Youth Award was given to Céline Pitre-Cool for her play, entitled *J.A.M.*

The winner received a certificate as well as a \$1,000 grant. The winners of the three awards were revealed at the official award ceremony which took place Wednesday, October 8, 2008, at the Édifice Martin-J.-Légère of the Fédération des caisses populaires acadiennes

- On September 15, 2008 the Inverness Hospital Foundation launched their "Always There" Campaign to kick off its three year endeavour to raise \$1.9 million toward the cost of the **Inverness Consolidated Memorial Hospital Expansion** project. These renovations will see the Emergency department totally renovated a new Renal Dialysis unit, and the sharing of laundry and kitchen services with the Inverness Manor. As part of the launch, **East Coast Credit Union's** Board Chair Guy Sanders was one of the speakers to announce the credit union's donation of \$150,000 to the community project. As of the announcement the foundation has raised \$1.2 million of the \$1.9 required. They are well on the way to realizing their commitment to this project. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.117&sfid=content.id&search=443>
- The staff, management and board of directors at **Shean Co-op** in Inverness, NS, kicked off Co-op Week by raffling a **heart healthy market basket** for the benefit of the **Co-operative Development Foundation of Canada**. The amount raised on behalf of and by the Members is \$712 which will be matched by the Canadian government, three dollars for every dollar raised. The heart healthy market basket was won by long time Shean Member Helen Basker of Banks Road, Inverness. The Co-op Development Foundation helps co-operatives all over the world be successful by providing seed money, and on-the-ground support functions.
- The 2008 **Canadian Worker Co-op Federation** AGM/Conference will take place from November 13-15 in Winnipeg, Manitoba. The theme is: "Co-ops that Work!" How can you improve the functioning of your worker co-op? As usual, there will be great opportunities for learning, sharing and networking with other co-operators. To register, go to: http://www.surveymonkey.com/s.aspx?sm=GJjvLBkjo7g9pjjWSvSang_3d_3d
Please register as soon as possible — it will only take a few minutes. All other information about the CWCF Conference, including the full program, is now available in one place at: www.coopzone.coop/en/CWCF_Conf08. The airlines are having another seat sale – Air Canada through October 16th, and Westjet through October 15th. **SUBSIDIES:** For worker co-op members from outside the province, half-airfare travel subsidies are available. **NEW:** there is a pool of registration fee subsidies, available to Manitoba residents. Application deadline for fee subsidies: October 23rd, and the details are at: www.coopzone.coop/en/CWCF_Conf08.
- Constable Trevor Wood, is the newest RCMP graduate to be assigned to the Clarenville detachment. Recently, customers at the **Clarenville Area Consumers Co-op** watched him run around the store haphazardly snatching items off the shelves. Several people reported seeing accomplices who were dressed in the easily recognizable purple and yellow Lions Club attire. But instead of management and staff showing any concern over the matter, everyone clapped and cheered to encourage the young man. It was all part of the Co-op store's 40th anniversary celebrations. The "Mad Dash for Groceries" event was an initiative sponsored by the Clarenville Co-op/Clarenville Lions Club 50/50 Charity Program with proceeds being donated to the Clarenville Area Food Bank. During a 3-minute shopping spree, Constable Wood collected a total of \$703.66 which was added to the 50/50 committee's weekly donation of \$1500. Additionally, delegates of the Newfoundland-Labrador Federation of Co-operatives who were in town for their annual general meeting donated \$500.00 which was a portion of proceeds raised during a silent auction event.

Gloria Pond from the Clarenville Area Food Bank gratefully accepted the donation of food vouchers totalling \$2703.66. The Co-op presented Constable Wood with a \$25 gift certificate in appreciation for his participation in the Mad Dash and in a final act of generosity he subsequently handed it over to the Food Bank as well. Pond stated, “Christmas has come early for the food bank this year. \$2728.66 will definitely help to replenish supplies which are greatly needed this time of year.”

- The **Newfoundland-Labrador Federation of Co-operatives** held its annual general meeting in Clarenville on October 3-4th. The Clarenville Area Consumers Co-op chose this occasion, as part of its ongoing 40th anniversary celebrations, to pay special tribute to the man who was instrumental in the initial establishment of their community co-operative. **Frank Collins** was only 16 years old when he won a 4-H public speak-off and thus the opportunity to attend a youth co-op camp. While there, he became intrigued with the canteen set-up which dispersed its profits to its customers. When Frank returned home he arranged a public meeting to educate the residents about the co-op advantage and invited a representative from the Newfoundland Co-operative Services to attend. The concept was well received. On January 16, 1968 a provisional board was elected and a constitution adopted. Only six months later the *Clarenville Area Consumers Co-operative Society Ltd.* rented a space and opened its grocery store doors with a manager, 4 staff and 180 members. Today, 40 years later, this retail co-op boasts more than 8100 members and 68 staff. It continues to be a very profitable business as evident from the payment of patronage dividends to its members every year. Roy Carpenter, president of the Clarenville Co-op board of directors, speaking on behalf of current and previous board members, management and staff, formally recognized Collins for his tremendous contribution. To show the board’s appreciation, Carpenter announced the creation of the **Frank Collins/Clarenville Area Co-op Honorary Scholarship**. He stated, “As a high school student, Frank was instrumental in the establishment of the co-operative and without his interest and initiative, the Co-op would not exist today.” In his honor, each year the Clarenville Area Consumers Co-op will donate \$1000 to the Clarenville High Scholarship Foundation which will then be awarded to a Level III student who meets the following criteria: shows community mindedness, portrays a good work ethic, and is the child of a Clarenville Area Co-op member. The first scholarship will be awarded in December 2008. Collins, who is an Honorary Life Member, attended the Co-op’s anniversary events over the weekend. He was visiting from his home in Saint John, NB.
- The **Co-operative Enterprise Council of New Brunswick** welcomes **Melanie Bellamy** as their new community economic development intern. A recent Master's graduate from Dalhousie University, Melanie brings strong research and communication skills to the position and has already become a valuable member of the Council’s team. Over the coming months, Melanie will be contacting co-operatives across New Brunswick to discuss ways the council can help you with your growth and development needs. Please see CEC’s Web site at <http://www.cecnb.ca> for more information about the Council and its services.



Trends - I’ve written in this space in the past about open source software development, and even crowdsourcing design and manufacturing. There’s another movement afoot in the UK that is seeing members of the public match up Hansard – the official written record of debate in the House of Commons – with BBC Parliament video that’s available on the internet, and turning out a **timestamped, searchable video of debate**. The implications are enormous on a number of levels. One is that video of parliamentary debate can now be keyword-searched from your

computer. Want to know what your MP said about a certain issue, simply keyword-search the video and it will take you to the exact spot automatically. Two is that all of this work is currently carried out for free by members of the public. In fact, it took only two months to get the first 42,000-plus videos timestamped and ready to go. Currently, all videos are 100 percent searchable. Third, all of this was achieved with no budget. People can make a difference, and not always for a buck. See www.theyworkforyou.com for more information. - Ron Levesque



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *“Everyone is different around the world. Philippines are one of the most different people in the world. Some other schools have only one wall and a roof and it seems like they’re outdoors. The older children have to work when they finish school to help their parents. Children had uniforms and if you couldn’t afford them you couldn’t go to school until you could get one. Uganda was a place Maureen MacLean taught me about as well as the Philippines and in East Africa, they grow peanuts under the ground and smash them to make peanut butter. Uganda is close to the equator. I love to learn about other children.”* – Hannah, Debert



Out of the Ordinary – The Social Economy Centre of the University of Toronto announces its **new podcast series, ON CUE: Ontario Community University Extension**. The podcast features its 2008-09 Speakers' Series, which takes a close look at some of the most pressing issues affecting Ontario's social economy. The first episode is The Conversion of Alexandra Park Public Housing into Atkinson Housing Co-operative with speakers Tom Clement, Executive Director, Co-operative Housing Federation of Toronto & Jorge Sousa, Assistant Professor, University of Alberta (September 24, 2008). Jorge Sousa discusses the Atkinson conversion as it relates to housing policy and community building initiatives, including the need to align the two. Jorge also describes ongoing efforts to convert public housing projects into co-operative communities in other jurisdictions. Tom Clement introduces “Atkinson Co-op Revolution,” a short film about community development activities resulted in young people engaging in their co-op by running for the board of directors. Atkinson Co-op’s board now has five directors under 25 years of age, and Tom is joined by members of the Atkinson Co-op to respond to questions and to share their experiences. This session is moderated by David Hulchanski, Director, Centre for Urban and Community Studies, Faculty of Social Work, University of Toronto. To subscribe, click here: <http://feeds.feedburner.com/OnCue> Upcoming episodes:
October 15/08: Participatory Local Development and Grassroots Planning: From Kerala to Leh
November 12: K-Net: First Nations Initiative in Telehealth and Online Education
December 3: Social Purchasing
January 21/09: Youth and Social Enterprises
February 18: New Canadians and the Social Economy
March 18: Food Security
April 22: Green-Collar Jobs
May 20: Ontario’s Secondary School Community Involvement Diploma Requirement
Podcasting enables you to automatically download audio files to your portable mp3 player or iPod. For more information on podcasts, see the wiki article at <http://en.wikipedia.org/wiki/Podcast>



Co-op Ed 101 - In Co-op Week, it's great to be able to talk about a co-op success. During my recent trip to Newfoundland I had the opportunity to visit one of the Co-op fish plants on Fogo Island and learn about Shrimp processing <http://www.fogoislandco-op.com/profile.html> It was a great experience and I learned so much. I would encourage you to read all about **Fogo Island Fisheries**. This is from the Fisheries' Web site:

"Today, Fogo Island and the Co-op are a major force in the international fish harvesting community. We have a fleet of 30 long liners, three fish plants, two buying stations, a laboratory, welding shop and a marine service center complete with fishing supplies outlet. We have markets in the United States, Japan, China, Taiwan, Sweden, and Germany. And we have developed a rock-solid reputation for honesty, integrity, pride in performance, and world-class quality. Just ask our customers." – Maureen MacLean



Co-op Community Bulletin Board

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- Nov. 7-9 - The **North American Students of Co-operation annual institute** (learning gathering) is being held from in Ann Arbor, Michigan. "Grassroots Run Deep" is conference title. Visit www.nasco.coop/institute/
- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB www.coopzone.coop/CWCF_Conf08
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- Feb 2 – 5, 2009 Institute for Co-operative Studies, Banff, AB. Presented by the Canadian Co-operative Association, the Institute of Co-operative Studies is the only national co-operative event that contributes to the development of leadership across organizations and sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week –This week's winners are Cathy Darland, NB, and Marty Frost, BC (a bit of a puzzle this one was). Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. Good luck!!! **Last week's contest:** Can you write down this number using digits? Twelve thousand twelve hundred twelve **Answer:** 13,212 **This week's contest:** Complete the word square by inserting the 9 letters into the grid, to create the same words reading down and across.

E E A A A D R R N
 H I D E
 I _ _ _
 D _ _ _
 E _ _ _



Young Co-operators: The Buds on the Co-op Tree - The Co-operative College, based in Manchester, UK is holding a conference for young co-operators from October 16-18 in Manchester. For questions or registration, email euoycc@co-op.ac.uk or visit the College website to learn about all of their programs, events and courses at www.co-op.ac.uk/ - Erin Hancock



Co-op Cooking – With the arrival of Fall there is an abundance of fruit and vegetables in our local stores, roadside stands and farm markets. Here's an easily prepared recipe that takes advantage of the wonderful apples now coming out of the orchards. It was served at dinner at my house a couple of days ago and got rave reviews from family and friends.

