



Week of Jan. 4 – Jan. 10, 2009, Vol. 4, No. 1
Edited and Compiled for you, by the Rising Tide Collective

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Openings - *“When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”* - Henri Nouwen

www.HenriNouwen.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

- Don Roper, President and CEO, Advance Saving Credit Union, has announced the official amalgamation of Advance Savings and Rexton Credit Union. Both credit unions closed their respective doors on December 31st, 2008 and reopened on January 2, 2009 as **Advance Savings Credit Union**. As part of the amalgamation, Garth Lawson, formerly general manager of Rexton Credit Union, was appointed Vice President of Sales and Services of Advance Savings Credit Union and Janice Rice, formerly Chief Operating Officer, was appointed Vice President of Operations of the newly amalgamated Advance Savings Credit Union. The new credit union has 9,500 owners, employs 55 people and has assets of approximately \$124 million. Advance Savings Credit Union currently has seven branches serving Moncton, Petitcodiac, Port Elgin, Rexton, Riverview and Salisbury.
- **Bayview Credit Union** in Saint John, NB, is presenting a minimum of four education awards of \$1,000 each to eligible students who are members or whose parents/guardians are members of Bayview Credit Union. Awards are non-renewable but winners may re-apply each year. The awards are contingent upon full-time enrollment in a post-secondary institution.
http://bayviewnb.com/assets/client/File/Bayview_Ed_Awards_2009.pdf Applications must reach Bayview Credit Union by the second Friday of May each year.
- Canada’s national co-op associations are asking co-ops, members and co-op supporters across the country to join the campaign to renew the Co-operative Development Initiative (CDI), a federal program that helps promote and develop new and emerging co-ops. As the Conservative Government and Minister Jim Flaherty put together their recession budget for the end of January, co-operatives are trying to get the **Co-operative Development Initiative** included. CDI is a unique partnership program between the federal government, the Canadian Co-operative Association (CCA) and the Conseil canadien de la co-opération et de la mutualité (CCCM). It provides technical assistance and project grants to help co-ops get off the ground. This program is

scheduled to expire in March, and the CCA and the CCCM have proposed a new and expanded CDI that would increase funding for advisory services, create a new co-operative loan fund where co-ops can access development capital, and continue providing project assistance. The new program would also continue the Agricultural CDI, which assists bio-energy and value-added agricultural co-ops. For more information on CDI and the tools that will allow you to e-mail your MP, visit www.coopscanada.coop/CDI.

- A joint initiative among the **Nova Scotia Co-operative Council, the Credit Union Central of Nova Scotia, local credit unions and the province of Nova Scotia's Economic Development department and the Office of Immigration** will see new immigrants wanting to start small businesses eligible for loans. The pilot program offers immigrants who have lived in Nova Scotia less than five years, up to \$150,000 to help them buy, expand or start businesses. The Economic Development department will invest \$2 million in the program as a loan guarantee. The Office of Immigration will provide \$100,000 per year for operational costs of the program. The program will be administered by the NS Co-operative Council as an extension of an existing small business financial program, which is also administered by the co-op council and delivered through credit unions.
- A new Web site is being created by St Francis Xavier University to bring together stories of the **Antigonish Movement and the Coady International Institute** which are currently in pictures, documents and other artifacts around the world in private and public collections. The \$90,000 project began in September and will be launched when the Coady Institute celebrates its 50th anniversary this summer. Besides photographs, there will be audio and video clips and newsletters, manuals, speeches, reports, books and other archival materials generated by the Antigonish Movement, and the St. FX Extension Department, beginning in the 1920s. Rita Campbell, special projects librarian at the university's library encourages people with artifacts to share to contact her at rcampbel@stfx.ca
- **Shallyn Duke** is the winner of the OMISTA Credit Union <http://www.omista.com/> 2008 student loan contest. Shallyn won a 8GB Zune media player and a \$100 Gift Certificate for Co-op! Congrats Shallyn!
http://www.omista.com/news_detail.aspx?news_id=72 **Joshua Landry** is the winner of the "It Belongs to Me Contest". The contest was spearheaded by the New Brunswick Youth Committee. Youth between the ages of 13 and 25 had an opportunity to win a laptop by designing their ideal credit union using a video, an essay or a song.
- The youth committee members at **Acadian Credit Union** in Cheticamp, NS, is always looking for innovative ways to raise money to help them give back to their community. They are currently collecting empty ink cartridges for the Canadian National Institute for the Blind and used stamps for Oxfam. You can reach three of the members at the following e-mail addresses: tdoucet@acadian.creditu.net, llelievre@acadian.creditu.net, and scormier@acadian.creditu.net. They are eager to hear about your ideas and will be happy to tell you what they are doing.



Trends - I've written in this space in the past about YouTube and how I thought it could possibly supplant 'regular' television as a video content provider, especially for teens, and their older counterparts who don't know it yet. For example, I can connect my internet enabled iPod to my

television and watch YouTube videos (and downloadable movies) directly on my television. Talk about television à la carte – search YouTube, find something, play it on TV. Well, now a website from the Netherlands has gone a step further, taking the best web films to the big screen. Every first Monday of the month, a palette of internet short films is presented at the **Movie Theater De Uitkijk** in Amsterdam. Members of the web based **Upload Cinema** submit and vote on films that will be shown on the big screen, all according to a pre-determined monthly theme. On the day of screening, members receive a list of the movies that will be shown that evening, selected by members of the club. The benefits are that this can be done ANYWHERE, includes a modicum of democracy that should appeal to co-operators, and reflects a trend of catered consumption that is taking hold in some places around the world. See <http://www.uploadcinema.nl/> for additional 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: *“I heard school students don’t have a school building sometimes in Uganda, just a grass roof. I am glad we have a school. And after school they can’t play outdoors as they have to help their parents.”* - Derrek, Grade 5, Nova Scotia



Co-op Ed 101 – This week in Toronto I noticed the bright **Red and Yellow Co-op Cabs** so I decided to look up their history. Although there is not a lot of detail on the Web site, I learned they have been around for more than 50 years. In the true spirit of a co-operative, Co-op Cabs <http://www.co-opcabs.com/company.html> was founded by a group of independent taxicab owners to market their taxicab services to the residents, visitors and businesses in the City of Toronto. Their easily identifiable red and yellow vehicles have been roaming the streets of Toronto since 1957. For more information please call customer service manager, Brian Lattanville at (416) 504-4016 ext. 242 or email at sales@co-opcabs.com - *Maureen MacLean*



Co-op Community Bulletin Board

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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 – Winners of our last contest were Shaun Shea, NS and Lorraine Perry, NB. We thank you both. It was a hard one. 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 contest** was to sort out who gave what gift, where and when. **Answer :**
Sam gave the blue and green wrapped watch to Jill while on a cruise.

Thalia gave the red and white wrapped computer to Jason while at a restaurant.

Victor gave the gift card wrapped in pink to Joe in the living room.

Zach gave the orange and yellow wrapped tickets to Jack in the bedroom.

This week's contest: Inside each set of the following words, there is a pair of smaller words. By putting & between them, lo & behold, you will make a familiar phrase. For example, "Thighbone/Swallowtail" conceals "High & Low."

1. Gulliver/Clearness
2. Tragicomedy/Pentagon
3. Chinchilla/Magdalene
4. Terrestrial/Ecoterrorist
5. Thundershower/Intellectual



Young Co-operators: The Buds on the Co-op Tree - JUDES (the Just Us! Development and Education Society) is still accepting participants for their February 28-March 8 educational trip through Oaxaca, Mexico. This trip has a focus on fair trade throughout its urban to rural tour. Registration ends the end of January. The cost is \$1350 (includes lodging, food, bilingual guides and more) plus the cost of airfare and insurance. Contact Satya Ramen at info@judesfairtrade.ca or by phone at 542-7474 ext 235 or see this YouTube video to learn more www.youtube.com/watch?v=IPgfd40SKIU - Erin Hancock



Co-op Cooking – We are just getting to the tail-end of a blizzard here on the South Shore and, while the sun is shining, the winds are blowing and dropping the temperatures. A perfect day for....

Minestrone Soup

- 4 slices pancetta or bacon, diced
- 2 tbsp olive oil
- 2 medium onions, diced
- 2 large carrots, coarsely chopped
- 2 celery stalks, sliced
- 2 garlic cloves, minced
- 10 cups chicken broth
- 1 28-oz can tomatoes
- 1 cup whole wheat macaroni or shells
- 1 lb sliced mushrooms
- 1tsp dried thyme
- 1 tsp dried basil
- 1 1/2 tsp dried oregano
- 1 19-oz can mixed beans (see note), drained and rinsed
- 4 cups torn fresh spinach leaves
- 1 tsp pepper sauce (optional)
- 1 cup grated Parmesan cheese

In large soup pot, cook bacon until crisp. If it is very lean, add olive oil. Add onion, carrot, celery and garlic; saute for 3 to 5 minutes. Add broth; bring to boil, lower heat and simmer for 10 to 12 minutes, or until vegetables are tender-crisp. Stir in tomatoes (breaking up with a spoon), macaroni, mushrooms, herbs and beans. Cover and cook over medium heat until pasta and mushrooms are cooked. Taste and add hot sauce if desired. Stir in spinach leaves just before serving. Pass Parmesan cheese to sprinkle generously on top. Note: Mixed beans are a medley of

kidney beans, chick peas, romano beans and black eyed peas. Variation: Substitute stewed, herbed or diced tomatoes for whole tomatoes. Tips: 1. For easy preparation, chop all vegetables in food processor. 2. Make the soup a few days ahead and freeze or refrigerate covered but don't add spinach until soup is reheated and ready to serve. Happy New Year, everyone!- *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, Jan. 14, 2009



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Openings - Openings is a weekly feature of Co-op Circles. “If you can’t feed a hundred people, then feed just one.” - Mother Teresa en.wikipedia.org/wiki/Mother_Teresa 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

- **ACA Co-operative** in New Minas, Nova Scotia is beginning to convert chicken manure into liquid energy. Dr. Peter Fransham of Ottawa has spent decades researching how to use pyrolysis to capture the energy in poultry litter so that energy can be stored and released later by burning what he calls biooil. See <http://www.atlanticfarmfocus.ca/index.cfm?sid=189748&sc=593> ACA is an integral part of Nova Scotia's agricultural industry, which generates about \$450 million in the province. Along with chicken, it processes nearly all of the turkeys available in Nova Scotia and 25 per cent of the eggs, offering people the opportunity to buy local food products." <http://www.edenvalleyfarms.com/>
- With the Dec. 19 opening of a new state-of-the-art pre-sort facility at its Coldbrook, NS, operation, **Scotian Gold Co-operative** has taken a bold step into the future. Scotian Gold president and CEO David Cudmore described the change as “a radical change in technology, and in the way apples are graded and sorted.” It is “the largest single investment” in the co-op’s 50-year history. The new facility, part of an infrastructure upgrade of more than \$6 million, will allow Scotian Gold “to handle more fruit” and double its production capacity “with the same amount of people, and allow for a lot of added efficiencies.” This will allow the co-op “to reach more of the local market, and also be more of an influence in markets outside our area.” <http://www.atlanticfarmfocus.ca/>
- The Wolfville Library is having a free sleepover to celebrate Family Literacy Day on Friday, January 23rd, and **Valley Credit Union** <http://www.valleycreditunion.com> is supplying the pizza. Valley libraries are also attempting to break the Guinness world record for “most children reading with an adult.” All local branches of the Annapolis Valley Regional Library will be participating in the Guinness World Record attempt this year, each branch in its own way.
- The Sobey School of Business Master of Management - Co-operatives and Credit Unions (MMCCU) program at Saint Mary’s University, Halifax, NS, is organizing a **symposium to explore issues related to co-operatives and public policy**. The theme is Legislative Issues and Public Policy Issues. Papers are welcome from: Co-operative scholars and academics, Co-operative managers with experience and responsibility in the field and Government officials involved in legislation and public policy related to co-operatives. Key legislation and policy issues include:

- Do legislation and public policy foster or hinder co-operatives?
- Do legislation and public policy reflect benefits of co-operatives to society?
- Does/should legislation and public policy for co-operatives differ from legislation and policy related to investor owned business?
- What are good or bad examples of legislation and public policy?
- Are there lessons from the global economic crisis?

Deadlines are: Abstract – must be received by March 31, 2009, Final Paper and presentation slides if applicable by June 1, 2009. For further information contact: Larry Haiven (902) 420 5082 (larry.haiven@smu.ca) or Tom Webb 902 496 8170 or 902 634 4536 (tom.webb@smu.ca) The symposium will be held June 18-20.