Apple Upside-Down Cake

1/3 cup butter, cut up

1/3 cup brown sugar, lightly packed

6 small red cooking apples, halved, cores and stems removed

1 1/3 cup all-purpose flour

2/3 cup granulated sugar

2 tsp baking powder

1 tsp ground cinnamon

1 tsp ground ginger

2/3 cup milk

1/4 cup butter, softened

1 egg

1 tsp vanilla extract

vanilla ice cream or whipped cream (optional)

Preheat oven to 350F. Place 1/3 cup butter in 9-inch square baking pan. Place in oven long enough to melt butter (approx. 5 minutes). Sprinkle brown sugar into melted butter. Place 9 apple halves, cut side down in butter mixture. Bake for 10 to 15 minutes (until bubbly). Peel remaining apples and coarsely shred; set aside. Combine flour, sugar, baking powder, cinnamon and ginger. Add shredded apple, milk, 1/4 cup butter, egg and vanilla. Beat at low speed until combined (1 minute). Spoon over apples, spreading evenly (apples may be exposed or butter may float to the top). Bake 35 minutes (until wooden pick inserted near center comes out clean). Cool on rack 5 minutes, Loosen from sides of pan and invert onto platter. Spoon any topping remaining in pan onto cake. Cool 20 minutes. Serve with ice cream or whipped cream if desired. - *Glenna Weagle*



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Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S., England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, Oct. 22, 2008



Week of Oct. 19 – Oct. 25, 2008, Vol. 3, No. 44
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To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca



Openings - “Everyone thinks of changing the world, but no one thinks of changing himself.” - Leo Tolstoy www.online-literature.com/tolstoy/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- To help celebrate Co-op Week, the **Clarendville Area Consumers Co-op** partnered with other local co-operatives including the Newfoundland-Labrador Credit Union, The Medicine Shoppe and The Co-operators to hold a free Family Skating Party as a “co-operative” way to give back to the community. Approximately 150 people attended. The Co-op wanted to offer free ice skating to local residents (skating is only available in this region from October to April). Everyone appreciated the complimentary hot chocolate, granola bars and, of course, the draw prizes.
- **Bayview Credit Union** in Saint John, NB, is asking the community for entries for its “Who Makes A Difference in Your Life” initiative. The idea is to get good news into the community and to give people a chance to say thank you to and to recognize the people who have impacted their lives. It hopes to continue this initiative next year, as well. If there is someone members would like to thank, please write a story and submit it through Bayview’s website: www.bayviewnb.com. The entry doesn’t have to be long and involved. Even a few words can make a big difference. Everyone is invited to be a part of this project. You can enter as many times as you have people who matter to you. All entries are posted on Bayview’s website, so feel free to drop by and read what New Brunswickers had to say about the people who matter to them.
- The employees of **Beaubear Credit Union** www.beaubear.ca/ in Miramichi, NB, celebrated the credit union’s 70th anniversary this summer. As part of recognizing its 70 year history, a charity barbecue was held to raise \$500 for the local food bank and a commemorative stamp was created as well as a scale replica 1938 Studebaker Truck.
- **Bayview Credit Union** with branches throughout Saint John, NB, has named the recipients of the **2008 Roy Mackin Memorial Education Awards**, Melanie Collrin, Eve Powell, Ashlee Doyle, Emma Pinfold, Morganne Foley and Kayla Richard. The late Roy Mackin was general manager at Bayview for many years.
- Taking advantage of Coop Week, the **Caisses populaires acadiennes** unveiled the poster image of the VISA Classic card. During a breakfast meeting with employees, Camille Thériault, CEO of the Mouvement, took the opportunity to highlight the merits of cooperation, and to unveil the new VISA Classic credit card. This card, which is used by approximately 43,000 card holders throughout the Caisses populaires acadiennes network, usually displayed the image of their partner, Desjardins. Through an agreement negotiated between VISA and the two institutions, the VISA Classic card will now also display the

Caisses populaires acadiennes logo.

http://www.acadie.com/en/communiquer_affiche.cfm?id=359

- **Assumption Life and the Caisses populaires acadiennes' affiliate Acadia Life**, have announced a partnership agreement giving rise to a new sales company specializing in the distribution of personal insurance in New Brunswick. This historic agreement unites the strengths of two important Acadian companies by the creation of a new subsidiary specializing in the distribution of personal insurance products throughout the province. The agreement represents the union of two of the largest institutions in the francophone personal insurance market in New Brunswick
http://www.acadie.com/en/communiquer_affiche.cfm?id=358
- Della Hetherington, **Advance Savings Credit Union** owner from Petitcodiac, NB, was entered into a draw and won a 22" LCD HDTV by ensuring that her shares were paid up during Advance's Shares Top Up Contest. Also, Advance Savings Credit Union www.advancesavings.ca, serving the Moncton area, has presented a cheque for \$250 to the Salvation Army to assist with purchasing turkeys for its annual Christmas Aid program. The Christmas Aid program services the tri-community area, providing food, toys and clothing for families in need at Christmas.
http://www.advancesavings.ca/news_pages/community_ascu_news_SalvationArmy.htm
- A bicycle rodeo, breakfast, and a dance with local artists were among the events that helped to mark the recent 65th anniversary of Paquetville Co-op in New Brunswick.
- If you want to see a giant pumpkin, **Bergengren Credit Union** www.bergengrencu.com has one. The pumpkin was donated by local grower Nick Oxner. Drop into the branch in Antigonish to guess the weight for a chance to win a prize of \$75.00 cash in recognition of its 75th Anniversary. All proceeds raised will go to the **Antigonish/Guysborough Early Childhood Intervention Program** www.nset.org/antigonish/.
- **Heritage Credit Union**, www.heritagecu.com/ with seven locations in Nova Scotia, for the second year in a row, has been named to Progress Magazine's Top 101 Companies list. "Being recognized as one of the Top 101 Companies is a significant accomplishment for our organization", says Ken Shea, President and CEO of Heritage Credit Union. "The companies that are recognized each year are true leaders in their field and we are honored to be amongst them. We are also very proud of our staff for their part in this accomplishment." This year, Progress, in partnership with the Sobey's School of Business continued their comprehensive approach to the Top 101 companies of the year. Progress produced the top 10 rankings in four areas of operational performance by creating a balanced score card within their Top 101 survey. These best practices areas are: Customer Orientation, innovation and learning, internal management practices, and governance and social responsibility. Heritage Credit Union ranked #3 in the overall Balanced Scorecard, #5 in the Customer Orientation Category, #5 in the Governance and Social Responsibility category, and #9 in the Internal Perspective category.
- **Nova Scotia credit unions** joined more than 177 million credit union customer-owners in 96 countries around the world celebrating International Credit Union Day on October 16, 2008. The day honours the history and achievements of the credit union movement. In Nova Scotia, credit unions provide wise financial guidance to more than 168,000 customer-owners at 31 credit unions offering 162 points of service (82 locations and 80 ATMs). The credit union network also employs more than 900 people provincially. "We take great pride in the fact that our credit unions are locally owned, managed and staffed, with a primary

responsibility to respond to the needs of communities in Nova Scotia,” says Bernie O’Neil, President and CEO of Credit Union Central of Nova Scotia. www.ns-credit-unions.com “We celebrate our ability to make decisions locally and our commitment to community development through such programs as our small business financing program. We also recognize the many ways we give back to the community by volunteering and supporting community initiatives.” As part of its Credit Union Day festivities, Credit Union Central of Nova Scotia was addressed by special guests representing Early Intervention Nova Scotia. This association is composed of 18 early intervention programs supporting children with developmental delays and their families throughout the province. It was chosen as the primary recipient of funds from the Nova Scotia Credit Unions Charitable Foundation with a three-year commitment.

- The **Canadian Worker Co-op Federation** Board www.canadianworker.coop/ is recommending to the November 2008 AGM a resolution on increasing the size of the Board to 7 directors (from the current 4) and on changing the Board election process, including the incorporation of diversity criteria for the Board. . A by-law resolution will be presented at the AGM. Although it is up to the membership to accept these changes, the Board Nominating Committee is seeking a sufficient number of Board candidates to fill all 7 director positions, 5 of which would be up for election. If the new criteria are accepted, CWCF will be holding elections for 5 positions this year: 1) BC/ Yukon Director 2) Quebec Director 3) Atlantic Director 4) Director at-large 5) Director at-large. For more information, contact April Bourgeois, CWCF Board President / Prairies Director 306-359-1962 / coopventures@sasktel.net and Colin MacDougall, CWCF Treasurer / Ontario Director, 613-235-6122 / colin@lasiembra.com, Co-Chairs, CWCF Nominating Committee
- The Environment Committee of the **Fredericton Direct Charge Co-op** www.frederictoncoop.nb.ca/Board of Directors sponsored an afternoon of fun and learning about the environment on Sunday, September 14th at O’Dell Park. Thirty-six children, their parents and grandparents rotated around the park to 4 exhibits learning about the weather presented by Claude Cote, birds presented by Gerry Kemp, Tammy Mahendrappa and Chris Pitt on Soils and Naturalists and Melissa and Vanessa on trees and leaves. The final event of the afternoon was a nature walk including a mini-orienteeing exercise throughout the park where everyone collected various items outlined in the orienteeing instructions. One lucky girl and boy each won a set of binoculars; there were also 4 lucky winners of bird houses. But no one left the park empty handed; posters, t-shirts, stickers and a tree sapling were provided to each of the participants. Thanks to Duck Unlimited for supplying the posters. FredKids was a partner in this activity as well doing the face painting as the children arrived.
- **Fredericton Direct Charge Co-op’s** www.frederictoncoop.nb.ca/Annual Community Golf Tournament took place Thursday September 25th, and raised \$3,139.00 for the New Brunswick Association for Community Living. This event has raised over \$12,000 for the NBACL since inception in September 2004. Members and suppliers took part, in particular Northumberland Dairies, who all assisted with door prizes and the barbeque. Staff members Mike Doran and Karen McCarty handled the organizing of this year’s event.



Trends - It doesn’t sound anything like what it is, but “**buckypaper**” has the potential to revolutionize the manufacturing sector. Scientists have called it buckypaper as an homage to

Buckminster Fuller, an American inventor and architect famous for his geodesic structures (think Expo '67 in Montreal and the US exhibit). The 'paper' is actually an array of carbon nanotubes (very, very small tubes) that are 50,000 times thinner than a human hair. A sheet of buckypaper looks like ordinary carbon paper, but with huge differences. It is 500 times stronger than steel when laminated together, conducts electricity like copper and disperses heat like brass. A strand of carbon nanotubes that is 1mm² could theoretically support 6300kg of weight. The carbon nanotubes themselves are made of fullerene, very small carbon structures composed of hexagons (six sides) and pentagons (five sides), which can be further shaped into tubes, spheres or ellipsoids. If you take a close look at a modern soccer ball, you will see that they are made of hexagons and pentagons, or 'buckyballs'. The applications are numerous – from airplane and car parts, to computer displays and 'paper' batteries, the future looks interesting thanks to 'buckypaper'. See Wikipedia for more information. - Ron Levesque



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *"Thank you for visiting our school and bringing all the things to look at. I really liked the mask that stood up. Some day I would like to work for Canada in Africa."* - Shelly, Grade 6, Charlottetown, PE



Out of the Ordinary – **Dominion News Cooperative**, a multi-stakeholder coop with a mandate of covering grassroots news and issues in Canada

and around the world is distributing 20,000 copies of its mining issue across the country, and holding discussions in communities coast to coast to coast. To find out more about the mining issue, check out:

<http://dominionpaper.ca/mining>



Co-op Ed 101 - This week we feature another Newfoundland and Labrador co-operative. NIFCO, the **Newfoundland Independent Filmmakers Co-operative**, was founded in 1975 by a group of filmmakers who wanted to ensure that the means of film production were available to artists working in the province. In the beginning the co-op was housed in the rear of the old National Film Board building in Pleasantville, with basic 16mm production and editing equipment, much of it borrowed. Gradually more equipment was acquired and in 1980 NIFCO moved downtown to its present location. The co-op now houses a complete production facility, including digital and analog editing suites, a mixing theatre, and an animation stand. NIFCO members have now produced more than 200 films, ranging from short animations to feature length dramas, television series and documentaries. For more information you can contact NIFCO, 40 Kings Road St. John's, NL, A1C 3P5 Phone:(709) 753-6121, or visit <http://nifco.org/>
- Maureen MacLean



Co-op Community Bulletin Board

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- Oct. 25 – District 4 Credit Union Bowl-A-Thon in Nova Scotia in support of the IWK Health Centre. Since September, Heritage Credit Union's branches have been selling IWK bracelets and sponsorship balloons in support of the Centre.

- Nov. 7-9 - The **North American Students of Co-operation annual institute** (learning gathering) is being held from in Ann Arbor, Michigan. “Grassroots Run Deep” is conference title. Visit www.nasco.coop/institute/
- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB www.coopzone.coop/CWCF_Conf08
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Contest of the Week –Last week we had lots of correct answers: Cathy Darland, Moncton; David Kerr Winnipeg, MB; Lorraine Perry, Grand Bay, NB; Theresa McDonnell, St. George’s, NL and Glenna Weagle, NS. People had fun with it and that is our goal. Good luck !!! Everyone who enters has his/her name placed in the contest can for the month end draw. The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. **Last week’s contest:** Complete the word square by inserting the 9 letters into the grid, to create the same words reading down and across.

E E A A A D R R N

H I D E

I _ _ _

D _ _ _

E _ _ _

Answer: Hide Idea Dear Earn

Thanks to one of our readers who added the postscript: “I am very proud of my four letter word vocabulary”. We love the smiles. **This week’s contest:** A bit of a teaser: find two words that rhyme and fit the description. For example, a weird ape would be a funky monkey, or a wealthy Halloween gal would be a rich witch.

1. Game anxiety?
2. Blouse Stain?
3. One who lives in the basement?
4. Magical Iguana?
5. Arachnid’s beverage?



Young Co-operators: The Buds on the Co-op Tree - In Chicago, a group of youth have undertaken design and T-shirt printing as part of the **Co-op Clothing Tech** enterprise. The project is in its 4th year of operation and going strong; producing everything from shirts for community groups to school uniforms. See a video about the group at <http://www.youtube.com/watch?v=fKEmMGDgkXQ> or read more at <http://www.coopimage.org/programs.html> - Erin Hancock



Co-op Cooking – With the days getting cooler, there comes the mad rush to get the gardens ready for a winter sleep. Coming in from the gardens at lunchtime or after you’ve spent the morning pickling and freezing the remaining vegetables, it’s nice to have something warm that can be readied quickly. These wraps seem to be a perfect solution. The recipe is for eight but can be easily halved or quartered.

Beef and Cabbage Wraps

8 8-inch flour tortillas

12 oz lean ground beef

1/2 cup chopped onion

1 cup frozen whole kernel corn

1/2 to 2/3 cup barbecue sauce (your favorite flavour)

2 cups shredded cabbage with carrot (substitute ready-made coleslaw mix if you like)

Wrap tortillas in foil and place on baking sheet. Heat at 350F for 10 minutes (until heated through). In large skillet, cook beef and onion until beef is browned and onion is tender. Drain excess fat. Add 1/3 cup barbecue sauce. Cook, stirring, until heated through. Spread one side of tortilla with some of remaining barbecue sauce. Spoon on about 1/2 cup beef mixture. Add shredded cabbage mix and roll to wrap. To serve this as a larger meal, you can add yellow rice (add 1/8 tsp turmeric or saffron to water in which your regular rice is boiled), and Tomato and Cucumber Salad (toss chunked tomato and cucumber with olive oil, the zest and juice of 1 lemon. and salt and pepper to taste). - *Glenna Weagle*



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- *Love the puzzles! It's my weekly "Stolen Moment". Thanks! - CD*
- *I love your little contests, even if I don't participate every time. Keep them coming. I like the contents very much. It keeps me informed of co-operative news. Thanks. - LD*
- *I am a day late in getting to your third anniversary edition. Congratulations and thanks for your efforts that keep me informed on a lot of great topics and events – and still thrilled to be on your circulation list. – DK*
- *Hope you had a great Thanksgiving and that your Hallowe'en is good and spooky where'er you happen to be. - GW*



Co-op Circles is part of Rising Tide Collective's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, Oct. 29, 2008



Week of Oct. 26 – Nov. 1, 2008, Vol. 3, No. 45
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Openings - “*Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife.*” - Kahlil Gibran en.wikipedia.org/wiki/Khalil_Gibran Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- After 67 years Moncton **Co-op Food Market on Record Street** in Moncton, NB, will close. John Harvie, CEO of Coop Atlantic, presided over a meeting on Oct. 28, called to inform members that the Co-op store on Record Street will close November 15th. With the conversion of the CCC stores to corporate stores earlier this year, decisions on these stores are made by the board of Coop Atlantic. Harvie and the executive management team had recommended to the Co-op Atlantic board on Monday, Oct 27, that the store close. Decreasing sales, aging infrastructure, insufficient member support, together with increased competition in the Moncton area, made it impossible to achieve the sales needed to keep the store open. The lower floor will continue to be rented to the Frenchy’s franchise and the Co-op Furniture store that was opened on the premises in 2008, will continue to operate. Attempts will be made to rent the top floor. Approximately 150 members and staff came out on a cool, rainy night to hear the announcement. Some, like George Labelle and Greg Murphy, had been members since the current facility was built in 1962. Although everyone understood the implications of having less than 12 per cent of the members actively shopping at the store and projected sales at \$4 million less than four years ago, most expressed sadness at losing their co-op and what they considered a landmark in downtown . Labelle who has been a proponent of more co- op education for more than 60 years said, “We are in this position because people don’t feel they belong so they don’t shop or go to meetings.” Harvie outlined the process and time line to close the facility and encouraged everyone to continue shopping co-op at the Mapleton Road or Dieppe store.
- **Braemore Co-op Food Market** held its fall member meeting on Tuesday evening, Oct. 28. About 20 members and staff turned out to hear how the store was progressing. The meeting included a presentation by Colleen Cameron, who co-chairs a local group, VOICES, which is concerned with increasing local food capacity and food security. She talked about the co-op’s partnership with the group in its food box initiative. About 35 bags are packed at Braemore every second Thursday. All of the produce contained in those bags is grown in the Antigonish area. It’s packed in a Co-op bag, ready for pick up. Also, the VOICES group was able to hire a summer student this year and had a community garden behind the Antigonish Farm and Garden Co-op, which helped those who would not normally have had an opportunity to grow their own food, to get involved in garden maintenance and growing.
- **Lewisporte Co-op** in Lewisporte, NL, donated from its 50/ 50 lottery during Co-op Week to assist with overseas co-op development. Manager Gordon Head was pleased to send a

cheque in the amount \$1095 toward Canadian Co-operative Association projects around the world. During Co-op Week the 50/50 raised \$2190 so a member also took home a cheque for \$1095. Gordon Head has been a long time supporter of Co-op Development Foundation and has been the manager of the store with the highest donation for three consecutive years.

- **C103 radio and the credit unions of Moncton** and surrounding area are **Bringing Down Hunger One Foot at a Time!** http://omista.com/news_detail.aspx?news_id=70 Credit unions purchased a shelf in the Food Depot Alimentaire Buy A Shelf campaign and they then asked people to help them bring Tim the local radio announcer down by purchasing a 2nd shelf! Starting Thursday, October 23rd at 6 am, Tim Cormier was lifted 80 feet in the air above the corner of Vaughan Harvey Boulevard and Main Street. For every \$50 raised from the public, Tim was lowered one foot until all \$4000 was raised.
- **Community Leadership Award CHOICE REWARDS™ MasterCard®, Advance Savings Credit Union, OMISTA Credit Union, <http://omista.com/news.aspx?isarchive=0> PSE Credit Union and Rexton Credit Union presented the CHOICE REWARDS™ MasterCard® and Credit Union Community Leadership Award to the Maritime Junior "A" Hockey League team player who best exemplifies credit union values of community involvement, responsibility and leadership. The recipient of the award for the 2007/2008 season is **Corey Garland** of the Dieppe Commandos (formerly the Moncton Beavers).**
- **Lameque Co-op** employees have shown the community spirit that distinguishes Co-op stores by raising \$2,000 for the Relay for Life in support of cancer research.



Trends - If you spend a bit of time on the internet, you have likely heard of **Web 2.0**. Very, very, very simply, Web 2.0 is the current iteration of a number of internet technologies that work together to present a specific user experience – one that enhances creativity, information sharing, collaboration and functionality. In the Web 2.0 world, users collaborate to create and share information, oftentimes for free, oftentimes using different media to achieve the experience. Some of the more well-known Web 2.0 sites are eBay, Flickr, MySpace, FaceBook, Blogspot, YouTube. All of these rely on users to create content for them to be successful. And for the most part, users are creating content in ways that boggle the mind. Web 2.0 technologies are being put to productive use – in learning, in communications, in socializing. It's a really fun time to be a citizen of the net. (I've written about some Web 2.0 sites in the past, particularly the wefeelfine.org site.) The big debate these days is whether or not Web 2.0 (and Web 3.0 in the future) will be able to replace traditional media for audience share. eBay has created its own economy (you can buy anything there); YouTube is now being used by corporations to flog products and services; Wikipedia is often quoted with authority; and BlogSpot is home to armchair (as well as renowned) editorialists from around the world. And that's just the surface. See more about Web 2.0 on Wikipedia. - Ron Levesque



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: *“During today’s presentation I learned that each of us has potential given the right resources and support. People living in underdeveloped countries need a hand up rather than a hand out to help improve their quality of life, not only for themselves but for their families and communities as well.”* - Sherri H, Moncton NB



Out of the Ordinary –The **Just Us! Development and Education Society (JUDES)** has partnered with a **Fair Trade, organic coffee farming community of Chayotepec**, situated in the Oaxaca region of Mexico to offer an unique opportunity for a small-group, guided, responsible travel experience that respects local peoples and the environment. Participants will learn about the ancient Zapotec culture and how they have protected their forests for thousands of years. They will try their hands at harvesting coffee, hear the stories and music of this rich cultural area, relax and enjoy the tranquility, and experience local food. There are two departure dates: Saturday, February 14 – Sunday, February 22, 2009 or Saturday, February 28 – Sunday, March 8, 2009. Cost is \$1350 per person (excludes flights & insurance). Fees include all transportation within Oaxaca (private van), 8 nights accommodation (double-occupancy), knowledgeable and bilingual guides, meals, entrance to historic sites, and most activities. The fee also includes a Sustainability Fee (towards Gold Standard carbon offsets for international and local travel & local environmental projects), a Reciprocity Fund (to bring representatives from producer communities to Canada), and a contribution toward the administration and education costs of JUDES. Registration deadline is 30 days prior to departure. Space is limited (max: 9 people / trip). You can learn more by watching a short video on YouTube at www.youtube.com/watch?v=IPgfd40SKIU, contacting info@judesfairtrade.ca or by phone at 542-7474 ext 235 or attend an information session in Halifax or Wolfville, NS. JUDES (the Just Us! Development and Education Society) is a not-for-profit organization committed to raising public awareness about the social and environmental issues relating to international development and the benefits of Fair Trade. Founded in 2006 with the support of Just US! Coffee Roasters Co-operative, it works to strengthen the relationship between producers and consumers and help individuals in living justly and lightly on the planet. www.judesfairtrade.ca



Co-op Ed 101 - Reverse Trick-or-Treating: Co-op America <http://www.coopamerica.org/> is once again teaming up with **Global Exchange** <http://www.globalexchange.org/> to support reverse trick-or-treating, the new Halloween tradition of children handing Fair Trade chocolate back to their neighbours. The candy is attached to a card that includes information about social and environmental justice issues in the cocoa industry and how Fair Trade chocolate helps farmers across the world in cocoa growing communities. Last year more than 47,000 households learned about Fair Trade chocolate thanks to Fair Trade trick-or-treaters. <http://greenhalloween.org/blog/?tag=co-op-america> - *Maureen MacLean*



Co-op Community Bulletin Board

Remember to send news items and bulletin board items to News1@nbnet.nb.ca

- Nov. 7-9 - The **North American Students of Co-operation annual institute** (learning gathering) is being held from in Ann Arbor, Michigan. “Grassroots Run Deep” is conference title. Visit www.nasco.coop/institute/
- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB www.coopzone.coop/CWCF_Conf08
- Nov 15, 2008 – CUSO’s Dance for the World event, Halifax, NS
- Feb 2 – 5, 2009 Institute for Co-operative Studies, Banff, AB. Presented by the Canadian Co-operative Association, the Institute of Co-operative Studies is the only national co-operative event that contributes to the development of leadership across organizations and

sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week – Last week we had lots of fun answers. The first one in was from Ron Levesque, NB, followed by Marty Frost, BC, Cathy Darland, NB, and Glenna Weagle, NS. Good luck!!! Everyone who enters has their name placed in the contest can for the month end drawing The Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. **Last week's contest:** Find two words that rhyme and fit the description:

1. Game anxiety? deer fear – we also received **chess stress, quarry worry**
2. Blouse Stain? shirt dirt – we also received **top spot,**
3. One who lives in the basement? cellar dweller – we also received **cellar feller**
4. Magical Iguana? wizard lizard
5. Arachnid's beverage? spider cider

This week's contest: Can you determine what makes the following sentence unusual?
“Next, pour liquid back in my five dozen washed jugs.”



Young Co-operators: The Buds on the Co-op Tree - The **Prince Edward Island Co-operative Council** is seeking a **Youth Director**. If you would like more information, contact Executive Director, Charlie Crockett at 902-569-7322 or email him crockett@peicc.coop - *Erin Hancock*



Co-op Cooking –These days it seems you can feel Autumn in the air. When days get cooler, it's nice to come in from working in the garden or some other activity and find a good meal waiting. Slow cookers are, it seems, just made for these days.