Trends - For someone who writes about trends, it certainly took me a long time to get my face on **Facebook**. Facebook, for the few who don't know, is a social networking website for the rest of us. By that I mean, it appears to be more of a controlled atmosphere than MySpace, though that doesn't preclude teens from joining Facebook in any way at all. You start out with a Facebook page that you create, then typically you invite others to become 'friends' of yours on Facebook, and when they do, you have access to their profile, and they have access to yours. My biggest surprise, perfectionist that I try to be, came during the days immediately following the creation of my page, when people I know began asking me to accept their invitation to become friends – brothers, sisters, in-laws and acquaintances – quite out of the blue. It's a little bit disconcerting, until you begin to understand how Facebook works and how to limit its reach when you tell it to find your friends on Facebook. It will look in your email address book to suggest friends; it will suggest friends of your friends as friends of yours; it may even suggest people from your same networks: your old high school, your university – everything is fair game, unless you limit its reach to stay within your comfort zone (which eventually expands). I'm not there yet, but its coming. See more at www.facebook.com – 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: *“Today I learned how diverse the world is and how little we know about these cultural and economical differences. I learned that we can make a big difference by doing something very small. Very inspirational and motivational.”* - Kayu E., Moncton, NB



Co-op Ed 101 – Last week I was in Ottawa and that city is in the middle of a transportation strike. everyone is having trouble with the time it takes to get to work and dealing with car pooling and parking. I found this interesting web site on re-cycles, a co-op in Ottawa. The **Re-Cycles Bicycle Co-op** is a not-for-profit, volunteer-staffed, bicycle recycling shop, based in Ottawa. It promotes bicycle transportation by repairing donated bikes that it sells to the community. It also provides an equipped shop and bike repair know-how so that people can maintain and repair their own bikes. <http://www.re-cycles.ca/about.html> Re-Cycles was founded on the principle that the earth's limited natural resources should be used wisely. It wants to put more bicycles on the road by providing affordable, recycled bikes to the community. It also

wants to provide low-cost access to a fully equipped bike repair shop and reduce materials going into landfills by recycling bikes and bike parts. It also promotes a healthier environment and lifestyle and offers a place for like-minded bike enthusiasts to meet and exchange ideas. -

Maureen MacLean



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Contest of the Week – Last week Joanne Sheppard, NL, had the first of eight correct submissions. Was it too easy? Maybe, but we wanted to start off 2009 on a positive note. 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:** Inside each set of the following words, there is a pair of smaller words. By putting & between them, lo & behold, you will make a familiar phrase. For example, "Thighbone/Swallowtail" conceals "High & Low."

1. Gulliver/Clearness
2. Tragicomedy/Pentagon
3. Chinchilla/Magdalene
4. Terrestrial/Ecoterrorist
5. Thundershower/Intellectual What am I?

Answer:

1. Live & Learn
2. Come & Go
3. Hill & Dale
4. Trial & Error
5. Show & Tell

This week's contest: What am I?

You may praise your good fortune and curse all you hate,
Yet I rule all your chaos and gamble your fate.

By some I'm avoided by others I'm game,
Called by fat or slim, my meanings the same.

Hint: I'm dieing for you to guess!



Young Co-operators: The Buds on the Co-op Tree - On January 2nd, a consensus-run young workers co-op in Winnipeg, Manitoba was featured on the Food Network *Bazaar* website. Read more about this vegan café and bookstore at

<http://www.foodtv.ca/BLOG/blogs/shopping/archive/2009/01/02/vegan-fare-at-the-mondragon-coffeehouse-winnipeg.aspx> or visit its website at <http://mondragon.ca/>

- Erin Hancock



Co-op Cooking – If you are a fan of pestos, here are a couple of versions you might like to try.

Basil Pesto

1/2 cup extra virgin olive oil

1 1/2 cups fresh baby spinach, stems removed

3/4 cup fresh basil leaves

1/2 cup walnuts or pine nuts

6-oz Asiago cheese, grated

3 large cloves garlic, peeled and quartered

In food processor, combine 2 tbsp of the olive oil, spinach, basil, walnuts, cheese and garlic.

Cover and process until nearly smooth, stopping processor and scraping sides as necessary.

Drizzle in remaining olive oil until mixture is smooth. Place in airtight container, cover and refrigerate for 1 to 2 days or freeze for up to 1 month. Makes about 1 3/4 cups. Note: To prepare in blender, coarsely chop spinach, basil, walnuts and garlic on cutting board. Place all ingredients in blender. Cover and blend until mixture is smooth.

Pesto Vinaigrette

1/2 cup Basil Pesto (see above), or purchased pesto

3 tbsp white wine vinegar

1 tbsp fresh lemon juice

1/4 cup extra virgin olive oil

salt and ground white pepper

In bowl, combine pesto, vinegar and lemon juice. Slowly add olive oil in a thin stream, whisking until combined. Add salt and pepper to taste. Refrigerate until ready to use (keeps about 3 days).

Makes about 3/4 cup.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, Jan. 21, 2009



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Openings - Openings is a weekly feature of Co-op Circles. “*The love of our neighbor in all its fullness simply means being able to say, ‘What are you going through?’*” - Simone Weil
en.wikipedia.org/wiki/Simone_Weil 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 **Caisses populaires acadiennes** are offering \$50,000 in scholarships
http://www.acadie.com/en/communique_affiche.cfm?id=367
Again this year, students have a chance to win a scholarship from the Foundation des caisses populaires acadiennes. The Foundation provides \$50,000 in scholarships annually, in the form of 50 scholarships of \$1,000 each. Registration forms are available to students online, on the Caisses populaires acadiennes Website, www.acadie.com In order to be more environmentally friendly, paper format registration forms will no longer be available. To enter, students must meet the eligibility requirements as described on the website. All registration forms must be completed before March 31, 2009. The scholarship draw will take place in April, and the winners will receive their scholarship during Co-op Week, in October, 2009.
- **NBTA Credit Union** is seeking to fill an **Accounting Clerk** position. The Accounting Clerk is a permanent full-time position which involves a working relationship with owners and staff of NBTA Credit Union. The successful candidate will report directly to Management. **Credit Union Central of Nova Scotia** is currently accepting applications for the position of **Corporate Paralegal** to provide high quality confidential administrative and paralegal support to Legal Services and the Corporate Secretary, including assistance with the Compliance and Corporate Services departments. Details at <http://www.ns-credit-unions.com/> The **Credit Union Central of PEI** invites applications for the position of **Operations Officer**. Reporting to the Office Manager, the incumbent is responsible to provide operational and risk management support to credit unions; administer master contracts for risk including fidelity, liability, property and security; loan administration; support on internal operations and documentation control. **Morell Credit Union**, a rural based credit union in Eastern PEI with assets of \$25 Million, invites applications for a one-year contract position as **Loans Officer**. Reporting to the General Manager, the incumbent is responsible to administer the consumer loan portfolio, including credit analysis, underwriting and portfolio management, credit administration and cross-selling. The successful candidate will be required to have previous experience in lending and collections.
- Congratulations to **Keith Neville** of Sydney, who was the lucky winner of a framed Sidney Crosby Jersey, the grand prize in the fundraiser for the Relay for Life. Second and third place winners were John Wall, Victoria Road and Paul Graham of Dominion.

Each wins an NHL All-star jersey. **Steel Centre Credit Union** raised close to \$2,500 for the Relay for Life <http://www.sccu.ca/>

- **Advance Savings Credit Union** <http://www.advancesavings.ca/> presented a cheque for \$250 to **BUILT Network Moncton Inc.** to assist toward the purchase of a portable laptop/LCD stand and computer desks with keyboard trays. The items are to upgrade the current computer work stations that are required for BUILT Network Moncton's Customer Service Representative Skills Development Program. BUILT Network Moncton Inc. is a not-for-profit organization that provides services to persons with low self-esteem, low self-confidence, depression, anxiety disorders, schizophrenia, bi-polar disorder and other mental health issues at a level of wellness to return to the workforce. This is achieved through the delivery of an eight-week tuition-free Customer Service Representative Skills Development Program that gives seven weeks of in-class instruction in a workplace setting with the eighth week reserved for job search and graduation.
- In support of the Christmas turkey dinner at **Edith Cavell Elementary School**, the Record Street branch of **Advance Savings Credit Union** in Moncton, NB <http://www.advancesavings.ca/> presented the school with a cheque for \$500. Funds were raised through the Loving Spoonfuls Program where Advance Savings Credit Union staff members collect money through various methods including casual days, sales of chocolate bars at teller counters, silent auctions and draws for various prizes. http://www.advancesavings.ca/news_pages/community_ascu_news_EdithCavellDonDec08.htm "We are pleased to be able to help support our local schools, especially during the Christmas season," says Derek Ellard, manager of the Record Street branch of Advance Savings Credit Union. "Our staff raised this money to help ensure that all the students at Edith Cavell were able to enjoy a hot turkey dinner this Christmas. When the food services provider started charging students for the Christmas dinner, we made a commitment to help ensure that every student is able participate in the dinner, regardless of the cost."



Trends - Author and consultant Joe Pine explains **what consumers want** in a TED conference by going through a short history of economics – beginning with commodities, goods, services and experiences, which is where we're at today. Take a commodity like coffee beans, roast them, package them and put them on grocery store shelves and you have a good. Brew it and serve it in a cup and you have a service. Serve it in a place like Tim Horton's (he used Starbucks as an example) and you have an experience. Pine then argues that experiences vary greatly depending on their authenticity, which is defined by two dimensions: being true to yourself (self-directed) and being what you say you are to others (other-directed). With these two dimensions, Pine says customers can rate a business' authenticity ('are they what they say they are to others?' and 'are they true to themselves?'). Depending on the answer – yes is real and no is fake – customers can discover whether a business is authentic or not, or a bit of each. Disneyland, as an example, is a 'fake real' – it is not really the Magical Kingdom, but to some, it offers the experience of immersing oneself in the Magical Kingdom. A 'real, real' business is the best for consumers, but 'real, fakes' and 'fake reals' are not completely bad. How do you rate your co-op? See more at http://www.ted.com/index.php/talks/joseph_pine_on_what_consumers_want.html – 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: “Today I learned that people have to borrow such small amounts of money to start a business.” - Kala, Moncton, NB



Co-op Ed 101 – The New Brunswick Film Co-op <http://www.nbfilmcoop.com/> is a non-profit, charitable organization involved in the production of 16mm and digital films. The New Brunswick Filmmakers’ Co-operative is in its 29th year of operation.

The Co-op has 250 members. Its equipment resource has also grown to include a Super 16 AATON XTR, non-linear sound editing suites, and picture editing suites as well as digital cameras and the latest HD technology. The Co-op provides broad-ranging support (workshops/training, creative support and mentoring, grant writing assistance, equipment, human resources, socials, informal writer/director/actor labs. It also presents diverse quality films and videos through its annual provincial Film Festival. The Co-op also seeks to give a voice to, and develop the talents of, artists in NB that would not otherwise have the opportunity to express their views in film and video. Check out the Silver Wave Film Festival in November at

<http://swfilmfest.com/index-e.html> - *Maureen MacLean*



Co-op Community Bulletin Board

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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.
- Mar 20-21, 2009 Credit Union Central of Prince Edward Island Annual Meeting, Delta Prince Edward, Charlottetown, PEI
- April 17-18, 2009 Credit Union Central of New Brunswick Annual Meeting, Delta Fredericton, Fredericton, NB
- April 23-24, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS
- April 25, 2009 League Savings and Mortgage Annual Meeting, Westin Hotel, Halifax, NS



Contest of the Week – Last week Leanne Boutilier, Sydney, NS, had the first of four correct submissions. Others were Cathy Darland, Joanne Sheppard and Glenna Weagle.

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: What am I?

You may praise your good fortune and curse all you hate,
Yet I rule all your chaos and gamble your fate.

By some I'm avoided by others I'm game,
Called by fat or slim, my meanings the same.

Hint

I'm dieing for you to guess!

Answer: "Chance" **This week's contest:** Matthew Shelborn frequently has to travel for his company, which gives him a chance to meet many people from all parts of the US. In April, Matthew flew to five different US cities on business and he flew a different airline each time. During each trip he chatted with the person next to him, and no two people he talked to were in the same profession. From the information, can you determine the date Matthew made each flight (each was on a Monday exactly one week apart starting on April 2nd), the airline he flew, his destination, and the profession of the person who sat next to him on each flight?

1. Three consecutive flights were, in order from first to last, the flight Matthew took with WTA Airways, the flight where he sat next to the teacher, and the flight he took to Atlanta.
2. Matthew sat beside the sports coach on a flight some time earlier in the month than the one he took to Seattle.
3. The week he flew Air Express was some time earlier in the month than the trip to Boston, which was some time earlier in the month than the trip where he sat next to the ballet dancer.
4. It wasn't on the trip to San Diego where Matthew sat next to the doctor.
5. Matthew didn't fly Skyways on his trip to Seattle, and he didn't fly WTA Airways on the trip where he sat next to the sports coach.
6. Atlanta was not Matthew's destination on the trip where he made the acquaintance of the ballet dancer.
7. The Fly America flight was exactly two weeks before the flight where Matthew passed the time chatting with the attorney.



Young Co-operators: The Buds on the Co-op Tree - Fredericton Direct Charge Co-op has recognized the importance of getting the next generation of people involved in the co-op movement through a variety of initiatives. They invest in the "fredkid" program, which is an online resource for families with small children in the Fredericton area that aims to provide children with a high quality of life

(http://fredkid.com/index.php?option=com_content&task=view&id=258&Itemid=299). They have also engaged young people in planting community gardens to understand where their food comes from (<http://www.coopatlantic.ca/e/images/agrifitti/agrifitti%20fall%202005%20eng.pdf>, page 2). Furthermore, they have also maintained a commitment to sponsoring youth to attend Atlantic Co-operative Youth Leadership seminars (www.acyl.coop) among other projects. This model of engaging youth is one to be embraced throughout the co-op movement to encourage a thriving future for our co-ops and communities. - Erin Hancock



Co-op Cooking – Curries, popular in Thai cooking, are easy to prepare with purchased curry pastes. In this dish, sweet, salty and sour flavours blend with the spicy curry. It's a great vegetarian dish or you can prepare it with chicken or shrimp if you wish.