Autumn Harvest Stew

- 1 lb. boneless pork shoulder, trimmed of fat and cut into 1-inch cubes
- 2 cups peeled, cubed sweet potatoes
- 2 medium parsnips, peeled and cut into 1/2-inch pieces
- 2 small cooking apples, cored and cut into 1/4-inch slices
- 1 medium onion, chopped
- 3/4 tsp dried thyme, crushed
- 1/2 tsp dried rosemary, crushed
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups apple cider or apple juice

In a 3 1/2 or 4-quart crockery cooker, layer potatoes, parsnip, apples and onion. Sprinkle with thyme, rosemary, salt and pepper. Add meat. Pour apple cider or juice over all. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours (or until meat and vegetables are tender. Ladle into bowls. Tip - A slow cooker should be at least 1/2 full to cook properly. If you are making a dish which does not fill your cooker to this level, add a few more veggies or some extra fruit.- *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca



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Openings - Openings is a weekly feature of Co-op Circles. *"I'm known around the block as a writer and broadcaster," Terkel tells me, "but also as that old guy who talks to himself. I never learnt to drive. Why should I have? The bus was there. So one day I'm on the corner alone, waiting for the 146. I'm talking to myself, finding the audience very appreciative. Then other people arrive; I talk to them too. This one couple ignore me completely. He's wearing Gucci shoes and carrying The Wall Street Journal. She's a looker. Neiman Marcus clothes. Vanity Fair under her arm. So I told them, 'Tomorrow is Labor Day: the holiday to 'honour the unions.' The guy gives me the kind of look Noël Coward might have given a bug on his sleeve. 'We despise unions.' I fix him with my glittering eye, like the Ancient Mariner, and I ask, 'How many hours do you work a day?' He tells me eight. 'How come you don't work 18 hours a day, like your great-grandparents?' He can't answer that. 'Because four men got hanged for you.' I explain that I'm referring to the Haymarket Affair, the union dispute here in Chicago in May 1886. The bus is late. I have him pinned against the mailbox. Then I say, 'How many days a week do you work?' He says five." Terkel laughs, and takes a sip of water. "I say: 'Five – oh, really? How come you don't work six and a half?' He isn't sure. 'Because of the Memorial Day Massacre. These battles were fought, all for you.' I tell him about that massacre of workers, in Chicago, in 1937. He's never heard of these things before. She drops her Vanity Fair. I pick it up, being gallant. I am giving it to them now: the past. Because, like James Baldwin said, without the past, there is no present. The bus arrives. They leap in. I never see them again. But I'll bet... they live in an upscale condominium that faces the bus stop. I'll bet she looks down every morning, from the 20th floor, and he says: 'Is that old nut still down there?' And can you blame them?"* – Excerpt from an interview with Studs Terkel, October, 2007. For complete interview go to: www.independent.co.uk/news/people/profiles/studs-terkel-the-worlds-greatest-interviewer-395040.html Terkel died a couple of weeks ago at 96 years of age. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The Basket Weavers are hosting a Christmas tea on Saturday, Nov. 22 from 2 to 4 pm at their new home, the Island Traditions Store. It is located at 17 Sunnyside Road in Richmond, PEI. Visitors are welcome to come for a cup of hot cider or coffee and a snack and view the work of artisans, chat with basket weavers and learn more about the history of old traditional ash splint basketry. They can also watch demonstrations and wood preparation.
- Justice Wayne Dymond has ordered the **Fogo Island Co-op** on Fogo Island, NL, to pay share capital to former members. A Newfoundland Supreme Court justice has ordered the fisheries co-operative to turn over thousands of dollars to former workers. Four dozen plant workers and fishermen sued the Fogo Island Co-operative Society, a major force in the fishery on Newfoundland's northeast coast for several decades. The average payout to each

plaintiff is about \$3,000.

http://ca.news.yahoo.com/s/cbc/080924/canada/stjohns_fogo_decision

- **Heritage Credit Union** with branches in Dartmouth, NS, and surrounding communities, supported the IWK Health Centre again in 2008 by participating in the District 4 Credit Union Bowl-A-Thon on Saturday, October 25th. The event was once again a success with a large number of employees and family members from Heritage Credit union fund-raising and participating. <https://www.heritagecu.com/>
- **The Fredericton Co-op Golf Tournament** took place Thursday, September 25th, and raised \$3,139 for the New Brunswick Association for Community Living. <http://www.frederictoncoop.nb.ca/> This event has raised more than \$12,000 for the NBACL since inception in September 2004.
- The **Fredericton Direct Charge Co-op** in Fredericton, NB, has announced the winners of more than \$3,250 in scholarships including **Melinda Kavanaugh**, who is the recipient of the Sid Pobihushchy Scholarship valued at \$1,000. This scholarship is given to a student who intends to pursue either an area of co-operative studies or work in the cooperative movement upon graduation. Melinda has a degree in Political Science with a major in Women's Studies. She is now enrolled at Mount St. Vincent in a Masters of Nutrition Program. Upon graduation she intends to set up a Cooperative Wellness Centre in Fredericton read about all the winners at <http://www.frederictoncoop.nb.ca>



Trends - You've got to give the folks at Google some credit for the way they've settled a recent lawsuit over **book scanning**. For the past few years, Google has been electronically scanning mostly out-of-print books in an effort to make them available to interested readers. What was sort of up in the air is how to compensate the authors of those books, some of which are still protected by copyright. The result is a \$125 million agreement with book publishers and authors that "outlines a framework for a new system that will channel payments from book sales, advertising revenue and other fees to authors and publishers, with Google collecting a cut." The breadth of the work is astounding: since 2004, seven million books have been scanned and many millions more will likely be digitally preserved. The plan does have its detractors – some worry Google will have too much control over books and other materials that are the backbone of the U.S. library system. And while the agreement was settled on revenue sharing, the thorny question of the legality of Google's unauthorized scanning still remains. - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*What I learned from Ms MacLean was that in the Philippines it is very hot, about 30 degrees, so the school walls don't have to be very thick. In school they have to share books because they don't have enough for everyone.*" - Kaitlyn C, 9, Fogo Island, NL



Out of the Ordinary – The Fall 2008 issue of the **Co-operative Management Advantage**, a publication of the Masters of Management, Co-operatives and Credit Unions Program, at St Mary's University in Halifax, NS, is now available. You can access the issue by going to www.mmccu.coop In this issue you will find a student profile, articles on globalization, co-

operative style, co-op management in the non-profit sector, comparing the co-operative advantage in Italy and Canada and a look at Robert Owen today.



Co-op Ed 101 - This week I have been reflecting on the closure of the Record St co-op store in Moncton, NB, where I have been a member since 1969.

<http://timestranscript.canadaeast.com/news/article/464999> This co-op was incorporated in 1941. I thought I would take a look at other co-ops incorporated that year. I found over a dozen electric co-ops in the US, a student housing co-op in Kingston and a farm co-op in Connecticut. Of course, a search doesn't turn up other co-ops opened in 1941 but now closed. Perhaps Circles readers might like to read about other co-op which has been around for 67+ years. **CHELCO** was started in 1941 when the people of Northwest Florida decided to band together to form a member-owned, not-for-profit utility to bring lights to the sparsely populated areas in Florida's panhandle <http://www.chelco.com/>

Putnam Farmers Co-op was incorporated in 1941 in Putnam, Connecticut

<http://putnamfarmerscoop.com/> **Nespelem Valley Electric Cooperative** was incorporated in March 22, 1941, Washington USA <http://www.nvec.org/>

Kingston, Ontario is located at the mouth of St Lawrence River and is home to **Science 44 Co-operative**, a student housing co-operative that was incorporated in 1941

<http://www.science44co-op.com/> - *Maureen MacLean*



Co-op Community Bulletin Board

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- Nov 13-15 – Canadian Worker Co-op Federation AGM and Conference, Winnipeg, MB www.coopzone.coop/CWCF_Conf08
- Nov 15, 2008 – CUSO's Dance for the World event, Halifax, NS
- Nov 18-19 – Energy Solutions for Our Farms and Communities, Moncton, NB -This is the first conference dedicated to finding energy solutions that will work for the agriculture industry in Atlantic Canada. CONFERENCE DETAILS: <http://www.atlanticfarmenergy.ca/>
- Feb 2 – 5, 2009 Institute for Co-operative Studies, Banff, AB. Presented by the Canadian Co-operative Association, the Institute of Co-operative Studies is the only national co-operative event that contributes to the development of leadership across organizations and sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week – We had lots of correct answers to our last contest. The first one in was from Barb Freake, Newfoundland Labrador Credit Union. Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. The monthly winner for October is Marty Frost, BC. A Music CD is on its way to Marty. Congratulations! Send your answer every week to contest1@nbnet.nb.ca. **Last week's contest:** Can you determine what makes the following sentence unusual? "Next, pour liquid back in my five dozen washed jugs." **Answer:** All letters of the alphabet are used at least once. **This week's contest:** For each of the pairs of words below, insert a word in the blank space between them to form two separate words so that the inserted word finishes the first word and begins the second. For example, given "MAN ____ ON", you would insert the word "GO" to form "MANGO" and "GOON".

DON ____ HOLE
STAR ____ ROOM
PAD ____ YARD



Young Co-operators: The Buds on the Co-op Tree - The Ontario Co-operative Association presented **Spirit Recognition** awards to a number of Ontario co-operators/co-operatives during the 10th anniversary of the Co-operative Spirit Recognition Awards. The Youth Leader award was presented to André Brisebois from Sketch Orléans. Read more about André at www.eastottawa.ca/article-261041-Young-leader-honoured-for-hard-work.html The Youth Mentor award was presented to Gay Lea Foods Co-operative. Read more about Gay Lea Foods at www.gaylea.com - *Erin Hancock*



Co-op Cooking – In today’s world, sweet peppers are always available. I often bake them with a rice stuffing, but here’s a recipe that adds mushrooms instead and is a nice flavour change. It’s described as “a wonderful vegetarian meal or side dish that can be microwaved”

Italian Stuffed Peppers

2 large red, green or yellow peppers
2 tbsp olive oil
1/4 cup each diced celery and onion
1 lb mushrooms, finely chopped
4 cloves garlic, minced
1/2 cup dry bread crumbs
1/4 cup grated Parmesan cheese
1/4 cup ketchup
1 tsp each dried basil and oregano
1 cup grated mozzarella or crumbled feta cheese

Cut peppers in half lengthwise and carefully scoop out seeds. In large skillet, heat oil over medium heat; sauté celery and onion for 1 to 2 minutes or until softened. Add mushrooms and sauté another 3 to 4 minutes (until starting to brown). Stir in garlic and remove from heat. Stir in breadcrumbs, Parmesan, ketchup, basil, oregano and 1/2 cup of cheese. Spoon mixture into peppers and place in shallow baking pan or casserole dish. Bake 15 to 18 minutes at 400F (until peppers are tender). Sprinkle with remaining cheese; return to oven just to melt cheese. To microwave: Place stuffed peppers in microwaveable dish. Cook on high for 5 to 8 minutes or until softened and heated through. Cooking time will vary according to thickness of peppers and wattage of oven. Top with cheese and microwave on medium 2 to 3 minutes (until cheese is melted). - *Glenna Weagle*



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on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

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Openings - Openings is a weekly feature of Co-op Circles. “*Once you begin to acknowledge random acts of kindness - both the ones you have received and the ones you have given - you can no longer believe that what you do does not matter.*” - Dawna Markova

<http://www.dawnamarkova.com/> Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Small business week was celebrated around Newfoundland and Labrador recently and there was no shortage of events and information sessions for entrepreneurs in Bay St. George to mark the occasion. The week opened with a luncheon when the Bay St. George Chamber of Commerce announced **Indian Head Co-op** as the winner of the 8th annual Leo Bruce Award. “It was a bit of a surprise,” said Co-op manager Tony White. “I consider it quite an honour, along with the staff and board,” he said. White said the Co-op, which is in its 41st year of business in the area, employs 40 people in the community and does what it can to support local charities and activities. “It says a lot for the store and what we do for the town, and the town’s been through some tough times and we’ve survived them all so far ... and hopefully we will be here for the next 40 years.”
- Sponsored by Fredericton Direct Charge Co-op, **Fredkid.com** is everything a parent ever wanted to know about raising a kid in the Greater Fredericton Area. Fredericton Co-op is entering year two of its sponsorship of the non-profit organization Healthy Families, Healthy Communities Association. This group is dedicated to linking families with each other and with the community in the greater Fredericton Area. The driving philosophy of HFHCA is that when parents are connected to each other and to their city, stronger, healthier families and communities emerge. One of the important accomplishments of the organization is the creation of a website fredkid.com. It is an online resource for parents and caregivers of children so that families can be connected to each other and to the resources of the city. Many of the values espoused by this organization are similar to the values of the cooperative movement. The Fredericton Co-op Board believes that by working together it can enhance its presence in the community and improve the lives of local families and co-op members. Fredericton Co-op is a title sponsor of this organization and has committed \$10,000 per year over the next two years.
- On November 1, 2008, **Bayview Credit Union** staff joined forces with staff from Irving company Atlantic Wallboard to assist Habitat for Humanity Saint John with their current building project in the south end of Saint John on St. Andrews Street. Bayview partnered with Irving to help make a real difference in the lives of people in its community. Volunteers insulated walls, hung drywall, drank lots of coffee, and had a great time working together on this project. www.bayviewnb.com