Thai Curry Dinner

12-oz. firm tofu, drained

2 tbsp vegetable oil

1 medium onion, sliced

1 lb sliced fresh mushrooms (white, crimini or oyster work well)

1 can lite coconut milk

3/4 cup vegetable broth
2 to 3 tsp Thai red or green curry paste
2 tsp finely grated lime rind
1 tbsp fish sauce
2 cups halved green beans
1/3 cup diced red pepper
2 tsp sugar
1/2 tsp lime juice
2 green onions, thinly sliced
fresh Thai basil or coriander leaves (optional)
2 cups hot, cooked jasmine or white rice

Cut tofu into 3/4-inch cubes. In large skillet or wok, heat oil over medium-high heat; stir-fry onion 1 to 2 minutes. Add tofu; stir-fry 2 to 3 minutes (until lightly browned). Add mushrooms and stir-fry 2 to 3 minutes. Stir in coconut milk, broth, curry paste, lime rind and fish paste; bring to boil while stirring to blend well. Add green beans; reduce heat to medium and boil 5 to 8 minutes (until beans are crisp-tender. Add red pepper; cook until sauce has thickened to desired consistency (about 3 to 4 minutes). Stir in lime juice and sugar. Serve over hot rice and garnish with green onion and basil or coriander if desired.

Variations: 1. Add 4-oz peeled, raw shrimp with the red pepper.

2. Substitute 12-oz skinless, boneless chicken for the tofu.

Tip: If fish sauce is not available, add 1/2 tsp salt and substitute mango juice nectar for the broth. Omit the sugar.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, Jan. 28, 2009



Week of Jan. 25 – Jan. 31, 2009, Vol. 4, No. 4
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings - Openings is a weekly feature of Co-op Circles. “*Stress is not what happens to us. It’s our response to what happens. And response is something we can choose.*” - Maureen Killoran ezinearticles.com/?expert=Maureen_Killoran 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

- **ACA Co-operative Limited** (ACA) has announced major changes at two of its Kings County (Nova Scotia) facilities, including filing for creditor protection of its Eastern Protein Foods subsidiary. The changes will result in the layoff of 75 union employees at ACA and the permanent loss of 40 non-union ACA and Eastern Protein Foods employees and 187 union positions at Eastern Protein Foods. “This is a very sad day for many of our staff and their families,” said Ian Blenkarn, chief executive officer and chair of the board of directors of ACA Co-operative. “However, the past few years have been very challenging ones for us and we arrived at a point where we either had to make major changes to the way we do business or risk losing our entire operation.” ACA’s primary processing plant in New Minas lost approximately \$6 million in 2008 and without major changes is expected to incur significant losses in 2009. Eastern Protein Foods, a subsidiary of ACA Co-operative that produces further processed poultry products at a plant in Kentville, has lost millions of dollars over the last several years, with losses of \$1.8 million for 2008. The New Minas facility is changing its sales mix, ending tray pack operations. Eastern Protein Foods will close permanently, due to longstanding losses and a lack of market opportunities
<http://www.atlanticfarmfocus.ca/index.cfm?sid=214255&sc=593>
- The board of Co-op Atlantic has closed the **Mid-Valley Co-op Food Market** in Woodstock. The closure took effect on Saturday, January 24th. The board indicated there had been many efforts in recent years to improve sales and member support at Mid-Valley, but these had not been successful.
- Four people employed with credit unions in the Atlantic region will be traveling to Uganda and Malawi at the end of February as part of the **Canadian Co-operative Association Credit Union Coaching Program**. They are Paul Innes, branch manager, OMISTA Credit Union, Moncton, NB, Jeannette Holmden, Chief Executive Officer, PSE Credit Union, Moncton, NB, Tammy Christopher, Chief Financial Officer, OMISTA Credit Union, and Gary Forsey, general manager, Steel Centre Credit Union in Sydney, NS. For more information about the coaching program go to www.coopsCanada.coop



Trends - Part of the my duties during my day job are serving on an environmental awareness committee that is currently in the midst of looking at current business operations and find ways

to turn them into more sustainable business operations. This is enterprise level stuff that really has the potential to make sustainable changes to how we do business. But what about homeowners? How do homeowners embark on the sustainable journey for their homes without getting fleeced in the process? Enter **Green Irene**. From their brochure: “The amount of information about going green is overwhelming and often conflicting. Who do you trust to provide the best information about greening your home? Your local Green Irene Eco-Consultant...” For \$99 US, the Green Irene eco-consultant will spend 60 to 90 minutes going through your home or apartment with their Green Home Makeover Checklist and point out immediate changes you can make at no cost while customizing a set of recommendations on how you can save money, save energy, save water and live a healthier life. Think of it as a home inspection service that focuses on the environmental impact of your house or apartment, and gives you recommendations on reducing it. The service is only available in the U.S. right now, but look for it to grow around the world. See more at www.greenirene.com .– 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: “*Today I learned how unique different cultures are as well as the problems many cultures face. A big problem that really opened my eyes was the extent of the pollution in some of these areas and the fact that I can do something about it by being more environmentally aware and more environmentally friendly.*” – Katie L, Riverview, NB



Co-op Ed 101 – For years, I have used the public library for pleasure and research. I have never given a thought to the fact that for some people still in 2009 library services are not free. I met someone recently who told me that it was only October, 2008, that Okaloosa Library Co-op in Florida <http://www.readokaloosa.org/> changed to make service free for the entire county. The **Okaloosa County Public Library Cooperative** proposed in October to drop the \$20 fee charged to each family who checks out items at one of the city libraries. The change had to be approved by the Okaloosa County Commissioners. Until then nearly 1,700 residents in Cinco Bayou, Laurel Hill and Shalimar paid the \$20 fee to and use the library last year, http://www.nwfdailynews.com/news/county_11723_article.html/library_okaloosa.html -
Maureen MacLean



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<http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022. Register soon, as space is limited.

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- April 24-25, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS



Contest of the Week – **Last week's contest:** We had a bit of a mix up in last week's contest. Information needed to solve puzzle was missing. Sorry about that! Just a little extra work to keep those neurons working in this cold January weather! 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. **This week's contest:** Using all of the letters A to Z, each once only, complete these words:

*e*er
**eue
**o
ma*
*p*a*e*
erso
***k*am*on
*ouse
a
ur
***igent



Young Co-operators: The Buds on the Co-op Tree - The New University Co-operative is holding a symposium this week (Jan 30-Feb1) titled "Reclaiming Higher Education". The event will take place at the Tatamagouche Centre in Nova Scotia and include discussions/speakers addressing such topics as inclusive education, progressive models of higher education, a critique of the role that university education plays in society and others. Guest speakers include Elizabeth May and Greg MacLeod and this conference will help feed into the planning of the curriculum for the unique New University Co-operative (which strives toward being an accessible, green institution with a focus on social justice). To learn more, visit www.newuniversity.ca- *Erin Hancock*



Co-op Cooking – From a friend I received news of the following website: <http://www.whfoods.com/> Well worth a visit. The "wh" stands for "World's Healthiest". Among the items are a list of healthy choice foods, recipes and cooking tips, and much more. Here is a sample from the recipe section:

15 Minute Rosemary Lamb Chops

12 lamb chops

6 tbsp fresh lemon juice

3 tbsp chopped fresh rosemary

3 medium cloves garlic, pressed

1/4 tsp salt

1/4 tsp black pepper

Press garlic and let sit for at least 5 minutes to bring out its hidden health benefits. Mix with lemon juice, rosemary, salt and pepper. Rub lamb chops with mixture. Set aside on plate. Preheat broiler on high heat and place a stainless steel or cast iron skillet large enough to hold the lamb chops under the heat for about 10 minutes to get very hot (about 5 to 7 inches from the heat source). Be sure that the skillet handle is also metal.

Once skillet is hot, place lamb chops in skillet and return to broiler for 4 to 5 minutes, depending on thickness of chops. Lamb is cooked quickly as it is cooking on both sides at the same time (Quick-Broil cooking method).

Healthy Cooking Tips: Make sure your pan has had a chance to get very hot for best results. This seals in the juices and makes the lamb moist. This recipe is created for a quick and easy meal. If you can plan ahead, the lamb is even more tender and flavorful if given a chance to marinate for a few hours. A good rule of thumb when testing lamb for doneness is try not to cut into it while cooking as it releases its juices. The more done the lamb is, the firmer to the touch it will be when pressed. This takes a little practice at first to know just how firm medium is. Also, it will continue to cook after removing from the heat, so remove while it is still a little less done than your personal preference. You can also use an instant reading thermometer. It doesn't release as much juice as cutting when used. Medium rare is about 145 degrees. - *Glenna Weagle*



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Week of Feb. 1 – Feb. 7, 2009, Vol. 4, No. 5
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Openings - Openings is a weekly feature of Co-op Circles. *“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”* - Leo F. Buscaglia

www.buscaglia.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

- Tomorrow, Thursday, Feb. 5, at 7:30pm, in the Ecology Action Centre Board Room in Halifax, NS, you can learn more about the Farmers’ Market Investment Co-operative Ltd. In support of the proposed **Halifax Seaport Farmers Market**, this investment co-operative is an opportunity to support local producers, buy local food and invest in local projects. If you can not attend the meeting and would like further investment information, you may contact Richard Peisinger rpeisinger@ns.sympatico.ca
- The Minister for Status of Women Canada has announced \$300,000 in funding to help with the development of the **Co-operative Enterprise Development Program for Women**. In a partnership between the Co-operative Enterprise Council and anti-poverty agency, Support to Single Parents, a Centre will be established in the Greater Moncton region to help low-income and marginalized women establish their own co-operative businesses. The Centre, which will open in September 2009, will provide training in areas such as financial literacy, market research, business planning, marketing, promotion, board development, management, networking, and other business and co-op development topics. Participants will also be provided with a variety of supports and resources to help them develop their co-op business ideas starting with conceptualization through to preparing business plans, accessing credit and capital, start-up, and consolidation. The Centre will use coaches and mentors from the co-operative and business community to help ensure the success of the new co-ops that become established through this program.
- The Co-operative Enterprise Council of New Brunswick is planning an **Alternative Energy Workshop** for co-operators who would like to learn more about heat pumps, solar domestic hot water, wind and solar electricity, heat loss management, sustainable housing, solar heating, and other alternatives to traditional power and heating sources. Experts in each field will provide an overview of the latest technology and lead table discussions where people can ask questions about their specific interests or needs. The workshop will be held in Moncton in April with the date and location to soon be announced. The Council is asking people to indicate their interest so they can arrange for adequate space. If you

are interested in attending this event, please contact the Council by email at info@cecnb.ca



Trends - You've got to hand it to the Brits. When the rest of the financial world (including their own) is crashing all over the place, there appears a new service for quick 'payday type' loans that are available easily, quickly and exclusively, via the Internet. It's called **Wonga**, available at wonga.com and they offer loans of 50£ to 200£ (about \$90 to \$350 CDN) that must be repaid within 5 to 30 days. A neat idea, until you get into the details...where you also have to hand it to the folks who run Wonga, because it's really easy to get to the details – they're in a section titled 'Transparency' under 'how to Wonga' and they show their annual percentage rate (APR) for their quick and easy loans: 2334%. Yup. Over 2000 percent annually. They go on to explain you can't really compare their APR with that of your credit cards (typically around 20% APR) because their loans are for shorter periods of time – unless you don't pay, which kicks in more interest and fees before the defaulted loan is turned over to a collection agency... So now you know the price of convenience...2334%. – *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: *"From this presentation, I have a new respect for other cultures, traditions. You can't compare your situation to theirs. You must look at their situation and not think of how to make them like you but what you can do for them to make them as well off as they can be within their own culture."* – Megan, Sackville, NB



Co-op Ed 101 – This week I am far away from the cold and snow in New Brunswick but I am learning something new about co-ops while here in Florida. In Lake Wales, I toured the Natural Growers Co-op <http://www.floridasnatural.com/co-op.php> I learned all about the humble beginnings of this co-op in the comfort of a cool, relaxing theater. In the museum, more mementos and artifacts tracing the rich history were on display. I sampled one of the many varieties of Florida's Natural juices on hand as I relaxed in one of the front porch rockers. **Florida's Natural Growers** is a co-operative of citrus growers who own groves in the heart of central Florida. They are one of the largest organizations of growers and producers, with a membership base of 12 grower associations. The entire co-operative is made up of more than 1,000 grower members who own more than 50,000 acres of fine citrus groves. The co-operative, first of its kind, was organized in 1933 by a group of growers to market their crops. In the first season, the cooperative produced 422,000 cases of finished products. Today, 40 million cases under the names Florida's Natural®, Growers Pride®, Bluebird®, Texus®, Adams®, Vintage®, and Donald Duck® are produced. Florida's Natural Growers products are sold in almost every major US supermarket and in more than 60 countries around the world. - *Maureen MacLean*



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- Feb 18, 2009 New Canadians and the Social Economy Noon - 1:30 pm, Ontario Institute for Studies in Education, University of Toronto , 252 Bloor St. West, Toronto, Room 12-199 For more information, contact Lisa White at secspeaker@oise.utoronto.ca, or visit our website at <http://socialeconomy.utoronto.ca> This event will also be webcast live on the Internet. Please see our website for detailed instructions.
- Feb 20, 2009 Human Resource Management in Non-Profit and Other Community Organizations with Kunle Akingbola, University of Toronto To register: <http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022. Register soon, as space is limited.
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 - April 24, 2009 League Savings and Mortgage Annual Meeting, Westin Hotel, Halifax, NS
 - April 24-25, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS
 - May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.