- The board of **Community Credit Union** with branches in Truro, Amherst and Bass River, has approved \$9,000 in bursaries for students high schools within the community it serves. This brings the credit union's total commitment to students to \$50,000 since the program began in 2001. A total of 57 students has benefited from the bursaries. Howard Welch, board chair, and Prem Dhir, bursary committee chair, say it is a great pleasure to be able to support the students and the number of applications is growing each year. Applications can be picked up at any of the credit union's branches. www.communitycreditunion.ns.ca
- **Fredericton Co-op** has the largest selection of local produce of any other major food retailer in the city of Fredericton. Co-ops play a big role in supporting and working with New Brunswick-based businesses and entrepreneurs and help strengthen the economy and standard of living. Atlantic Canada's Co-op stores, which includes Fredericton Direct Charge Co-op and the Co-op Country Store, are the only business group that commits to Atlantic Canada's food production sector by working with producers at every stage of the cycle: selling producers the seed, feed and other products they need to grow their food; consulting with the producers to ensure the best, healthiest product; and selling their food through our Co-op stores. Fredericton Co-op buys from local suppliers and farmers, and this season, the corn available at the Co-op was local. Corn acreage and production in the greater Fredericton area has decreased in the past two years and in order to ensure the Co-op had an ample supply of high quality New Brunswick corn, the Co-op management made an agreement to procure 10,000 dozen corn from a farmers group in Carleton county. Fredericton Co-op members continued to have access to high quality fresh NB grown corn. A similar relationship has been established with local apple growers. In turn the Co-op ensures the farmers receive a fair price for their product, by working together in co-operation. In addition to this example, the Co-op works diligently to source local and New Brunswick grown agricultural products whenever possible. This includes close relationships with local vegetable, flowers, plant and beef producers. This fall fresh local apples from Hoyt's Orchards and Coburn's Apple Cider are in stock and members can choose from fall vegetables grown in the greater Fredericton area and the Saint John River Valley.
- In special meetings held on November 5, members of three Caisses from the northwest region of the province of New Brunswick have voted in favour of a merger plan which was presented to them. http://www.acadie.com/en/communiqu_e_affiche.cfm?id=36 Members voted in favour of the new **Caisse populaire Trois Rives**. Therefore, Caisse populaire Haut-Madawaska, Caisse populaire République and Caisse populaire de Saint-Basile will form a single entity, identified as Caisse populaire Trois Rives. The new Caisse will be officially constituted on January 1st, 2009, following the approval of the project by the Superintendent of the Caisses populaires.
- The newly expanded board of directors of the **Canadian Worker Co-operative Federation** (www.canadianworker.coop) will include two directors. In a "nail-biter" election that went to a second ballot, Yuill Herbert (Sustainability Solutions Group co-operative, Tatamagouche NS) and Eric Tusz-King (EnerGreen Builders Co-operative, Sackville NB) were both elected to CWCF's national board.



Trends - The effect of **rising energy costs is impacting the cost of the food** we eat. It costs more to grow, produce and transport food from the field to the store, whether that comes from California, USA or California Settlement, N.B. The rising cost of production and distribution hasn't been lost on the companies that produce the food we eat. They know consumers will cut

back on purchasing certain food items (or substitute lower cost replacements) so many have taken to reducing the amount of product in containers, and keeping a somewhat close to original price. Skippy peanut butter in the US* has gone from 18 ounces to 16.3 ounces in the same size jar, simply by putting a dimple in the bottom of the jar where consumers can't see it. Ten-percent less peanut butter for roughly the same price. Many two-litre ice cream containers are now 1.6 litres. Research has shown that consumers think manufacturers are being dishonest when they reduce the size of their product ("chronically deceptive marketing practices" are the words one interviewee has used), while manufacturers defend themselves by explaining that weights and measures are printed on the outside of packages. *In Canada, it is illegal to sell peanut butter in anything but a 125, 375, 500 or 750 g jar, or a 1, 1.5 or 2 kg jar. There are a few other restrictions for wine and certain syrups; everything else is Caveat emptor. - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*The lady that came to my school on Fogo Island told us stories about children in schools far away and we talked about the Fish Co-op where my mom works.*" – Melody, Grade 5



Out of the Ordinary – The **Social Economy Centre of the University of Toronto** is hosting a **series of workshops** throughout 2008 and 2009 for community organizations. They will focus on topics like greening your organization, strategic planning, marketing, social accounting and change management. For more information go to:

<http://sec.oise.utoronto.ca/english/workshops.php>



Co-op Ed 101 – While travelling in Newfoundland recently, I met some co-operators who were board members of CHANAL, the provincial housing federation. <http://chanal.no-ip.org/> The most easterly federation in Canada, CHANAL was founded in 1990 to serve and represent the housing co-operatives of Newfoundland and Labrador. It has about 25 members, all also members of CHF Canada. CHANAL provides a range of services for members and the general public. CHANAL takes part in the lobbying activities organized nationally by CHF Canada. A volunteer represents the association at CHF Canada's Co-op Housing Association of Newfoundland and Labrador http://www.chfc.ca/eng/pages2007/feds_1_1.asp, **CHANAL, 75 Barbour Drive, Suite 204 P.O. Box 453 Mount Pearl, Newfoundland A1N 2C4**, phone: (709) 747-5615 chanal@nl.rogers.com - *Maureen MacLean*



Co-op Community Bulletin Board

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- Nov 18-19 – Energy Solutions for Our Farms and Communities, Moncton, NB -This is the first conference dedicated to finding energy solutions that will work for the agriculture industry in Atlantic Canada. CONFERENCE DETAILS: <http://www.atlanticfarmenergy.ca/>
- Dec. 3 - LUNCHBOX SPEAKERS' SERIES, The Social Economy Centre – University of Toronto Presents **Social Purchasing** with Dave Robinson, Mountain Equipment Co-op,

Peter Frampton, Social Purchasing Portal and Don Wells, McMaster University. This event will also be webcast live on the Internet. Please see our website for detailed instructions: [HTTP://SOCIALECONOMY.UTORONTO.CA](http://SOCIALECONOMY.UTORONTO.CA)

- Feb 2 – 5, 2009 Institute for Co-operative Studies, Banff, AB. Presented by the Canadian Co-operative Association, the Institute of Co-operative Studies is the only national co-operative event that contributes to the development of leadership across organizations and sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week – Last week we had three correct e-mail answers. David Kerr, MB, Theresa McDonnell, NL, and Nicole Rosenow-Redhead, NS. Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your entry to contest1@nbnet.nb.ca.

Last week's contest: For each of the pairs of words below, insert a word in the blank space between them to form two separate words such that the inserted word finishes the first word and begins the second. "DON ___ HOLESTAR ___ ROOM PAD ___ YARD". The answer Don **nut** hole Star **board** room Pad **dock** yard **This week's contest:** Which of the following words does not belong and why? BAILIFF, ANOINT, ASININE, LOGORITHM, GAIETY



Young Co-operators: The Buds on the Co-op Tree - The **Atlantic Co-operative Youth Leadership program** (ACYL) has been helping Atlantic Canadian youth understand co-operatives, community involvement and leadership for 14 year now. Staff and members of co-ops and credit unions have been volunteering to deliver workshops and run activities since the beginning of the program. In order to honour these contributors, youth who have attended an ACYL seminar can nominate a leader that has made a positive impact on their life or who has made a contribution worth recognizing. You can submit nominations by December 1st to Trevor MacDougall at leadership@acyl.coop. Also, if you would like to learn more about the program or consider serving as a volunteer staff person in the future, visit www.acyl.coop - Erin Hancock



Co-op Cooking – My first experience with fish grilled on a plank was at a local community supper and I was delighted with the wonderful flavour. Since then I've enjoyed plank grilling at home, using a variety of foods. To try your hand at plank grilling, buy untreated wood planks at specialty food stores or on Web sites. The following recipe uses a cedar plank but you will also find apple, cherry, maple and oak. Each wood gives an unique flavour. Soak the planks for four hours or overnight to create moisture while cooking and to keep them from burning as you cook. Check often to make sure planks are not on fire. Keep a spray bottle of water handy to put out hot spots.

Grilled Cedar Planked Salmon

1 untreated cedar plank (14x7x1 inch)

1/2 cup Sundried Tomato and Oregano Dressing

1/4 cup finely chopped fresh parsley

1/4 cup oil-packed sundried tomatoes, drained, finely chopped

1 salmon fillet (2 lb/900 g), 1 inch thick

Immerse plank in water, placing a weight on top of plank to keep it submerged. Soak at least 4 hours or overnight. Preheat barbecue to medium heat. Mix dressing, parsley and tomatoes; set aside. Brush top of cedar plank with 1 Tbsp. oil; top with fish. Place on barbecue; cover barbecue

with lid. Grill 10 min. Brush with dressing mixture; continue grilling 10 min. or until fish flakes easily with fork. - *Glenna Weagle*



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Openings - Openings is a weekly feature of Co-op Circles.

"In this cold commodity culture

Where you lay your money down

It's hard to even notice

That all this earth is hallowed ground...

The gift keeps moving

Never know where it's going to land

You must stand back and let it

Keep on changing hands." - Bruce Cockburn www.brucecockburn.com

Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- A proposed amalgamation of Moncton-based **Advance Savings Credit Union** <http://www.tricocreditunion.com/> and the **Rexton Credit Union** <http://www.rextoncreditunion.ca/> was approved by members at special meetings recently <http://nbbusinessjournal.canadaeast.com/transcript/article/472396> Advance Savings, created in 2006 as a result of the amalgamation of Royal Credit Union and Trico Credit Union, has branches in Moncton, Petitcodiac, Port Elgin, Riverview and Salisbury. The merger will improve efficiency while providing enhanced services to owners and the communities the credit unions serve, said a spokesman. All branches and staff would be maintained with the new entity. The amalgamation will take place Jan 1, 2009.
- The **Northern Star promotion** http://www.acadie.com/en/communiqué_affiche.cfm?id=364 was launched in the Chaleur and Acadian Peninsula regions recently. Staff members from the caisses populaires and service centers are inviting the population to participate in obtaining better health care services for their communities. The financial goal of the promotion is \$ 50,000. The money raised will be shared by the Chaleur Regional Hospital Foundation, the, the Fondation de l'Hôpital de l'Enfant-Jésus Inc. 1988, the Fondation de l'Hôpital de Lamèque Inc. and the Fondation Les Amis de l'Hôpital de Tracadie Inc. and go toward their respective annual campaigns. The **Caisses populaires acadiennes** have always supported local development and the Northern Star promotion is an opportunity to cooperate with the Foundations from the four establishments.
- The partnership between the Bay St George Sick Children's Foundation and the **Indian Head Co-op 50/50 Draw** in Stephenville, NL, is a story of co-operation and participation. It began in 2005 and has since raised more than \$100,000 for the Foundation, says store manager Tony White. It is appreciated by members and families in the Bay St George area. "It is only through the support of businesses such as Indian Head Co-op and the residents in

the Bay St George area that our Foundation can continue to support these needy families,” says Foundation president William Dunne. More than 33 members of the Stephenville co-op have been lucky winners in the draw designed to help sick children in the region.