Contest of the Week – Last week’s contest: We didn’t have a winner this past week. Send your answer to this week’s contest to contest1@nbnet.nb.ca by Tuesday, at noon. All entries go into the monthly draw for a special prize. Using all of the letters A to Z, each once only, complete these words:

*e*er
 **eue
 **o
 ma*
 *p*a*e*
 erso
 ***k*am*on
 *ouse
 a
 ur
 ***igent

Answers: Fever, queue, zoo, mat, speaker, person, backgammon, house, wax, jury, diligent. **This week’s contest:** If 5 cats can catch 5 rats in 5 minutes, how many cats do you need to catch 100 rats in 100 minutes?



Young Co-operators: The Buds on the Co-op Tree - **Coop la maison verte** is an ecologically focused co-op that not only provides lots of eco tips and products for the home, fun Valentine's Day baskets by order for a loved one, but they also promote a number of excellent community engagement initiatives including the University of the Streets Café (which is a series of discussion forums). These forums, held in Sherbrooke, QC are intended to engage the community in important discussions around key social concerns. February's lineup includes exploring the current economic situation, what the alternative to it might be and others. Learn more at <http://www.cooplamaisonverte.com/en/node/1564> (and check out the Valentine's baskets - under their mandate for promoting responsible consumption - at <http://boutique.cooplamaisonverte.com/>) - *Erin Hancock*



Co-op Cooking – Here's a side-dish which goes well with grilled chicken, fish, lamb or a vegetarian spinach salad.

Sweet and Spicy Stir-fried Mushrooms

2 tbsp soya sauce

1 tbsp each oyster sauce and honey

1/4 to 1/2 tsp hot red pepper flakes

1 tbsp sesame seeds

2 tbsp vegetable oil

1 1/2 lb fresh medium white and crimini mushrooms

sliced green onion, optional

Combine the soya sauce, oyster sauce, honey and red pepper flakes; set aside.

Heat a large wok or skillet over medium-high heat. Add the sesame seeds and cook, stirring constantly, until golden brown. Remove to a plate and set aside.

Add oil to the wok and heat over medium-high heat until hot. Add mushrooms and stir-fry 1 to 2 minutes (until starting to brown). Stir in soya sauce mixture and sesame seeds. Stir-fry 2 to 3 minutes (until mushrooms are well coated and tender). Place in warmed serving dish. Serve sprinkled with green onions if desired.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, Feb. 11, 2009



Week of Feb. 15– Feb. 21, 2009, Vol. 4, No. 6

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Openings - Openings is a weekly feature of Co-op Circles. *“The things that will destroy us are: politics without principle; pleasure without conscience; wealth without work; knowledge without character; business without morality; science without humanity; and worship without sacrifice.”*

- Mahatma Gandhi en.wikipedia.org/wiki/Mahatma_Gandhi 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 co-operators knew **John Arther Murphy** who died suddenly this past weekend. From Beaver Meadow, near Antigonish, NS, he was a familiar face and name to many co-operators who attended Topshee Conferences in Antigonish, or shopped at Braemore or through their affiliation with social development organizations like Development and Peace, or politically through the New Democratic Party. John Arther leaves the community and province of Nova Scotia much richer because of his sincere and genuine interest in everyone he met. <http://www.clcurry.com/Obituaries/42876/>
- **Port Hood RV Co-operative Ltd** of Port Hood, NS, has launched a third share offering under the province's community economic development investment fund (CEDIF). It wants to further develop its recreational vehicle park and facilities. The investment fund gives Nova Scotia investors a 30 per cent, non-refundable tax credit against Nova Scotia taxes paid or payable and RRSP eligibility. The co-operative spokesperson Joe Morris says it hopes to raise a minimum of \$70,000 to develop a water playground area that would include an adult swimming pool, a hot tub and wading pool for children. Plans are to have the facility open in June. The cost is estimated at \$150,000 and the co-operative has saved \$80,000 from previous offerings. The co-op has already raised \$750,000 for Sunset Sands RV Park in two previous offerings. The park, which opened in May 2008, has 55 fully serviced RV lots, two large RVs available for rent, playground, and laundry and washroom building. The park is next to a beach area and the Al MacInnis Sports Centre. If the offering goes well, the plan is further expansion with 25 more serviced lots. Long range plans includes construction of 10 cottages, 10 tenting sites and additional RV sites. For further information check out the Web site at www.sunsetsands.ca or e-mail: info@sunsetsands.ca
- In Nova Scotia, investors can now buy preferred shares in co-operative businesses. Changes to the Nova Scotia Co-operative Associations Act now allows co-ops to issue **non-voting preferred shares**. Nova Scotia Co-operative Council CEO Dianne Kelderman says the council has been pushing for this since 2001 so co-ops would have another way to access needed capital. Before this change, co-ops had two ways to finance their operations. They could sell common shares to members or they could go to a bank or credit union. “It really levels the playing field,” says Kelderman. “They can sell shares to members of the public who can judge their potential for a return of their

investment.” Six other provinces, including Prince Edward Island allow for preferred shares in co-operatives.

- **Valley Credit Union** in Nova Scotia’s Annapolis Valley believes in supporting its communities. <http://www.valleycreditunion.com/> As a socially responsible company, VCU believes in giving back. This past holiday season Valley Credit Union donated \$3,000 to local school breakfast programs and through the Skip-a-payment campaign, it raised over \$4400 for local chapters of the Salvation Army.
- **Credit Union Atlantic** (CUA) opened a new business lending centre in late January. Credit Union Atlantic for Business will focus solely on the lending needs of small and medium sized enterprises. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfid=content.id&search=482> This is the first credit union storefront specifically for business customer owners in Nova Scotia. Designed with the unique needs of business owners in mind, CUA for Business offers the full range of financing products and services, and fully equipped meeting space available to clients. Credit Union Atlantic’s existing team of Commercial Account Managers and support staff relocated to the new business centre. Credit Union Atlantic for Business is located on Young Street in Halifax and will be open Monday to Friday, 8:30 am to 4:30 pm.
- Since July of 2006, staff of **East Coast Credit Union** in Cape Breton has participated in the Larches Payroll Deduction Plan. Staff voluntarily and confidentially contributes as much as they wish to L’Arche via a payroll deduction. The total amount of all contributions is then presented at year-end to L’Arche Cape Breton. The total amount raised in 2008 was \$8,500, and East Coast Credit Union says this brings the three-year total to \$18,551.32. For more information <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfid=content.id&search=486>
- The winners of the 2008/2009 **Nova Scotia Credit Unions Bursary Awards** were announced this week by the Credit Union Central <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfid=content.id&search=493> Each year, \$13,000 is disbursed as \$500 bursaries; awarded to two students at each of the 13 NSCC campuses. The first Nova Scotia Credit Unions Bursary Awards were bestowed in 1996. For the first time this year there was an outreach effort to offer individual credit unions the opportunity to participate in the process by sitting on the selection committee in their communities. The credit unions also have the opportunity to meet with the students and present them with an award certificate, in addition to participating in a celebration of excellence at the Student Success Nights held at each campus in the spring and early summer.



Trends - I’ve been doing a lot of thinking lately about the southeastern school in New Brunswick that stopped playing O Canada at the request, on religious grounds, of a couple of families. I’ve been trying to resolve for myself, mostly, the motivations for such a request. I can understand some of the religious accommodations that are made in some cases. By the same token, I also wonder where tolerance fits into the equation, only because you can’t please everybody all the time. But the National Anthem, well, that seems to strike closer to home (and I’m not even an overtly patriotic person). Then I read Colette Lebel’s column in this month’s Coopérateur

Agricole. Ms. Lebel, who is director of Corporate Affairs for Coop Fédérée, muses about how democracy is changing. Where in the past, it was a co-op member's **duty** to attend and vote at annual meetings, or even to support the Co-op, today it's perceived (and I'd argue, marketed) as a **right**. On the surface, both seem to be interchangeable alternatives, except that a duty begets responsibility, while a right is more like a privilege, a tool to be used or not at one's whim. So if we accept the premise that society is shifting from responsibilities to privileges, duties to rights, it begins to explain a lot of things, including one's tolerance to listening to the National Anthem. Read Ms. Lebel's column here: http://www.lacoop.coop/cooperateur/chroniques/pause-pensee/2009/02_ENG.asp – 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: "That the people in the Philippines speak English. That the Canadian people helped by raising money to rebuild their own church. That there are about 7,000 islands but people only live on 100 of them." - Julie M, Grade 6



Co-op Ed 101 – I always knew that there was a co-op to answer most needs, but I was very surprised to find this co-op that does wildlife research in Florida. I found it when I was researching some birds I saw on a recent trip. The **Florida Cooperative Fish and Wildlife Research Unit** was established in 1979. <http://www.wec.ufl.edu/coop/> Have a look at some of the great photos <http://www.wec.ufl.edu/coop/photocontest.htm> The purpose of the Florida Unit is to provide for active cooperation in the advancement, organization, and conduct of scholarly research and training in the field of fish and wildlife sciences principally through graduate education and research at the University of Florida. - Maureen MacLean



Co-op Community Bulletin Board

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- Feb 18, 2009 New Canadians and the Social Economy Noon - 1:30 pm, Ontario Institute for Studies in Education, University of Toronto , 252 Bloor St. West, Toronto, Room 12-199 For more information, contact Lisa White at secspeaker@oise.utoronto.ca, or visit our website at <http://socialeconomy.utoronto.ca> This event will also be webcast live on the Internet. Please see our website for detailed instructions.
- Feb 20, 2009 Human Resource Management in Non-Profit and Other Community Organizations with Kunle Akingbola, University of Toronto To register: <http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022. Register soon, as space is limited.
- Mar 20-21, 2009 Credit Union Central of Prince Edward Island Annual Meeting, Delta Prince Edward, Charlottetown, PEI
- April 17-18, 2009 Credit Union Central of New Brunswick Annual Meeting, Delta Fredericton, Fredericton, NB

- April 22 -23, 2009 Blueprints of the Brand Forum, Westin Hotel, Halifax, NS – designed specifically for Credit Union CEOs and General Managers, this forum offers the tools to further enhance the brand for Credit Unions.
- April 24, 2009 League Savings and Mortgage Annual Meeting, Westin Hotel, Halifax, NS
- April 24-25, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS
- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.



Contest of the Week – **Last week's contest:** If 5 cats can catch 5 rats in 5 minutes, how many cats do you need to catch 100 rats in 100 minutes? **Answer:** 5 cats Bryon Tudor, SK, is our winner. Here's his explanation: If 5 cats catch 5 rats in 5 minutes, we'll assume that each cat caught one rat and it took them 5 minutes to catch each rat. If there are 100 rats to catch, that would take 1 cat 500 minutes to do. But since the rats must be caught in just 100 minutes, that 1 rat would need four friends to help him (or her). So the answer is 5 – it will take 5 cats to catch 100 rats in 100 minutes. (assuming they don't slow down during the 100 minutes of catching rats.) Send your answer to this week's contest to contest1@nbnet.nb.ca by Tuesday, at noon. All entries go into the monthly draw for a special prize. **This week's contest:** Two painters can paint two rooms in two hours. If 12 rooms have to be painted in six hours, how many painters do you need?



Young Co-operators: The Buds on the Co-op Tree - Amanda Hachey, former New Brunswicker, is soon finishing up her work with a farming co-op in Vietnam. Some of her colleagues at the co-op (Da Nang) have secured some funding to do a study tour of international co-ops over the next few years and Amanda is wondering if any Atlantic Canadian agricultural co-ops might be interested in hosting their fellow co-operators from overseas. See her blog at www.vistanam.blogspot.com and contact her by email at adhachey@gmail.com if your co-op might be interested- *Erin Hancock*



Co-op Cooking – These days when I am looking forward to spring and the wonder of crocus appearing from beneath the snow, it seems I am constantly looking for something different for dinner. Here's a new taste for a couple of veggies I have been serving all winter that sometimes fills the bill.