Trends - This week’s column has nothing remotely to do with co-ops, community development, even locality. It may be about a trend. It stems from an article I read in the New York Times shortly after Barack Obama had been elected president of the United States. You see, Mr. Obama is the first president of the U.S. who is a citizen of the internet age, or ‘**netizen**’. What does that mean? He has been seen throughout the campaign, thumbing his Blackberry, reading and responding to emails. Nothing wrong with that, you may think, unless you’re the president of the United States, where you would likely be asked to give up the device, for several reasons. One, apparently, is that the wireless messages could be intercepted, posing a security risk, though one wonders about personal messages to his wife and children. Another is that ‘email is a time burner...’ and that ‘...the nature of the president’s job is that others can use email for him’. In my mind, that opinion is based on the job description of previous presidents, and seems to really go against the flow of a portion of the current generation of netizens who simply live life ‘connected’ practically 24 hours a day. Perhaps we will see a trend developing where a president of the United States will be able to use current technology in order to connect with a large part of his or her constituency. Here’s a hint: In his first Democratic radio address, Mr. Obama had it videotaped and archived on YouTube. The transition has indeed begun. - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*During today’s presentation I realized that we are lucky to have all of the things we have. I also learned that they don’t have any snow and that the temperatures are near 30 Celsius all the time.*” Ally M, 9, Fogo Island, NL



Out of the Ordinary – The growth and development of the **Sandy Hill Pet Food Co-op** in Ottawa, ON, over the past five years paved the way for a similar store catering to food aimed at human beings – **the Sandy Hill People Food Co-op**. The two stores are located directly across the street from one another and are operated by the same staff. While membership is not required for purchases at either the Pet Food Co-op or the People Food Co-op, staff does encourage customers to purchase one in order to receive discounted pricing. More information can be found at <http://www.sandyhillpetfood.ca>.



Co-op Ed 101 –Thinking about Christmas shopping? Why not consider a fair trade gift for family or friends? <http://www.makepovertyhistory.ca/en/blog/sweatshop-free-christmas-shopping-fair-trade-way> - *Maureen MacLean*



Co-op Community Bulletin Board

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- Nov. 29 – Christmas Tea at Island Traditions Store (Home of the Basket Weavers), 17 Sunnyside Road, Richmond, PEI, 2-4 PM
- Dec. 3 - LUNCHBOX SPEAKERS' SERIES, The Social Economy Centre – University of Toronto Presents **Social Purchasing** with Dave Robinson, Mountain Equipment Co-op, Peter Frampton, Social Purchasing Portal and Don Wells, McMaster University. This event will also be webcast live on the Internet. Please see our website for detailed instructions: [HTTP://SOCIALECONOMY.UTORONTO.CA](http://SOCIALECONOMY.UTORONTO.CA)
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Contest of the Week – Last week, Glenna Weagle was the winner. Everyone who enters has their name placed in the contest can for the month end drawing. The contest entry deadline each week is Tuesday, 12 noon. Send your entry to contest1@nbnet.nb.ca.

Last week's contest: Which word does not belong? Bailiff, Anoint, Asinine, Logorithm, Gaiety **Answer:** The word that does not belong is Logorithm it is the only word that does not contain the letter "A", although it should have. It is spelled incorrectly. "Logarithm" is the correct spelling. **This week's contest:** There is an animal hiding in each sentence below. Can you find the animals? Example: There is a "bee" in "I'll be eleven next month." Hint: You will have to look in three words to find some of the animals.

We can go at six o'clock.

It's nice to do good deeds.

Take soap and a towel.

Most rich people wear fancy clothes.

You can keep the watch or sell it.

Use a ladder.

It will be a rainy day.

I came late.

Tell me if I should start now.

Will a map help you?



Young Co-operators: The Buds on the Co-op Tree - Young Co-operatives, a youth initiative operating out of the UK is teaching youth about business through co-operation. This school-based co-op program helps youth develop their skills through engaging in business selling fairly traded goods. The projects pairs youth entrepreneurship with education. Learn more at www.youngcooperatives.org.uk or watch a video about the project at www.youngcooperatives.org.uk/index2.php?pageId=47 - Erin Hancock



Co-op Cooking – There is a lot of snow piled on my lawn and a real chill in the air these days which announces that winter has truly arrived. Perfect weather for a pot of chili. Here's a new twist on an old dish that you might enjoy trying.

Chicken and Mushroom Chili

2 tbsp oil

1 lb ground chicken (or turkey)

1 medium onion, chopped

2 cloves garlic, chopped
1 lb fresh mushrooms, sliced
1 can white kidney beans, drained and rinsed
1 can diced tomatoes
2 tbsp chili powder
1/2 tsp ground cumin
1/4 tsp hot red pepper flakes (optional)
light sour cream (optional)
grated cheddar cheese (optional)
chopped cilantro (optional)

Heat oil in large saucepan; add chicken and cook, stirring frequently for about 3 minutes. Add onion, garlic and mushrooms; cook 5 minutes or until softened. Stir in beans, tomatoes, chili powder, cumin and red pepper flakes if using; lower heat and cover. Simmer 10 minutes or longer. If desired, garnish with sour cream, grated cheese and cilantro. Variation: Substitute diced jalapeno pepper for chili flakes, adjusting the amount to taste. - *Glenna Weagle*



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Openings - Openings is a weekly feature of Co-op Circles. *“Every single moment has a particular rhythm to it, and we have the capacity to expand or contract an individual moment as appropriate. One way to shift what's going on in our world is not to try to rush to do more, but to allow ourselves to go deeper into that moment of being present. Our ability to shift gears, to shift our rhythm to meet that moment and be present in it, is what allows us to experience the fullness of life.”* - Stephan Rechtschaffen

www.eomega.org/omega/faculty/viewProfile/4f342a2448f5f26e22f00e5eaea165f5/ Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The Canadian Co-operative Association is seeking **12 credit union professionals** for a group technical assistance assignment in **Uganda and Malawi**. The groups will travel to Africa together and be briefed together. Then they will be divided into teams of two to provide on-site coaching and assistance to primary credit unions. The assignment involves two missions to Africa approximately one year apart. The first mission involves a commitment of three weeks (two in country) from approximately February 17 to March 8, 2009. Some time will be required prior to the trip for vaccinations and other preparations. Some of the credit unions most in need of assistance are located in remote communities. Travel is more difficult in those areas, and accommodations are rudimentary. CCA is hoping to specifically recruit some individuals to work in those areas. (Canadian coaches will not be expected to travel in areas of active conflict which might be the case in Northern Uganda.) Candidates should be in excellent health. Previous experience with travel in the developing world would be an asset for the more remote locations. Please indicate on your application form if you are willing to take on an assignment in the north. To learn more about the Uganda/Malawi Coaching Program 2009 please contact: Heather Staffa, (613) 238-6711, ext 246, Heather.staffa@coopscanada.coop or John Julian, (613) 238-6711, ext 233, john.julian@coopscanada.coop
- At the Canadian Worker Co-op Federation's AGM on November 14th in Winnipeg, the membership passed changes to the by-laws enabling **expansion of the Board from 5 to 7 members**, and also passed a resolution on Board diversity. Marty Frost (BC) and Alain Bridault (Quebec) were acclaimed, being the only candidates in their respective region. Then in a very close election (with 6 candidates for 3 seats) that went to a second ballot, the following directors were elected: Eric Tusz-King (Atlantic Director), Ms. Tigist Dafla (Director-at-large) and Yuill Herbert (Director-at-large). The full Board of Directors is: April Bourgeois (Prairies Director), of Coop Ventures Worker Co-op in Regina is President; Alain Bridault (Quebec Director) of Co-op Orion in Quebec City is Vice-President; Colin MacDougall (Ontario Director) of La Siembra Co-op in Ottawa is Treasurer; Marty Frost

(BC Director) is with Devco of Vancouver/ Galiano Island; Eric Tusz-King (Atlantic Director) is with EnerGreen Builders of Sackville, NB; Tigist Dafla (Director-at-large) is with Multicultural Health Brokers Co-op, Edmonton; and Yuill Herbert (Director-at-large) is with Sustainability Solutions Group WC, Tatamagouche, NS. Mark Goldblatt, who is the past president, has been re-appointed as a Board Advisor.

- **Advance Savings Credit Union** http://www.advancesavings.ca/about_us_home.htm staff members Christina Fayle and Arlene Steeves, recently received their Member Service Representative Accreditation through CUSource. This unique accreditation is a nationally recognized designation and involves a very intensive program that covers all aspects of the Credit Union and in particular the Customer Service Representatives position.
- **New Brunswick Credit Unions** have partnered with the New Brunswick Capital Commission to promote awareness of green house gas emissions through the “Lights Across the Province” event. “Lights Across the Province” is intended to promote a “green” option. Communities were provided the opportunity to replace their old tree lights by purchasing strings of new LED lights at a reduced cost. To date there have been 50 communities signed up to partake in the event and a total of 1,989 strings of LEDs (69,615 individual lights) have been distributed to each of these communities to replace their old tree lights. The calculated green house gas emission savings is about 19 tonnes (the weight of 12 cars) and the total energy cost will be approximately \$49.60 instead of \$5,300 for lighting the original incandescent lights. http://www.omista.com/news_detail.aspx?news_id=73



Trends - Umair Haque, not exactly a household name, wrote recently in a Harvard Business Publishing website post that Detroit automakers had made six mistakes along the way to near bankruptcy, and then posted ‘**new**’ rules for business in the future. Some of his observations were quite pertinent, for example: One old rule was ‘seek differentiation’ and he asks the question: when is a Jaguar really just a Ford? When it’s an S-type (built by Ford, similar to a Ford). Haque argues that differentiation is really the same lemons with different branding (perception), and that “difference is about reality...True difference is built by making different choices from the ground up – different in the very essence of the value activities that make the wheels of production and consumption spin.” Haque concludes by saying that competitive advantage needs to happen ‘for’, rather than ‘against’: “In the 21st century, what’s far more radical, potent, and disruptive is corporations who can use market power to create an authentic advantage for buyers, suppliers, customers, consumers, and society, not against them – one where everyone is made durably better off.” Read the whole column at: http://discussionleader.hbsp.com/haque/2008/11/detroits_6_mistakes_and_how_no.html Do co-operatives fit in this ‘new’ mould? - Ron Levesque



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*It was nice of you to visit us and talk about far away places and see my friend try on that Indian dress. My dad works at the fish co-op. Some day I would like to work for Canada in Africa.*” - Margret, Grade 6, Fogo Island, NL



Co-op Ed 101 – This week I was looking for a connection between Christmas and co-ops and I found this interesting site. I wish I lived near Rochester, NY, so I could visit Dickens **Christmas Festival**, the 15th annual Dickens Christmas Festival at the Craft Antique Co-op.

<http://www.craftantiqueco-op.com/> **CRAFT ANTIQUE CO-OP** 3200 Ridge Rd. W, Rochester, NY, 14626. Live choral groups singing traditional carols, The Olde London Town Street complete with Scrooge and Marley's office and of course all your favorite Christmas Carol characters - Tiny Tim, The Ghosts of past, present, and future, Father Christmas, and of course Scrooge himself.

The festival is all indoors. All the staff is dressed in turn of the century attire and the entire co-op is decorated with greens, lights and color. The Craft Antique Co-Op began in Hilton, New York, in 1990. The little craft show drew about 16 crafters. Over the years the Co-op grew to over 150 vendors. The ambiance of the old applesauce warehouse, and the unique antiques and crafts made for a delightful shopping experience. In 1993, the co-op members added the Dickens Christmas Festival to the calendar of special events. Now, almost 15 years later, the festival has grown into a Rochester shopping tradition during the holiday season. <http://www.craftantiqueco-op.com/dickens-christmas-festival/> - *Maureen MacLean*



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- Dec. 3 - LUNCHBOX SPEAKERS' SERIES, The Social Economy Centre – University of Toronto Presents **Social Purchasing** with Dave Robinson, Mountain Equipment Co-op, Peter Frampton, Social Purchasing Portal and Don Wells, McMaster University. This event will also be webcast live on the Internet. Please see our website for detailed instructions: [HTTP://SOCIALECONOMY.UTORONTO.CA](http://SOCIALECONOMY.UTORONTO.CA)
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Contest of the Week – This week's winners are Marsha A. Long, Bayview Credit Union, Saint John, NB, and Dennis Williams, York Credit Union, Fredericton, NB, who had entries arrive within 5 minutes of each other. There were also 5 other correct entries. Well done!! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. Good luck!!! **Last week's contest:** There is an animal hiding in each sentence below. Can you find the animals? Example: There is a "bee" in "I'll be eleven next month." We can go at six o'clock. – goat It's nice to do good deeds. – dog Take soap and a towel. – panda Most rich people wear fancy clothes. – ostrich You can keep the watch or sell it. – horse Use a ladder. – seal It will be a rainy day. – bear I came late. – camel Tell me if I should start now. – fish Will a map help you? - llama This **week's contest:** Five words that contain AK as a letter-pair have had all of their other letters removed and placed into a pool. Put those letters back in their proper places. What are the words? ***AK, **AK**, ***AK*, ****AK, *****AK* Pool: C, C, C, E, E, E, E, E, I, L, N, N, O, P, R, S, T, T, U, W



Young Co-operators: The Buds on the Co-op Tree - Through the Canadian Social Economy Research Partnerships, there is a forum available for students who study or are interested in co-ops, non-profits and other social economy organizations. The **Social Economy Student Network** (<http://socialeconomy.info/en/english>) allows students to share information about their interests in the social economy, engage in discussions, network and meet up at conferences such as the Canadian Association for Studies in Co-operation annual conference (www.coopresearch.coop/). Consider participating! Rose Cole out of the University of New Brunswick is the Atlantic Representative and she is available at Rose.Cole@UNB.ca - *Erin Hancock*



Co-op Cooking – It's the time of year when I start thinking about Christmas gatherings, potlucks, etc. And about the foods I will use for some of these affairs. Here is a very pretty dessert suitable for any Christmas party or dinner. It's a bit fussy but is meant to be made a day or two in advance.