Bean and Carrot Medley with Parmesan Vinagrette

- 1 1/2 cup green beans
 - 1 1/2 cup carrots, cut into sticks
 - 1/2 tsp Dijon mustard
 - 1 clove garlic, minced
 - 1/4 tsp salt
 - 14 tsp dried basil
 - 1/4 tsp dried oregano
 - 1/4 cup olive oil
 - 2 Tbsp grated Parmesan cheese
 - sprinkle of freshly ground pepper
- Steam or boil beans and carrots together until tender-crisp. Drain well. Whisk vinegar, mustard

and spices to combine. Add olive oil in slow stream, whisking to combine. Add Parmesan cheese and pepper. Whisk to blend. Add to hot vegetables; toss to coat.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, Feb. 25, 2009



Week of Feb. 22– Feb. 28, 2009, Vol. 4, No. 7
Edited and Compiled for you, by the Rising Tide Collective

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Openings - Openings is a weekly feature of Co-op Circles. “*Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one.*” - Jane Howard
http://www.advocacy2.org/index.php/Network_Basics 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

- For those interested in investing in the **Just Us! Fair Trade Investment Co-operative**, two public information sessions will be held: Just Us! Café, 5896 Spring Garden Road, Halifax, Thursday, Feb 26, 7:30 PM, and Just Us! Café, Main Street, Wolfville, NS (held this past Sunday). People investing in this community economic development investment fund (CEDIF) are eligible to receive 30 per cent non-refundable provincial tax credit and RRSP tax benefits. For further information, contact Melissa Stewart (902) 542-7474, ext 248 or e-mail accounting@justuscoffee.com
- The **Cape Breton Stage Company Co-operative**, a new theatre co-operative formed in Sydney to bring live theatre to the downtown area, wrapped up its production of Notes 2 last week. Built on the success of the 2008 production titled Notes, a work incorporating local songwriters, playwrights and directors, Notes 2 featured two plays, two movement pieces and one short film inspired by the song Days and Days by local singer songwriter Colette Deveaux.
- In 1968 Frank Collins, a sixteen year old high school student, was instrumental in the establishment of the Clarenville Area Consumers Co-op. To help celebrate the co-operative’s 40th anniversary and to pay special tribute to the man who started it all, the **Frank Collins/Clarenville Area Co-op Honorary Scholarship** was created. Each year the co-op will award \$1000 to a Level III student who demonstrates community mindedness, portrays a good work ethic and is the child of a Clarenville Area Co-op member. The first scholarship was awarded in December 2008 to **Michael Walsh** from Shoal Harbour, Newfoundland who is currently attending Memorial University.
- **The Co-operators Group** is sponsoring the **Conference for Sustainability Leadership** for university and college students, **aged 19 – 25** in Guelph on Sept 24th-27th. David Suzuki will be the keynote speaker and all conference, transportation, accommodation and meal expenses will be fully covered. They are looking for youth from New Brunswick to attend as few have applied so far and the deadline is this Friday. If you know of any young person in university or community college (as of September 2009) who might be interested, please let them know about this opportunity. They must apply to <http://www.impactyouthsustainability.ca> no later than this Friday.
- CCEDNet will hold its annual conference in Winnipeg, MB on June 3-5 and “**Celebrating Women in Co-ops – Who are they? Where are they? How does the co-op**

model work for them?” will be one of the workshops offered. It will include an overview about co-ops to set the context for the workshop: co-op principles, types and a scan of women’s role in Canada and a panel of women co-operators: including Nancy Hartling, Support to Single Parents, a Moncton organization partnering with the new Women’s Co-op Development Enterprise Centre, Musaghi Kizikilwa, Enviro-Safe, a worker co-op that provides cleaning services in Winnipeg and Rebecca Deng, Lost Boys and Girls of the Sudan, a worker co-op that provides catering services in Winnipeg. Facilitators will be: Melanie Conn, Devco, a training and co-op development co-op based in Vancouver and Terri Proulx, SEED Winnipeg For further information contact Melanie Conn, DEVCO-Co-op Development & Training, melanie@devco.coop www.devco.coop

- Co-operatives across the region are trying to engage and retain youth as members/owners, volunteers and employees. ACYL is recognized as the first step in this process. The **Atlantic Co-operative Youth Leadership** program is hosting two seminars this spring in Prince Edward Island and Newfoundland and Labrador. The first seminar will be at Canoe Cove just outside Charlottetown, PE from April 30 – May 3, 2009. The second seminar will be at Killdevil Camp in Gros Morne National Park, NL from May 21 – May 24, 2009. Information on the fall seminar in Nova Scotia will be coming soon. ACYL is asking co-operatives and credit unions from around the Atlantic Provinces to help sponsor youth (14 to 18 years) to participate in this co-operative learning experience. It is also an opportunity to empower one of your young leaders (employees) to volunteer at an ACYL event. Youth and volunteer **applications** can be found at <http://www.acyl.coop/english/wall.htm>.
- **Peter Leblanc** of River Bourgeois, NS, is the 2008 **The Co-operators Volunteer 4-H Leader of the Year**. He was awarded a \$1,000 grand prize for his more than 25 years of volunteering with 4-H. Leblanc was one of nine leaders from across the country selected for the award including Alain Blanchette, Westmorland County, Salisbury, NB, and Johanne Ings, Cherrycliff/Winsloe Brackley, Vernon, PEI. Collectively, the winners have more than 120 years of involvement with 4-H. “This award from The Co-operators and the Canadian 4-H Council is a great way to recognize the tireless efforts of our more than 8,500 volunteers,” said Canadian 4-H Council President Bob McAuley. “Without them, we would not have the vibrant 4-H program in Canada that we have today.” <http://www.atlanticfarmfocus.ca/index.cfm?sid=223547&sc=586>
- **The Co-operators Group Ltd.** has announced an expansion of its membership as five co-operatives recently became member-owners of the organization. A total of 46 Canadian co-ops, credit union centrals and like-minded organizations now comprise the co-operative ownership group, following The Co-operators Board of Directors' approval of membership applications from Co-operative Auto Network, Farmers Co-operative Dairy Ltd., Granny's Poultry Cooperative Ltd., Organic Meadow Co-operative Inc., and United Community Services Co-op. <http://micro.newswire.ca/release.cgi?rkey=1701096212&view=27607-0&Start=0>
- Five staff members from **The Co-operators** group of companies will soon be participating in short-term volunteer opportunities overseas. The volunteers were selected from across Canada, and will be sharing their professional skills with community organizations in developing countries in Africa, Asia and Latin America in March 2009. It’s all part of a new partnership The Co-operators has developed with **Leave for Change**, a volunteer program run by Uniterra. Uniterra is Canada’s largest

international volunteer organization and is funded through the Canadian International Development Agency (CIDA). Through Leave for Change, The Co-operators volunteers will participate in work assignments of three weeks. Read more at <http://micro.newswire.ca/release.cgi?rkey=1702117381&view=27607-0&Start=0>



Trends – I wrote in this space last year about a company offering smart distributed power (www.qurrent.com), where households on a street generate and share their own energy through a number of innovations. Well, one of the easiest ways for households to save 5 to 15% on their energy bills is to show the householders their rate of consumption in real time. “Most people have only a vague idea of how much energy they are using for different purposes and what sort of difference they could make by changing day-to-day behaviour or investing in efficiency measures.” (2006, Environmental Change Institute, University of Oxford). It turns out that when consumers ARE made aware of their energy use in real-time – for example, a meter identifies the appliances and the amount of energy they’re using), those same consumers can manage their use toward a reduction of 5 to 15 percent, without radically changing their lifestyle. Google has recently launched a service it’s calling **PowerMeter** that shows a household’s energy use in real time. As Google explains it: “Google PowerMeter will receive information from utility smart meters and energy management devices and provide anyone who signs up access to her home electricity consumption right on her iGoogle homepage.” There is a fair bit of way to go – connecting with the smartmeters, getting permission from the utilities, etc, but this simple fact mentioned earlier – put people in control – has potential. See more at www.google.org/powermeter/ – 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 that the beaches are often polluted so kids can’t play there safely. The people use boats a lot to get from place to place and many houses have tin sheets for roofs.*” -Jedidah W, Grade 6, NL



Co-op Ed 101 – This week I have been thinking about nice fresh food because in Atlantic Canada everything is covered in snow. A bit of research and I found this co-op in Nebraska. I think it would be a pleasure to join it and volunteer. **Nebraska Food Co-op** serves Nebraska farmer and producers and consumers may join the cooperative and be buyers, sellers or both. These producers and consumers care about the land, share an enjoyment of simple food, and seek equitable relationships. It is a marketing and distribution service designed to improve market access for farmer producers and local food access for consumers. <http://www.nebraskafood.org/about.php> Mission: To foster a local food community and promote a culture of stewardship by cultivating farmer-consumer relationships, promoting the enjoyment of healthful food, increasing food security through diversity, and enhancing overall rural sustainability. - Maureen MacLean



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- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.



Contest of the Week – Last week’s contest: Marsha Long, Bayview Credit Union, Saint John, NB had the first correct submission. **Answer:** 4 painters Send your answer to this week’s contest to contest1@nbnet.nb.ca by Tuesday, at noon. All entries go into the monthly draw for a special prize. **This week’s contest:** I recently gave a new watch to my friend for his birthday. However, as usual with my presents, it was quite useless as it gains 6 minutes every hour. I set it using my own accurate clock at midnight and the watch now shows 8:26 am. I know that it stopped 30 minutes ago, so what is the correct time now?



Young Co-operators: The Buds on the Co-op Tree - The Sleepless Goat young worker co-op café in Kingston, Ontario has recently added to its ethical operations. On top of offering fair trade coffee and products, they have recently started using biodegradable coffee cups. Learn more about the café at <http://www.thesleeplessgoat.ca/main.html>
- Erin Hancock



Co-op Cooking – This is a great tasting one-dish Mediterranean-style recipe. Add a Chef Salad (or Greek or Caesar), good whole-grain bread, a glass of wine and a light dessert and you have a fantastic meal.

Mediterranean Paella

- 1 large onion, finely chopped
- 1 clove garlic, chopped
- 3 bell peppers (red, yellow and green), seeded and chopped
- 1 lb. boneless chicken breast
- 2 tbsp cold-pressed olive oil (or canola oil if you prefer)
- 3 oz sausage - spiced to your taste
- 8 oz canned, chopped tomatoes
- 1 cup brown rice
- pinch of saffron
- 2 cups low-sodium chicken broth
- 6 oz shrimp, peeled and deveined
- 6 oz firm white fish fillet, deboned and cut into shrimp-sized pieces
- 2 tbsp chopped, fresh parsley

Cut chicken into 1-inch cubes. Heat oil in large, deep skillet or wok. Add chicken cubes, onion, peppers and garlic. Cook about 5 minutes, (until vegetables soften), stirring occasionally. Add

sausage, tomatoes, brown rice, saffron and chicken broth to pan. Bring to boil; cover and simmer over medium heat for about 15 minutes. Uncover, stir and cook for another 15 minutes. Add shrimp, fish and parsley. Return to boil, then simmer over medium heat about 10 minutes (until liquid is absorbed and rice is tender). - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, Mar 4, 2009



Week of Mar. 1– Mar. 7, 2009, Vol. 4, No. 8
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Openings - Openings is a weekly feature of Co-op Circles. “*If we can conquer space, we can conquer childhood hunger.*” - Buzz Aldrin www.buzzaldrin.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

- In 2008, **Eastern Edge Credit Union** in Newfoundland Labrador sponsored two Paradise youth soccer teams; co-sponsored NL Folk Festival with ten other credit unions; donated a food hamper to Community Food Sharing Association; management and staff cleaned up Airport Heights Park; and board of directors and staff volunteered at the Janeway telethon. <https://www.easternedgecu.com/Home/InOurCommunity/>
- The **L’Anse au Loup branch of Eagle River Credit Union** presented Community Youth Network Coordinator, Lisa Davis, with a donation of \$2,000 to continue the Network’s work in the community.
<https://www.eaglerivercu.com/Home/YourCreditUnion/AboutUs/MediaCentre/>



Trends - This week’s Trends will be a little different. I’m going to defer (or refer) to a blog entry by Stephen Downes, a researcher with the National Research Council of Canada who specializes in online learning and who is based in Moncton, NB. This week he spent an afternoon thinking about the financial crash, and wrote about it in one of his blogs. While I encourage you to read the whole thing (reference at the end of this Trends entry), the gist of it is this: Most humans have about 150 people in their sphere of acquaintances whom they know, understand and can relate to. The failure of society (Downes explains it better in the blog entry) is not that we cannot know and understand more than 150 people, rather “**it’s how we characterize the remaining 99.99 percent of humanity: as though they were automatons.**” He goes on to say that this is the culture that allows us to say ‘it’s not personal, it’s business’ as we evict someone from their home...the “ethos that allows us in the western world to build a society based on consumption and ownership of more and more even as starvation and disease wrack the remainder of the world.” I’d like to think that the co-operative form of business is the antithesis to this modern culture, though sometimes I’m not sure. Read Stephen’s blog entry here:

<http://halfanhour.blogspot.com/2009/03/monkeysphere-ideology.html> - 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 fun to have Ms MacLean visit our school in Tatamagouche. We all got to touch the things she brought from far away. When I graduate I’d like to help teach school far away.*” – Bobby, Grade 6



Co-op Ed 101 – Sometimes, just for fun, I look up things on the Internet. You can search your name, your city or your company to see if there are others like you. This week when I was looking for “Co-op Circles”, this interesting co-op recycling site came up with a reference to their newsletter, Full Circles. The **Northeast Resource Recovery Association** <http://www.nrra.net/> is a pro-active, non-profit, working to make recycling programs strong, efficient, and financially successful by: providing cooperative marketing/purchasing and educational/networking opportunities; developing innovative recycling programs; creating sustainable alternatives to reduce the volume and toxicity of waste, and; educating and informing local officials about recycling and solid waste issues. Since 1981, membership in the NRRA has grown to include over 300 municipalities, individuals, and businesses in New Hampshire, Vermont, Massachusetts, Connecticut and Southern Maine. The NRRA is a member driven organization whose programs are designed and overseen by the members they serve. It publishes a bi-monthly newsletter, **Full Circle**. Full Circle provides the NRRA with the opportunity to notify its membership of the latest happenings in the world of recycling, new NRRA programs and a listing of upcoming solid waste and recycling related workshops, meetings or events. To read back issues, go to <http://www.nrra.net/newsletter.html> - *Maureen MacLean*



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- Mar 20-21, 2009 Credit Union Central of Prince Edward Island Annual Meeting, Delta Prince Edward, Charlottetown, PEI
- Mar 25, 2009 44th Annual General Meeting of Horizon Credit Union, Capital Hotel, Kenmount Rd, St. John's, NL – 7:30 pm
- March 27, 2009 Social Accounting for the Value Added of Volunteers and Members in Non-Profits and Co-operatives with Laurie Mook and Jack Quarter, University of Toronto, and Eric Plato, Frontier College – cost is \$100 + GST TO REGISTER: <http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022
- April 17-18, 2009 Credit Union Central of New Brunswick Annual Meeting, Delta Fredericton, Fredericton, NB
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style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca



Contest of the Week – **Last week's contest:** There were no correct answers. We loved Ron Levesque's answer: "What time is it? Time to get a new watch!!" **Answer:** I recently gave a new watch to my friend for his birthday. However, as usual with my presents, it is quite useless as it gains 6 minutes every hour. I set it using my own accurate clock at midnight and the watch now shows 8:26 am. I know that it stopped 30 minutes ago, so what is the correct time now? **7:10 am**

Real time Watch time

1:00 am = 1:06 am

2:00 am = 2:12 am

3:00 am = 3:18 am

4:00 am = 4:24 am

5:00 am = 5:30 am

6:00 am = 6:36 am

7:00 am = 7:42 am

7:10 am = 7:53 am

7:20 am = 8:04 am

7:30 am = 8:15 am

7:40 am = 8:26 am

Minus 30 minutes = **7:10 am**

Send your answer to this week's contest to contest1@nbnet.nb.ca by Tuesday, at noon. All entries go into the monthly draw for a special prize. **This week's contest:** For being good at the garden fete, four children were each given two sweets. Jack had an orange sweet. The child who had a red one also had a blue one. No child had two sweets of the same colour. The child who had a green sweet also had a red one. Jim didn't have a red sweet and Joe had a green one. James didn't have an orange one and Jack had no blue sweets. Knowing that there were two sweets of each colour, can you tell the colours of the sweets each child had?



Young Co-operators: The Buds on the Co-op Tree - The **Canadian Association for Studies in Co-operation (CASC)** offers **scholarships** each year to support students who are committed to furthering the research and study of co-operation. The deadlines are approaching (April 15th) and since a comprehensive application is required (describing the purpose of study, references, and so forth), it's time to get started. Learn more at

<http://www.usaskstudies.coop/teaching/scholarships/CASC.php> and find the application at http://www.coopscanada.coop/cooplincs/education/awards/scholarships_form.pdf

- Erin Hancock



Co-op Cooking – Need a quick dessert and don't have anything in the house. Try this. The kids may love it as each of them gets their own mug cake. Want to make it a little fancier. Serve it on a plate with a scoop of your favourite ice-cream or drizzled with a chocolate sauce, perhaps with a couple of strawberries on the side. The possibilities always seem endless when you have chocolate.

5 Minute Chocolate Mug Cake

4 T flour

4 T sugar

2 T cocoa

1 egg
3 T milk
3 T oil
3 T chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug (microwave safe)

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed. Allow to cool a little, and tip out onto a plate if desired. One cake can serve 2 if you want to feel slightly more virtuous. And why is this the most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night! - *Glenna Weagle*



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- *I'd heard about Google PowerMeter but had forgotten. Thanks for the reminder!* – TL, NB



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Week of Mar. 8– Mar. 15, 2009, Vol. 4, No. 9
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Openings - Openings is a weekly feature of Co-op Circles. “*It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.*” - John Steinbeck www.steinbeck.org/Bio.html 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

- **Atlantic Filmmakers Co-operative** has chosen the four filmmaking teams selected to participate in the production phase of the 2008/2009 FILM 5 Program. The films will be shot in April and May and will be finished on 35 mm film for theatrical release in September. Teams participate in a series of intensive workshops, receive mentorship and are awarded over \$35,000 in cash and services each toward the creation of a five-minute film. Also, the 3rd Annual Halifax Independent Filmmakers Festival is running **March 30th - April 4th**. <http://www.afcoop.ca/node/424> If you have some extra time and have an interest in film, the film co-op is looking for assistance in the following departments:
- Box Office - Screenings – Distribution - Event Support For more information, please contact us at (902) 420-4572 or email sarahamacleod@gmail.com
- Ali Marr and her crew from **Advance Savings Credit Union** were the winners of a crazy co-operator photo contest with the Atlantic Co-operative Youth Leadership program. For Ali's co-operative efforts she will receive an ACYL North End jacket with embroidered ACYL logo. <http://www.acyl.coop/english/newsletter.htm#good>
- **Paul Crane** has recently been appointed the Director of Co-operative Development for the Nova Scotia Co-operative Council. In addition to Crane, the NSCC has representatives in the Western Region, Jonathan McClelland and in Cape Breton, Mark Sparrow who provide support to Co-operatives within their areas of the province. The Council is continuing its efforts to bring as much information to co-operatives in Nova Scotia as possible. Recently, the council began updating its web site, which provides co-operatives with improved access to information and much more. <http://www.nasco-opcouncil.ca> . The council is also updating its files of co-operatives in Nova Scotia. Should you have any questions or require any assistance, you can contact Crane at 902-624-5555 or by e-mail at paul@nsco-opcouncil.ca.
- **Co-op Atlantic** raised \$47,801.75 in 2008 for the United Way <http://www.acyl.coop/english/newsletter.htm#good> The employees raised the money for the United Way of Greater Moncton & Southeastern NB Region Inc. They also earned the Silver Certificate of Merit for the 2008 Campaign results. The employee participation was up from 35% the previous year.

- **Advance Savings Credit Union** St. George Boulevard branch staff recently changed out of their office attire and donned dealer clothes when they hosted the Advance Savings Credit Union Casino Night. The evening was a huge success with close to 75 residents coming out to participate in an evening filled with games and lots of laughter.). <http://www.advancesavings.ca/newsletterWinter2009.htm#Comm>
- Co-op members are invited to participate in a special half day workshop designed to **introduce a variety of renewable energy technologies** including wind and solar electricity, ground source heat pumps, solar domestic hot water, heat loss management, solar convection heating systems and much more. A panel of experts will provide an overview of each technology and lead “talking tables” where you can join in small group discussions to get more information or the answers to questions you might have about your own situation or interests. A tour of the Community College’s “renewable energy demonstration bunker” will provide you with an opportunity to see firsthand how each technology works in real life. This is an introductory level workshop and will be of interest to virtually anyone who wants to know more about renewable energy for residential or commercial buildings. The workshop will be held on April 17th from 12:00 – 4:30 p.m. at the Moncton Community College at 1234 Mountain Road. If your co-op is a member of the Council (see Members page on our website at <http://www.cecnb.ca>), the workshop fee is \$25. For all others, the fee is \$35. Lunch will be provided. To register, please write to info@cecnb.ca or call 227-9607 by March 31. Seating is limited.



Trends - - 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 about life in the Philippines and how it is different than Canada. I learned about their culture, economy and co-ops and how co-ops help.*” - Jack W, Grade 6, Sussex NB



Co-op Ed 101 – While snow and freezing rain come down, I dream of warm sun and T-shirt weather. Even if I don’t go anywhere, I love to look at the travel promotions and follow the links to far away and exotic places. Recently I discovered this co-op travel company based in the United Kingdom. <http://www.co-operativecruises.co.uk/about-us/> **The Co-operative Travel Cruises** is a specialist web division of The Co-operative Travel, the largest independent travel agent in the UK. To read about their ethical policies <http://www.co-operative.coop/ethicsinaction/ethicalpolicies/> or their environmental policies <http://www.co-operative.coop/ethicsinaction/environment/> - *Maureen MacLean*



Co-op Community Bulletin Board

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- Mar 20-21, 2009 Credit Union Central of Prince Edward Island Annual Meeting, Delta Prince Edward, Charlottetown, PEI

- Mar 25, 2009 44th Annual General Meeting of Horizon Credit Union, Capital Hotel, Kenmount Rd, St. John's, NL – 7:30 pm
- March 27, 2009 Social Accounting for the Value Added of Volunteers and Members in Non-Profits and Co-operatives with Laurie Mook and Jack Quarter, University of Toronto, and Eric Plato, Frontier College – cost is \$100 + GST TO REGISTER: <http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022
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Contest of the Week – **Last week's contest:** Marty Frost, BC, had the first of 4 correct submissions. **Answer:** For being good at the garden fete, four children were each given two sweets. Jack had an orange sweet. The child who had a red one also had a blue one. No child had two sweets of the same colour. The child who had a green sweet also had a red one. Jim didn't have a red sweet and Joe had a green one. James didn't have an orange one and Jack had no blue sweets. Knowing that there were two sweets of each colour, can you tell the colours of the sweets each child had? Answer: Jack had an orange and a green sweet. Jim had an orange and a blue one. James had a red and a blue sweet. Joe had a green and a red one. Send your answer to this week's contest to contest1@nbnet.nb.ca by Tuesday, at noon. All entries go into the monthly draw for a special prize. **This week's contest:** A doctor and a bus driver are both in love with the same woman, an attractive girl with the unusual name of Pibbles. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Pibbles seven apples. Why?



Young Co-operators: The Buds on the Co-op Tree - Learn more about the Saskatchewan Co-operative Youth Program through a creative video posted on youtube at <http://www.youtube.com/watch?v=VFXgsJ3Vzpo> - Erin Hancock



Co-op Cooking – If you enjoy the convenience of casseroles and the goodness of fish you might like to try this recipe.

Fisherman's Pie

Topping 2 lbs potatoes, peeled
 1 tbsp. butter
 2 tbsp cream or milk

Filling 2 cups milk
 1 lb haddock or other white fish fillets
 1 onion, peeled and sliced into rings
 1 bay leaf
 2 tbsp butter
 2 tbsp flour
 4 ozs peeled shrimp
 1/2 cup grated cheddar cheese
 salt and pepper to taste

Cook potatoes in boiling, salted water; drain and mash while still hot. Beat in butter and cream or milk. Set aside. While potatoes are cooking: Place 2 cups milk in saucepan; add fish, onion and bay leaf. Poach for 15 minutes. Strain off and reserve liquid, discarding flavourings. Flake fish, removing skin and bones if any. Melt butter in a saucepan and stir in flour; cook gently for 1 minute, stirring constantly. Remove from heat and gradually add fish liquid. Return to heat and bring to the boil, stirring constantly until sauce thickens. Remove from heat and stir in flaked fish, seasonings, shrimp and cheese. Turn into 2-pint buttered pie dish and cover entire surface of mixture with creamed potatoes. Place uncovered in a fairly hot oven (400F) for 1 1/4 to 1 1/2 hours (until potatoes are brown and crisp). - *Glenna Weagle*



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Week of Mar. 15– Mar. 22, 2009, Vol. 4, No. 10

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Openings - Openings is a weekly feature of Co-op Circles. “*To be trusted is a greater compliment than to be loved.*” - George Macdonald www.online-literature.com/george-macdonald/ 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

- **Farmers Dairy** CEO Ralph Ballam says the co-operative had revenues of \$185 million in 2008, up 12 per cent from 2007. Founded in 1921, the co-operative has 128 farmer members, 119 of which are in Nova Scotia and nine are in Newfoundland and Labrador. The co-operative employs 620 people in Nova Scotia, Prince Edward Island and Newfoundland and produces milk products. The co-operative recently launched a “We are your Farmer” marketing campaign, designed to encourage consumers to buy locally. The co-operative’s headquarters are on Hammonds Plains Road in Halifax Regional Municipality.
- The **Nova Scotia Co-operative Youth Alliance** is challenging youth around the province to take a picture of themselves, and maybe even other youth, showing how they support co-ops and credit unions. Youth from all over Nova Scotia are breaking out face paint, signs, and color coordinated cloths, to show their support. The youth of Nova Scotia also want to challenge the co-operatives and credit unions to take a picture of their staff in their co-op or credit union supporting youth. Take a photo and send it to Meghan Farrell, program co-ordinator, Nova Scotia Co-operative Youth Alliance. All photo submissions are to be in by March 23rd at 9pm and are to be emailed to meghanfarrell@msn.com.
- The **2009 World Acadian Congress** and its four major financial partners announced the issuing of a set of limited edition promotional pins, with all proceeds going to support literacy programs. http://www.acadie.com/en/communique_affiche.cfm?id=370 Aliant, the caisses populaires acadiennes, the food co-ops of the Acadian Peninsula and Northumberland Dairy decided to join efforts to promote the 2009 World Acadian Congress by issuing a series of five pins. When joined together, these pins form the symbol of the “Stella Maris” star found on the Acadian flag. This collector’s series will be issued at the rate of one pin per month starting in March, until the month preceding the World Acadian Congress, scheduled from August 7 to 23.
- George and Julia Bourque’s barn collapsed recently in Lincoln, NB. It is believed the walls had been damaged last April when the Saint John River flooded its banks. That, compounded by the amount of snow on the roof, caused the structure to collapse. Seventy milking Holsteins and a number of young heifers were inside when the barn

collapsed just before noon Jan. 31. The **Holsteins had to be rescued**—six at a time—by tractors and hay wagons. The Bourque's were able to rescue 20 head minutes after it happened but the rest of the herd was trapped. Fredericton firefighters and farmers from Millville, Keswick Ridge, Stanley, Davidson Lake and other parts of the province rushed to help. It took over five hours to complete the rescue but only three animals died. Read more about this co-operative effort at:

<http://www.atlanticfarmfocus.ca/index.cfm?sid=230661&sc=586>

- Many of *Co-op Circles* readers will know **Don Morton** from Moncton, NB. Don chaired the former Consumers Community Co-operative board through its amalgamation with Co-op Atlantic. He also served on the Moncton Co-op Food Market local council. Don is also very active with the Credit Union Central of New Brunswick and on the board of Public Service Employees Credit Union in Moncton. He is a retired teacher and avid golfer. Don was taken ill suddenly last week and diagnosed with a brain tumor which has been removed. He will begin radiation and chemotherapy in a few days. He is in good spirits and will enjoy receiving cards or notes from well wishers. He can be reached at Don Morton, 40 Elmhurst Rd, Moncton, NB, E1C 9C4.