Cranberry Cheesecake

1/2 cup butter

1/4 cup packed brown sugar

1 1/2 tsp vanilla, divided

1 1/4 + 2 tbsp cups flour, divided

1/4 cup finely chopped pecans

2 cups sugar, divided

2 tbsp cornstarch

1 1/2 cups fresh cranberries

1 cup + 1 tbsp orange juice, divided

2 8-oz packages cream cheese, softened

8-oz sour cream

4 eggs

1 cup whipping cream

1 tsp finely shredded orange peel

Cream butter and brown sugar. Add 1/2 tsp vanilla and beat until fluffy. Add 1 1/4 cups flour and pecans. Beat just until combined (do not overbeat). Using floured fingers, press into the bottom and 1 1/2-inches up side of springform pan. Bake at 350F for 10 to 12 minutes (until lightly browned). Cool in pan on wire rack. In medium saucepan, stir together 1 cup sugar and the cornstarch. Stir in cranberries and 1 cup orange juice. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes. Remove half of sauce (about 1 cup), cool slightly. Cover and chill remaining sauce until ready to serve. Pour reserved cup of sauce into food processor or blender. Cover and process or blend until smooth. Set aside. In large mixing bowl, combine cream cheese, 1 cup sugar, sour cream and 2 tbsp flour. Beat on low speed to combine. Add eggs, beating just until combined (do not overbeat). Using a wooden spoon, stir in whipping cream, orange peel, 1 tbsp orange juice and 1 tsp vanilla (mixture will be slightly thin. Pour half of cream cheese mixture into crust lined pan. Drizzle with pureed mixture. Carefully pour remaining cream cheese mixture into pan, covering pureed mixture as much as possible. Place pan in shallow baking pan. Bake about 1 hour at 350F (center should appear nearly set when pan is shaken). Remove from oven. Cool in pan on wire rack for 15 minutes. Using a thin, narrow spatula, loosen crust from side of pan. Cool for additional 30 minutes. Remove side of pan and cool cheesecake for 1 hour more. Cover and chill for 6 to 24 hours. Just before serving,

spoon some of the chilled cranberry sauce on top of cheesecake. Cut into wedges and serve with remaining cranberry sauce. - *Glenna Weagle*



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Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.coady.stfx.ca/library/coop_circles/index.htm
Next *Co-op Circles*: Wednesday, Dec. 10, 2008



Week of Dec. 7 – Dec. 13, 2008, Vol. 3, No. 50
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To subscribe: circles1@nbnet.nb.ca

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Openings - Openings is a weekly feature of Co-op Circles. “*At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.*” - Jean Houston

<http://www.jeanhouston.org/> Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Beaubear Credit Union** has joined forces with five credit unions in the province of New Brunswick in a Food for Fuel fundraising campaign for the local food banks in their community. <http://miramichileader.canadaeast.com/community/article/504588> The credit unions have all recognized the needs and challenges that their local food banks will be facing in these tough economic times. In Miramichi, June Somers, coordinator of the Miramichi Food Bank, says they help over 300 families a month and people that use the food bank are sometimes faced with tough decisions such as whether to pay the power bill or buy groceries.
- Members of the State Street branch of Nova Scotia’s **Heritage Credit Union** will soon enjoy a state-of-the-art facility. Construction is now in progress and will be completed in 2009. <http://www.heritagecu.org/news/11-19-08a.shtml>
- New Brunswick students can now apply for the **Credit Union Harry M. Daley Memorial Bursary** http://www.advancesavings.ca/Site_documents/2009HMDaleyMemBursApp.pdf You can click on the link above to download details needed to apply. Eight bursaries valued at \$750 each will be awarded. Deadline for receipt of applications is 1 p.m. on April 2, 2009. Completed applications can be faxed to 506.857.9431, scanned and e-mailed to hmd@cucnb.nb.ca or mailed to 663 Pinewood Road, Riverview, NB E1B 5R6
- **Advance Savings Credit Union** http://www.advancesavings.ca/youth_students_bursaries.htm recognizes that promoting education, through the provision of financial assistance to qualified students, is important. Each year the credit union gives up to 10 bursaries valued at \$500. This bursary is available to ASCU owners, or family members of an owner, who live within the service area of ASCU and have been accepted into a full-time program at a university or community college. http://www.advancesavings.ca/youth_students_bursaries.htm The deadline for applications is May 15th of the year of application.



Trends - I haven’t decided what to make of this week’s subject yet. Co-op Circles readers are no doubt familiar with **Fair Trade goods** and the **Fair Trade movement**. I came across this site recently (www.craftnetwork.com) that purports to bring together a worldwide group of consumers through the internet with artisans in developing countries to promote Fair and Ethical

Trade, while increasing employment, capacity building and technical assistance in the artisan communities. From the Craftnetwork website: “CraftNetwork provides export facilitation and enterprise development services to its member producers to increase sales, strengthen ethical trading practices, build organizational capacity, generate employment, and improve the standard of living of the artisans the network’s member producers work with.” It all sounds good and proper, but I get the feeling that this is simply another way to get cheap, though perhaps authentic, goods into the hands of consumers who may care more about the price than the benefit of the purchase. That does open up a debate: does supporting Fair Trade require that the supporter understand the ramifications of his or her actions? Hmmm. - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: “*Ms MacLean does work that I might like to try some day after I complete college. I like working with young people and think I have something to offer in the developing countries. I will look at how I might apply.*” - Jennifer, Moncton, NB



Co-op Ed 101 – In looking for a co-operative way to do a bit of Christmas shopping, I came across this craft co-op Website .Located on Granville Island in the Net Loft, **Circle Craft Co-Operative** <http://www.circlecraft.net/page128.htm> features the work of 200 craftspeople from across British Columbia. As Canada’s most successful craft co-operative, **Circle Craft** has been a major force in promoting the work of craftspeople in British Columbia since 1972. On line shopping is available at <http://www.circlecraft.net/main.jsp?p2=shopping/catalog.jsp> - *Maureen MacLean*



Co-op Community Bulletin Board

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- Jan 7, 2009, 9 am – NOON: **MARKETING FOR SOCIAL ECONOMY ORGANIZATIONS** with **BRENDA GAINER**, Associate Professor, Marketing, Schulich School of Business, York University This session will cover basic marketing strategies and tactics, including segmentation, targeting and positioning, as they apply to non-profit and other social-purpose organizations. By the end of the workshop participants will understand how to bring the course learning together to create a practical marketing plan for their organization or issue. COST: \$100 + GST; Each additional participant from the same organization will receive a \$15 discount, as will those who register for more than one workshop. TO REGISTER: <http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022 LOCATION: Social Economy Centre of the University of Toronto, 252 Bloor St. W. (5th floor), Toronto, ON M5S 1V6, (St. George Subway Station)
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sectors within a co-operative and credit union context. Details, as they become available, will be posted to www.CoopsCanada.coop/meetings/instituteofcoopstudies.



Contest of the Week – Last week's winner was Theresa McDonnell, St Georges, NL. Well done! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. Good luck! **Last week's answer:** Five words that contain AK as a letter-pair have had all of their other letters removed and placed into a pool. Put those letters back in their proper places. What are the words?***AK,**AK**,***AK*,****AK,****AK* Pool: C, C, C, E, E, E, E, E, I, L, N, N, O, P, R, S, T, T, U, W **Answer:** CLOAK, WEAKEN, INTAKE, STREAK, CUPCAKE **This week's contest:** Find the names of ten fish by adding one of the given letters to each word and rearranging the letters. Each letter will be used only once. A A E H L N N P T T

1. Nut + ? =
2. Tour + ? =
3. Prickle + ? =
4. Floured + ? =
5. Mason + ? =
6. Ringer + ? =
7. Papers + ? =
8. Gyro + ? =
9. Apron + ? =
10. Pompon + ? =



Young Co-operators: The Buds on the Co-op Tree - In the Journal of Economic Education, University of New Brunswick (Saint John) professor Roderick Hill highlights the **absence of co-operatives** in undergraduate economic textbooks. Business students often hear about co-operatives only in passing, rather than learning about them, their structure and their unique ability to serve community and service needs. Read the full article at <http://www.indiana.edu/~econed/pdf/summer00/Hill.pdf> . - Erin Hancock



Co-op Cooking – This is the time of year when pot-lucks and other parties seem to be endless. Here is an easy carry-along appetizer.

Deviled Eggs with Spicy Crab

- 8 hard-cooked eggs
- 1/4 cup mayonnaise or salad dressing
- 1 tbsp finely chopped green onion
- 1 to 2 tsp flavoured mustard (Dijon, horseradish or honey)
- 1/4 tsp salt, divided
- 1/4 tsp cayenne pepper, divided
- 1 to 2 tsp mango chutney
- 3 tbsp mayonnaise or salad dressing
- 1/2 tsp curry powder
- 1/2 cup cooked crabmeat (about 2 3/4-ozs)

Halve the hard cooked eggs lengthwise and remove yolks. Set whites aside. In a quart-size plastic bag, place egg yolks, 1/4 cup mayonnaise, green onion, mustard, 1/8 tsp salt and 1/8 tsp cayenne pepper. Seal bag. Gently squeeze the bag to combine ingredients. Snip one corner of the

bag and pipe mixture into egg white halves.

Cut up any large pieces of chutney. Combine chutney, 3 tbsp mayonnaise, curry powder, remaining salt and cayenne pepper. Gently fold in crabmeat. Top each deviled egg with a spoonful of the crab mixture. Cover and chill for 1 to 2 hours. - *Glenna Weagle*



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- *“Particularly liked Ron's contribution. The biggest single business error made by co-operatives is the failure to differentiate - to create a co-operative difference. I have yet to find an example of a co-operative business, including credit unions, that failed because it based its operations on co-operative purpose, values and principles. In fact there are lots of examples of co-ops that were in trouble recovering by returning to their purpose, values and principles. However co-operative history is littered with failed or demutualized co-operatives who lost their identity. If we are not different from non-co-operative business we simply are not needed. Perhaps Ron's story should be on every co-operative CEO's wall with a note to create the co-operative difference in every aspect of the business. I have sent his piece off to Georgina Whyatt who teaches our marketing course. Thanks for this and thanks to Ron.” T W, NS*



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Next *Co-op Circles*: Wednesday, Dec. 17, 2008



Week of Dec. 14 – Dec. 20, 2008, Vol. 3, No. 51

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To unsubscribe: circles2@nbnet.nb.ca



Openings - Openings is a weekly feature of Co-op Circles. This week, a quote for this “season of peace”: “*Dare to reach out your hand into the darkness, to pull another hand into the light.*” - Norman B. Rice

<http://www.thehistorymakers.com/biography/biography.asp?bioindex=1758&category=PoliticalMakers> Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Private Justin Jones**, the 21-year-old from Baie Verte, NL, who died in Afghanistan on Saturday, was a former Atlantic Co-operative Youth Leadership seminar participant. A Facebook page to honour his memory has been established. See the “In Memory of Justin Jones” page at www.facebook.com.
- **Dianne Kelderman**, Nova Scotia Co-operative Council <http://www.nsko-opcouncil.ca/>, is one of 14 business leaders that Nova Scotia’s premier Rodney MacDonald has recruited to the Premier’s Economic Advisory Panel. The panel will be in place for two years and meet quarterly. Members will provide the government with advice on economic trends and opportunities in Nova Scotia and worldwide.
- **Scotian Gold Co-operative**, www.scotianguard.com an Annapolis Valley, NS, apple processor says the largest crop of apples ever was brought through its doors this fall. A warm growing season, new orchards and the right amount of rain made for a bumper crop. “Renewed optimism in the orchard industry as a result of higher-value varieties such as Honeycrisp, Gala and Ambrosia has led to rapid plantings of new, high-density orchards,” said David Parrish, vice-president of apple sales for Scotian Gold.
- **Bergengren Credit Union** www.bergengrencu.com in Antigonish, NS, has provided \$10,000 to a fund to help Antigonish town and county residents who might experience difficulties paying for heat during the winter. The credit union is part of a group of community organizations, businesses and local government who have put in place a heat poverty strategy committee to ensure residents are warm this winter. The goal is a fund of \$50,000. Town and county municipal governments have each contributed \$5,000.
- Charlottetown’s two **Co-op Food Markets** started off the **CBC’s Turkey Drive 2008** on Thursday, Nov. 27 with a donation of 600 turkeys plus potatoes, turnips, stuffing, cranberry sauce and even roasting pans to help round out the feast. Total value of the donation was \$20,000, raised by Co-op members participating in 50-50 draws throughout the year. With nine drop off locations from Souris to Tignish, there is an opportunity for all Islanders to participate in this campaign, which will bring Christmas dinner to many Islanders. The Turkey Drive will wrap up Thursday, Dec. 18. Go to www.cbc.ca/pei/features/turkeydrive2008/