Trends - Long-time readers of *Co-op Circles* will no doubt remember that I'm an unabashed Apple (the tech company) fan. Two products the company has launched in the past couple of years are gaining serious traction in: the **iPhone** and the **iPod Touch**. The latter has all the features of the iPhone (except GPS, camera and the monthly fees) and functions almost as a small personal internet-enabled computer. Both devices benefit from a strong and varied following of developers – people who write applications or programs that are either useful or not so useful. Apple promotes the gaming capabilities of the devices, but there are useful programs from grownups too. One of the latest applications is from a company called Process Away. It essentially converts an iPhone or an internet capable iPod into a mobile charge card terminal. That's right, a credit card processing device that works anywhere there's wireless internet or cell phone service. Think craft fairs, farmers' markets, taxi drivers, field services (such as furnace oil deliveries, landscapers, etc) and you begin to see the potential of the devices. See www.processaway.net 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: "*I learned that not everyone gets to go to school because their parents don't have the money. That in one day a farmer may only make one dollar and that girls get cans of sea shells to make necklaces to sell.*" – Shamus, Grand Tracadie School, PEI



Co-op Ed 101 – As I drove along the Sunrise Trail in Nova Scotia I saw the sign for the **Northumberland Fish Co-op** and I wanted to learn more http://www.riverjohn.com/index.php?option=com_sobi2&sobi2Task=sobi2Details&catid=9&sobi2Id=39&Itemid=99999999 In May 1999, the Northumberland Co-op was formed at Toney

River with Doug Floren being appointed as director. Thirty-seven fishermen from Skinner's Cove, Cape John, Toney River and Pictou Ferry wharf are now joint shareholders of Northumberland Fish Co-operative Ltd, and sell their catch jointly to a plant in Shediac, New Brunswick. There is an interesting link on this site <http://www.parl.ns.ca/ebooks/susan-b.htm> (a story of lobster fishing produced by the Pictou Antigonish Regional Library).Also when researching it I found this great site <http://www.parl.ns.ca/lobster/coop.htm> that gives a good perspective on lobster fishing .

- *Maureen MacLean*



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- April 24, 2009 League Savings and Mortgage Annual Meeting, Westin Hotel, Halifax, NS
- April 24-25, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS
- April 30 - May 3, 2009 Atlantic Co-operative Youth Leadership program will be hosting it first youth leadership seminar of 2009 at Canoe Cove, Prince Edward Island. Apply today.
- May 21 - May 24, 2009 Atlantic Co-operative Youth Leadership program will be hosting its second youth leadership seminar of 2009 at Killdevil Camp in Gros Morne National Park, Newfoundland and Labrador.
- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
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Contest of the Week – **Last week's contest:** Last week was a great week we had 17 people sent in the correct answer and we heard from some readers that we had not hear from in months. Ron Levesque was the first submission. Congrats!!! This month's prize is a nice handmade wooden ballpoint pen so keep your submissions coming in. **Answer:** An apple a day keeps the "doctor" away. Send your answer to this week's contest to contest1@nbnet.nb.ca by Tuesday, at noon. All entries go into the monthly draw for a special prize. **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 such 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". 1DON ____ HOLE 2 STAR ____ ROOM 3PAD ____ YARD 4THOU ____ PAPER 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.



Young Co-operators: The Buds on the Co-op Tree - The Atlantic Co-operative Youth Leadership program (ACYL) needs some volunteers to help prepare for the upcoming weekend seminars. The task is simple---they need "warm fuzzies", also known as pom-poms on strings. These are used in an activity where the participants meet with each one of their new friends and tells them what is special about them---all part of the leadership journey. Please contact Trevor MacDougall, the Program Coordinator if you are able to help (from the comfort of your own home) at leadership@acyl.coop or (506) 862-0737. Instructions on how to make these can be found on Youtube at <http://www.youtube.com/watch?v=l3otzH-IN3s&feature=related> and <http://www.youtube.com/watch?v=t4r30AjgP0I&feature=related>. Also, learn more about the ACYL program at <http://www.acyl.coop/> - Erin Hancock



Co-op Cooking – Here's another one-dish meal. Just add a tossed salad or some tomato and green pepper slices for colour and you're ready to serve.

Hot Chicken Salad

3 cups cubed, cooked chicken

2 diced, hard-cooked eggs

1 1/2 cups diced celery

2 tsp lemon juice

2 tbsps grated lemon rind

1/2 cup slivered almonds

1 cup mayonnaise

1/2 tsp salt

1/4 tsp curry powder

1/4 tsp ground ginger

1/4 tsp pepper

1 1/2 cups grated cheese

1 1/2 cups crushed potato chips

Combine all ingredients except cheese and potato chips. Mix together and put into oven-

proof casserole dish. Sprinkle top with cheese and potato chips. Bake at 375F for 25 minutes. Note: For a lower fat version, omit the eggs and use low-calorie mayonnaise or a mixture of mayonnaise and yogurt. - *Glenna Weagle*



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Openings - Openings is a weekly feature of Co-op Circles. “*Let your capital be simplicity and contentment.*” - Henry David Thoreau en.wikipedia.org/wiki/Henry_David_Thoreau 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 **Credit Union National Young Leaders** will be hosting a “**Think Tank**” on April 17th (Delta Fredericton) in conjunction with the NB Young Leaders Committee. The topic will be “How can credit unions better position themselves to enhance owner value?” All interested New Brunswick credit union employees under the age of 40 are encouraged to register by contacting the Credit Union Central of New Brunswick. Following the Think Tank, any participants who are registered for the CUCNB annual general meeting are invited to attend a presentation on **Social Media**. Jeff Roach, of Propel ICT, will be facilitating a session on how Social Media tools, such as Facebook and Twitter, can be used to impact business. Jeff has been defined as an entrepreneur at heart with extensive experience in creating, establishing, and growing business ventures throughout Canada. The Think Tank will take place in the Victoria Room (Delta Fredericton) from 1:00PM – 3:00PM. The Social Media presentation will take place in the same room from 3:15PM – 5:00PM. To register, please contact CUCNB <http://www.creditunion.nb.ca/cucnb.htm>
- Deadline for the **Credit Union Harry M. Daley Memorial Bursary** is approaching. This bursary was established to provide young people in New Brunswick with financial assistance to further their academic education and to honour the late Harry M. Daley. <http://www.creditunion.nb.ca/HMD%20Brochure%20for%20website.pdf> Deadline is April 2nd.
- You can now find “**green eggs**” on store shelves at many Co-op food stores throughout Atlantic Canada. **Bayview Poultry Farms** eggs are a new, environmentally friendly product that draws on an abundant natural resource to power its 12,000-bird layer hen operation in Masstown, Nova Scotia. Bayview harvests the wind that blows off Cobequid Bay to generate its own electricity. In addition to being produced with a renewable energy, they are produced close to home, which helps to cut down on pollution-causing greenhouse gas emissions. Read more at <http://www.coopatlantic.ca/htm.aspx?id=602>
- The **Ontario Co-operative Association** (On-Coop) http://www.ontario.coop/pages/index.php?main_id=1 is launching a **university certificate program** aimed at those who are interested in, currently working for, or

developing co-operatives. The nine-month program, which is being developed in conjunction with York University and the Schulich School of Business, will begin in the fall of 2009 and consist of 10 e-modules and three face-to-face sessions. The course content includes an overview of the co-operative sector, the legislative and regulatory framework, co-op governance, management and membership, co-op financing and developing a co-operative, as well as sessions on specific sectors. The application deadline is June 1, 2009. Visit www.ontario.coop for more information.



Trends - You know how sometimes you have a feeling that something just isn't quite right, but you don't know why. It may be a gut feeling, or your conscience trying to tell you something, but the rationale hasn't been worked out and the feeling stays in the pit of your stomach or the back of your mind. A recent article in the Harvard Business Publishing series has put some answers to those times when I've felt that lack of rationale. Titled '**When Economic Incentives Backfire**', the one-page article by Samuel Bowles explains that economic incentives – paying someone to do something – can affect what our actions signal (are we being self-interested or civic-minded, manipulated or trusted) and they can imply what motivates us. "But incentives go wrong when they offend or diminish our ethical sensibilities," says Bowles. This is precisely why I don't participate in loyalty programs. I've always believed that my loyalty was not for sale, and therefore I don't offer it for sale. Loyalty, for those who care to really study its definition, has nothing to do with low prices, discounts, freebies and BOGOs, and everything to do with mutual trust and human relationships. We are loyal to those organizations that trust us and care about us as people, not to those that continually seek a share of our wallet. Those ones, we exploit, becoming players in a game where there are no winners. Read the entire article here: <http://hbr.harvardbusiness.org/2009/03/when-economic-incentives-backfire/ar/1> - 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 that people in the Philippines wear summer clothes all the time except the kids wear uniforms at school. That people make rafts out of seashells and recycle things like juice boxes into shopping bags.*" – Nicholas, Grade 4, Tatamagouche, NS



Co-op Ed 101 – While looking around the internet at various co-op sites I ended up on the **Jamaica Co-operative Credit Union League** site <http://www.jamaicascreditunions.com/index.php> The Jamaica Co-operative Credit Union League operates as a representative organization, policy maker and service provider for all affiliated credit unions in Jamaica. Years ago I hosted a Coady student, Errol Gallimore, for a week. He was working for the League and I learned a lot about Jamaica and their credit union system. I had always hoped to visit one day. My children, who were preteens at the time, still remember Errol as well. Currently there are 46 member credit unions across Jamaica. Savings were \$39.505 billion, loans \$34.278 billion, assets \$50.614 billion and membership 953,783 at the end of 2008.

The League supports the growth and development of credit unions so that they can become the premier financial institution for their members. More about the League can be found at <http://www.jamaicascreditunions.com/dynaweb.dti?dynasection=aboutusinformation&dynapage=aboutus> - *Maureen MacLean*



Co-op Community Bulletin Board

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- Mar 25, 2009 44th Annual General Meeting of Horizon Credit Union, Capital Hotel, Kenmount Rd, St. John's, NL – 7:30 pm
- March 27, 2009 Social Accounting for the Value Added of Volunteers and Members in Non-Profits and Co-operatives with Laurie Mook and Jack Quarter, University of Toronto, and Eric Plato, Frontier College – cost is \$100 + GST TO REGISTER: <http://sec.oise.utoronto.ca/english/workshops.php> or contact Lisa White at secworkshops@oise.utoronto.ca , 416-978-0022
- April 17, 2009 Credit Union National Young Leaders Think Tank, Delta Fredericton. To register, please contact Credit Union Central of New Brunswick <http://www.creditunion.nb.ca/cucnb.htm>
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- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a

style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca



Contest of the Week – **Last week's contest:** Last week was a great week. We had lots of entries. Glenna Weagle was the first correct submission. Congratulations! This month's prize is a nice handmade wooden ballpoint pen so keep your submissions coming in. 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. **Answer:** KEY (DONKEY, KEYHOLE), BOARD (STARBOARD, BOARDROOM), DOCK (PADDOCK, DOCKYARD) SAND (THOUSAND, SANDPAPER) **This week's contest:** What do the following words have in common? are, came, crime, gape, hose, Jude, lien, ole, rode, Rome, smile.



Young Co-operators: The Buds on the Co-op Tree - The Co-operative Housing Federation of Toronto is making a strong effort to keep youth engaged. In this, their 35th year, they are “asking [their] members to join us in the anniversary celebration and elect young members to their boards of directors.” They state “We need a new generation of co-op leadership” and they ask that their members share how they are engaging youth and developing new leadership in their communities by emailing info@coophousing.com. These efforts will be acknowledged at their AGM. Learn more at <http://www.coophousing.com/> Consider a similar initiative in your co-op. - Erin Hancock



Co-op Cooking – Here's a recipe from India. When I make it I omit the red colouring which doesn't affect the taste.