- **The Co-operators** www.cooperators.ca has introduced green insurance options, socially responsible investment funds
<http://micro.newswire.ca/release.cgi?rkey=1612015421&view=27607-0&Start=0> Canadians want their values and priorities to be reflected in financial services and products, and The Co-operators is introducing three new offerings. It has unveiled new initiatives in its home insurance, auto insurance and investment portfolios that promote environmentally, socially and economically responsible behaviour.
- A campaign is under way to ensure better health care in northeastern New Brunswick. Members from the **caisses populaires and service centers** will be inviting the population to participate in obtaining better health care services in our community. Mini Christmas trees costing a donation of \$ 2, \$ 5, \$ 10, \$ 25 and \$ 50 will be offered in all of the Caisses populaires in the Gloucester region as well as at some other businesses. These mini Christmas trees will be hung to demonstrate the population's support of quality health care in their communities. The financial goal is \$ 50,000. The money raised will be shared by the Chaleur Regional Hospital Foundation, the, the Fondation de l'Hôpital de l'Enfant-Jésus Inc. 1988, the Fondation de l'Hôpital de Lamèque Inc. and the Fondation Les Amis de l'Hôpital de Tracadie Inc. and will go toward their respective annual campaigns
<http://www.acadie.com/en/communiquer/affiche.cfm?id=364>
- **Bayview Credit Union** in Saint John, NB is looking for an Operations Manager. Deadline for applications is Dec 22. For more information, go to www.bayviewnb.com.
- **Tignish Credit Union** <https://www.tignishcreditunion.com> in Tignish, PEI, has reported another successful year at its AGM in late November. Manager Louis Shea reported loan growth of \$1.9 million in 2008. In addition, member deposits grew by \$7.3 million or nine per cent this year and deposits remain at just over 90 per cent of assets. Manager Shea told the membership, "We have grown in the areas of assets, loans and deposits. Our equity has also increased by \$409,525 and is at 6.9 per cent and we have set aside enough money in our loan loss reserve to cover all identified risk. This was possible because our profitability was 2.28 per cent of assets before rebates and reserves." Board of directors chair Brenda McAlduff told members that more than \$1.1 million is being returned directly to the owners." The credit union continues to hold its weekly 50/50 draw with donations to Tignish, Alberton and Miminegash Volunteer Fire Departments and the Jacques Cartier Arena in Alberton and the Tignish Credit Union Arena and Rural Community Learning Inc receiving \$5,000 each. The Westisle Breakfast Program was given \$3,000 and the West Prince Caring Cupboard received \$2,500. Aggie Connick and Weldon Rennie retired from the Board of Directors. Brenda McAlduff was re-elected along with two new members Michael Gaudet and Janet Hackett. Judy Morrissey-Richard was named 2008 Tignish Credit Union Member of the Year for her many years of community service that includes hundreds of hours of volunteer work.
- **The Atlantic Filmmakers Co-operative** www.afcoop.ca invited everyone in the Halifax area to its annual Super-8 Christmas screening in the CBC Radio Room on Monday, Dec 15 at 8 pm. Each year AFCO-OP challenges local filmmakers to create a short holiday-themed movie using a single reel of Super-9 mm film. For more information about the filmmakers' co-op, contact production@afcoop.ca or phone 420-4572.



Trends - I so wanted to write something nice about co-operatives and Christmas, but alas, I can't find anything. (For those wondering why I don't mention all the donations that Co-ops (and other

businesses) make to food banks, my view is that Co-ops should be doing more to fix the problem than simply replacing the Band Aid® every holiday season). Instead, this week's Trends comes from the Earth Times, which reproduced a Co-op America press release highlighting the **top CEO Scrooges for 2008**. One in particular had me wondering (again) what kind of world we live in. It seems the CEO of Nestle, which owns Nestle Waters, threatened to sue Miami-Dade County in Florida "after the county aired public service messages telling people that the county's public tap water was cheaper, safer and purer than bottled water...Multiple studies uphold Miami's claim that tap water is just as safe if not safer than bottled water". The International Bottled Water Association, which represents water bottlers, is also considering legal action against the county. So if you ask me what my tap water (which comes straight from the ground) tastes like, the official answer is 'yucky!' for fear of being sued. Read more here: <http://www.earthtimes.org/articles/show/worst-ceos-of-the-dismal.652749.shtml> and Merry Christmas - *Ron Levesque*



Today I Learned Something New: International Development Through the Eyes of Students -

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week: "*I learned a lot from Ms. MacLean. I learned that in the Philippines they eat a lot of rice, even three times a day, but they grow a lot, too. I also learned that rice is climbing in price and there may be a shortage. At Christmas, they celebrate but don't give a lot of gifts, but they go to church and then have a nice meal. She said they have credit unions they call credit co-ops and the mothers get loans there to send their children to school.*" - Kathy, Moncton, NB



Bad Choices – I feel a Rick Mercer rant coming on but I will just present the facts as I heard and read them (with perhaps a touch of commentary!). Box lunches provided by the army to some army cadets training at Camp Aldershot in the Annapolis Valley contained apples with the sticker "Product of New Zealand". They were training within spitting distance of Scotian Gold Co-operative, one of the largest apple processors in Atlantic Canada. A food bank drive in Charlottetown went with frozen turkeys from Manitoba rather than from a local PEI supplier. Sure, the surface story doesn't accurately portray all the underlying complexities. However, planning and foresight are wonderful things. Christmas comes every year and the CBC turkey drive has become an annual event. Cadet training in Aldershot is a regular occurrence. Maybe if we dot all our "I"s and cross all our "T"s and pay attention to the details, "Select Nova Scotia" and "Our Choice is Atlantic First" become more than catch phrases on a piece of paper.



Co-op Ed 101 – See how one co-op in the United Kingdom has combined its Christmas ad campaign with its values. **The Co-operative's That's the Spirit** campaign <http://christmas.co-operative.coop/index.php> partners with chart-topping artist, Gabriella Cilmi. A total of 10 television segments began mid-November, counting down the weeks to Christmas. "From buying the tree and putting the lights on to going to your children's school nativity play, we are capturing the festive spirit in the run-up to Christmas. In addition, the campaign highlights The Co-operative's strengths of great offers and convenience, ultimately allowing customers to do what really matters at Christmas – spending time with family and friends." The campaign is backed by groundbreaking artist Gabriella Cilmi's upbeat cover of the classic Connie Francis hit, "Warm This Winter". - *Maureen MacLean*



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Contest of the Week – Last week's winners were Cathy Darland, NB, Glenna Weagle, NS, and Lorraine Perry, NB. We thank all our many contest participants. We always look forward to your entries and the notes you often write to us. See you all in 2009! Everyone who enters has their name placed in the contest can for the month end draw. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. Good luck! **Last week's contest:** Make a fish name by adding a letter and rearranging letters

1. Nut + a = tuna
2. Tour +t = trout
3. Prickle + e = pickerel
4. Floured + n = flounder
5. Mason + l = salmon
6. Ringer + h = herring
7. Papers + n = snapper
8. Gyro + p = porgy
9. Apron + t = tarpon
10. Pompon + a = pompano

This week's contest: From the following clues figure, out who gave what gift, who received the gift, what color wrapping paper the gift was wrapped in, and where the gift was given.

People: Sam, Thalia, Victor, and Zach

Gifts: Diamond watch, a Best Buy gift card, a Computer, and baseball tickets

People who received gifts: Joe, Jill, Jason, Jack

Wrapping paper colors: Blue and green, red and white, orange and yellow, and pink

Places: A bedroom, a restaurant, a living room, and a cruise

Clues:

1. Sam loves his wife Jill and didn't give her her gift at their house.
2. The man who gave the diamond watch wrapped the gift in two colors.
3. Jason received his gift from his wife at her favourite restaurant, Sushi Island.
4. The gift wrapped in orange and yellow wasn't received by a woman and was not received outside of a house.
5. The person who gave the baseball tickets knew his best bud would love them.
6. Victor was holding a Christmas party where he would give his roommate a Best Buy gift card.
7. The guy who gave Joe his gift wrapped it in pink.
8. During Jack's Christmas party his bud snuck into his bedroom where he put his orange and yellow wrapped gift on Jack's bed.
9. The man who gave the diamond watch thought that the blue and green wrapping paper matched the sapphires and emeralds on the watch.



Young Co-operators: The Buds on the Co-op Tree - In sad young co-operative news, past participant of the Atlantic Co-operative Youth Leadership program and strong young community leader, 21-year-old **Justin Jones** from Baie Verte, NL, died while serving in the Canadian military abroad. A Facebook page to honour his memory has been established. See the "In Memory of Justin Jones" page and add to the thoughtful memories of the young leader. - *Erin Hancock*



Co-op Cooking – Looking for something that says "From my house to yours" or is suitable for a hostess gift. Perhaps one of the following might fit the bill and as they are pretty simple, you can enlist the help of your children in the preparation Glenna

Coffeehouse Chocolate Spoons

8 oz semi-sweet cooking chocolate

8 oz white cooking chocolate

20 to 24 plastic spoons

In heavy saucepan over low heat, warm semi-sweet chocolate until it begins to melt. Remove from heat and stir until smooth. Dip half of the spoons into the chocolate, coating the bowls. Tap the handles against the side of the pan to remove excess chocolate. Place on wax paper and refrigerate to set. Repeat with the white cooking chocolate and the remaining spoons. When chocolate is set, place remaining warm semi-sweet chocolate in a small, self-sealing plastic bag. Using scissors, snip off one corner of the bag. Pipe chocolate designs onto white chocolate spoons. Repeat with the remaining white chocolate, using it to decorate the semi-sweet chocolate spoons.

Gift giving ideas: Enclose two or more spoons with a coffee cup filled with coffee beans. Wrap in cellophane and tie with gold, green or red ribbons. Or you can wrap several spoons in cellophane and tie with curling ribbons for a festive touch.

Chocolate Raisin and Oatmeal Cookie Mix

In a clean 1-quart jar or container, layer the following ingredients:

1 cup rolled oats

3/4 cup flour

1/2 cup packed brown sugar

1/2 tsp baking powder

1/8 tsp baking soda

1/4 tsp ground cinnamon

1 cup chocolate-covered raisins

1/2 cup chopped walnuts or pecans

Seal and decorate the container. Add the following instructions:

To make Chocolate Raisin Oatmeal Cookies: Preheat oven to 350F. Line a cookie sheet with parchment paper or nonstick foil. In a large mixing bowl, stir together contents of container with 1/3 cup softened butter, 2 eggs and 1/2 tsp vanilla extract until well combined (dough will be soft). Drop by rounded teaspoons 2-inches apart on prepared cookie sheet. Bake for 9 to 11 minutes (until edges are browned). Cool on cookie sheet for 2 minutes. Transfer to wire racks and cool completely.- *Glenna Weagle*



Our Readers Write - Tell us what you think. Send news, events and information for the *Co-op Community Bulletin Board*. Suggest features you think might be beneficial to people reading *Co-op Circles*. We want this electronic newsletter to serve you (be sure to include your e-mail and phone number). Send your item(s), comments and suggestions to News1@nbnet.nb.ca

- *“Ron’s article two weeks ago is so true but he asks the question: “Do co-operatives fit in this ‘new’ mould?” Like anything else they have a great possibility to do so but it is only with their actions will it become a reality. If one looks at Co-op Atlantic and its stores (I use ‘its stores’ because in the mind of the shopper, they see it that way) it is just a poorly run organization that does not aspire to be a co-operative.” – SM, NB*



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