Tandoori Chicken

1 cup yogurt
1/2 tsp cumin powder
1-inch piece fresh ginger, grated or chopped fine
1 1/2 tsp salt
3 tsp lemon juice
3 tsp vinegar
8 cloves garlic, chopped fine
1 tsp red colouring
1 tsp chili powder
1 tsp coriander powder
1 chicken (about 2 to 3 lbs), cut up

Mix all ingredients together except chicken. Add chicken and marinate for 6 hours or overnight in the refrigerator. Bake at 350F for 30 minutes or cook on a barbeque.- Glenna Weagle



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- *Stay well and healthy, and I'll keep sending along (usually late) guesses at the contest. Here in BC...my garden, with the blooming crocuses, snowdrops and primulas. Good that winter is breaking out there in the east as well. – MF,BC*



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 1, 2009



Week of Mar. 29– Apr. 4, 2009, Vol. 4, No. 12
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Openings - Openings is a weekly feature of Co-op Circles. “*The first of April is the day we remember what we are the other 364 days of the year.*” - Mark Twain
en.wikipedia.org/wiki/Mark_Twain 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 late **Rev. Dr. Moses Coady**, an adult educator whose co-operative work in rural Nova Scotia sparked the Antigonish Movement and eventually the Coady International Institute of today, is in the running to be the Greatest Canadian Co-operator. To mark its 100th anniversary, the Canadian Co-operative Association is launching the Canadian Co-operative Hall of Fame this June. It is a virtual hall of fame recognizing and celebrating the legacies and achievements of outstanding Canadian co-operators. Rev. Dr. Coady is among 14 nominees who will be inducted into the hall of fame, but only one will be named “Greatest” following public, online voting which ends April 30. “Obviously we are up against significant national competition for this award,” says Dianne Kelderman, CEO of the Nova Scotia Co-operative Council which is one of the groups that nominated Rev. Dr. Coady for induction into the hall of fame and for the title. (**Editor’s Note:** See letter in *Our Readers’ Write* section from young co-operator Christopher McDaniel from Coady’s village who has been also working hard to have Coady named Greatest Co-operator) Kelderman gives credit to Rev. Dr. Coady's vision for the co-operative system Nova Scotia has today. “He was the inspiration and passion that led us to being a \$5 billion business sector owned by the people of this great province. Our legacy belongs to him, so it is a fitting tribute for us to nominate and honour him in this way.” Nominee profiles and voting information are available at www.coopscanada.coop/100th/fame.cfm Other nominees include Alphonse Desjardins, operator of the first “peoples bank” in North America; Alex Laidlaw, father of the non-profit co-op housing movement in Canada; and George Keen, a founder of the Co-operative Union of Canada. The winner of the Greatest Canadian Co-operator title will be announced in June during the Canadian Co-operative Association's National Congress in Ottawa.
- **Northumberland Co-operative Ltd** in Miramichi, NB, held its 66th annual meeting this past Saturday at the Newcastle Lions Centre with 96 people in attendance. Sales were up in 2008 by three per cent from 2007. Sales were \$78.4 million. Northumberland is the only New Brunswick owned fluid dairy, processing milk at Miramichi for distribution throughout New Brunswick. It also distributes ice cream and frozen food throughout the province. The Miramichi operation also includes a TM-BR Mart Lumber and Hardware retail store. The co-op has 301 members and employees 232 people. John MacDiarmid of Napan is board president. Jack Christie is the general manager.

- Civil rights activist **Rev Jesse Jackson** is being brought to Nova Scotia by Nova Scotia Co-operative Council. The civil rights leader and two-time US presidential candidate, Rev. Jesse Jackson, will speak in Halifax, June 15, as part of celebrations marking the 60th anniversary of the Nova Scotia Co-operative Council. Rev. Jackson's presentation will be held during the Council's 60th anniversary celebration at the World Trade and Convention Centre. Tickets for the dinner and speech are \$100 and available through the Co-operative Council office in Truro (902-893-8966). Tickets must be ordered in advance; they will not be available at the door. A block of rooms are available at the Prince George Hotel. Please call 1-800-565-1567 for reservations. Media opportunities with Rev. Jackson are still being finalized. For more information or an interview, please contact: Dianne Kelderman at dianne@nsco-opcouncil.ca or 902-896-7291.
- **Edunova** of Halifax, NS, a co-operative whose members include Nova Scotia universities, public, private and independent schools, the Nova Scotia Community College and local companies specializing in training, has received a \$250,000 loan from the provincial government. The loan will help with start-up costs on a contract Edunova has with Abu Dhabi in the United Arab Emirates. The three-year, \$24 million contract will help implement a new school curriculum and train teachers and principals.
www.edunova.com
- The **Codroy Valley Credit Union** in Newfoundland and Labrador's Codroy Valley, has four locations and is located in areas with healthy local economies and potential for growth. Since fall, 2008, the directors of Codroy Valley Credit Union and the directors of **Brook Street Credit Union** have been meeting on a proposed amalgamation. Members are invited to a special member meeting on April 20 to hear a formal presentation and motion from the boards. Information meetings have been held during March in Doyles, St. George's, Port aux Basques and other communities to help provide members with the information they need in order to make an informed decision. "An all-in-one, community-based operation is what has enabled us to excel," says Corey Munden, Codroy Valley's general manager.
- **Cooperative Radio Richmond** has received \$223, 734 from the Department of Canadian Heritage's Development of Official-Language Communities Program. With the funding, the co-operative will be able to purchase and install the necessary equipment to allow this French-language minority community radio station to broadcast a variety of local content. Billy Joyce, president of Cooperative Radio Richmond, says the "community radio helps our official-language minority community live in its own language, take part in Canadian society, ensure its long-term development, and make dreams come true." In Petit-de-Grat, Nova Scotia, La cooperative Radio Richmond Ltee. has been granted 5.2 kW on 104.1 for a new French-language community station.
- The **Silver Wave Film Festival** is putting out a call to all classrooms and students in New Brunswick to submit youth videos in French (with English Subtitles) or English 2 minutes in length in any genre, covering any topic. This contest is open to youth between 8 years and 15 years old. Students can do: drama, documentary, music video, animation, claymation, experimental or an actual trailer for Silver Wave! If the videos submitted are accepted, they will be screened in the Silver Wave 09 Youth Screening Showcase and the group of youth filmmakers will get a SWFF t-shirt, bag and a special pass to all SWFF workshops and of course the youth screening program at next year's festival as well as any other youth screening events that are appropriate for youth viewing. This is

the 8th annual festival. Please mail submissions to: NB Film Co-op/Silver Wave P.O. Box 1537, Fredericton, NB E3B 4Y1, Deadline: June 1 on DVD. The Silver Wave Film Festival will take place from Nov. 12-15.

- **Logan Cooke** of Glace Bay, NS, who was the winner of a jersey autographed by Marc Andre Fleury and provided by New Waterford Credit Union. All proceeds from tickets sold on the jersey went to Relay for Life.
<http://www.nscreditunions.ca/default.asp?mn=1.18.28.63>
- Acadian Credit Union in Cheticamp has announced that **Hailey Larade** is the winner of its IPOD draw. Hailey and other students from Notre Dame Academy School brought in their used stamps that are to be donated to OXFAM Canada.
<http://www.acadiancreditunion.ca/web?service=page/Home>
- **Adam Hayward**, a teacher at Miramichi Rural School in Bay du Vin, NB, has been invited to be part of a contingent of only 15 teachers from across Canada who will be travelling to Rwanda in July for an on-site professional development opportunity as part of the 15th anniversary ceremonies of the Rwandan Genocide. In partnership with the Canadian Co-operative Association and Atlantic Council for International Co-operation, Adam led his class through an awareness project about clean water and the management of water resources and wells in developing countries during International Development week in February. The cost of his trip to Rwanda is approx. \$4,000. The school district will help him with some funding but Adam is seeking help in raising the additional funds. If anyone has any fundraising ideas or would like to speak with Adam he can be reached at Adam.Hayward@nbed.nb.ca
- In recognition of his work to ensure a regional organic certifying agency, **Ted Wiggins** received Farm Credit Canada's 2008 Innovation Award at the Agricultural Alliance of New Brunswick's annual meeting.
<http://www.atlanticfarmfocus.ca/index.cfm?sid=235618&sc=586> Wiggins, who has been farming for over 20 years, his wife Louise, a teacher, and their four children operate a mixed farm in Harvey. They have an organic garden and raise lamb and sheep. He sells organic vegetables at the Boyce Farmer's Market in Fredericton. Wiggins, who was president of Maritime Certified Organic Growers Coop, took the challenge not only to find the funding but also to work together with Nova Scotia Organic Growers and come up with an amalgamated certification body that would be ISO 65 compliant and accredited, while still local, member owned, and affordable. The new Atlantic Certified Organic Coop Ltd. has passed the initial audits and should have CFIA approval and accreditation long before the new June 2009 deadline.



Trends - This edition of Trends will be my last one. Work and personal commitments are piling up and I no longer have the time to even think about and research subject matter – much less write about it. If you're wondering, well, that's my contribution to April Fool's Day, though it leads well into this week's topic. In a little more than three weeks, London (UK) will be celebrating its first ever **Slow Down Festival**. Modeled after recent 'slow' trends – Slow Food was the first, now there's Slow Travel, Slow Shopping and Slow Design – the Slow Down Festival will present a number of events designed to slow Londoners down. There will be 'the Big Slow Walk' across Waterloo Bridge (on the pavement at rush hour, no less), a presentation by Canadian author Carl Honoré (In Praise of Slow), a snail mail workshop (yup, how to write real letters...on paper, that you mail to someone), as well as a host of classes from pottery and

yoga to tai chi and theatre. Read more about the festival here: <http://slowdownlondon.co.uk/> or look up 'Slow Movement' on Wikipedia...and slow down. - *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: "*Today I became increasingly aware of the overwhelming poverty in many countries all over the world. I became inspired to someday travel and volunteer in foreign countries when I graduate from dental hygiene.*" - Stephanie, Moncton, NB



Co-op Ed 101 – Commitment to its co-operative social responsibilities is very visible at Sydney Credit Union in Sydney, NS. While Sydney Credit Union has always been involved with enhancing the social and economic well being of its members and the community, the credit union wanted a dynamic model that would facilitate an equitable distribution of our success with its five stakeholders. Have a look at its great web site <https://www.sydneycreditunion.com/SharedContent/documents/CSR%20Communication%20To%20Members.pdf> This space on the web site is dedicated to Sydney Credit Union's efforts in Cooperative Social Responsibility and is intended to provide members with an introduction to the process. The process should bring sustainable results for the five stakeholders. This is why the credit union named its CSR program **Five Star Success** - *Maureen MacLean*



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Contest of the Week – **Last week's contest:** We had many different suggestions. The first correct one was from Deidre Amirault, Coastal Financial Credit Union, East Pubnico Branch. This month's prize is a handmade, wooden ballpoint pen. It was won by Catherine Irving, Marie Michael Library, Coady International Institute, St. Francis Xavier University. April's prize is a day/date portfolio so keep your submissions coming in. **Last week's contest:** What do the following words have in common? are, came, crime, gape, hose, Jude, lien, ole, rode, Rome, smile. They are all one-syllable words. However, each one of them, when a letter is added, becomes a three-syllable word. **Answer:** area, cameo, Crimea, agape, Hosea, Judea, alien, oleo, rodeo, Romeo, simile **This week's contest:** Here's how it goes. There will be three scrambled word puzzles with a clue above each. The unscrambled words will have something to do with the clue. 1.1. 1. 1. Clue: A step too far
Puzzle: Le ped lex
2. Clue: Random things or people that are placed together
Puzzle: Semolina clues
3. Clue: A plethora of facts
Puzzle: Oceanic played
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.



Young Co-operators: The Buds on the Co-op Tree - I (Erin Hancock) have been involved in research over the past couple of years concerning New Brunswick co-ops and government policy (interviews conducted in 2008) thanks to help from many dedicated co-operators across New Brunswick and University of New Brunswick professors (including Dr. Stephen Dutcher, a former writer with The Atlantic Co-operator and Dr. Luc Theriault who is currently doing Atlantic-wide co-op research). A special thank you to Concentra Financial and Co-op Atlantic for support for the research and traveling to conferences. I am happy to report that I will be **defending my Master's thesis** entitled "**Growing New Brunswick from the Ground Up: The Policy Context for Co-operatives in New Brunswick**" on **April 9th at 10 am** at the **Harriet Irving Library, University of New Brunswick** (main floor meeting room). I will highlight the

antiquated policies (30+ years old), the potential for co-ops to help meet policy goals if better supported and the role of co-operatives in advocacy and co-op development. All are welcome to come learn about the research. During 2009, I intend to provide a report to the New Brunswick government, letters to the editor in NB newspapers and provide the co-op councils and any interested co-ops with a summary of the research. If you are interested in learning more about the research, to receive a report or if you have questions, please contact me at erin.hancock@unb.ca
- Erin Hancock



Co-op Cooking – I usually use less garlic than this recipe calls for and serve it over rice. I have also used dried parsley as well as fresh.

Italian Broiled Shrimp

2 lbs jumbo shrimp, shelled and deveined

1/4 cup flour

1/4 cup butter

1/4 cup olive oil

4 tbsp butter

2 tbsp flour

juice of 1 lemon

1/2 tsp fresh ground pepper

1 cup hot water

2 tbsp finely chopped garlic

4 tbsp finely chopped parsley

Wash and dry the shrimp. Dust with 1/4 cup flour. Put 1/4 cup butter and olive oil in deep 9 x 14-inch baking dish; heat until butter melts. Place shrimp in single layer in dish and put in 400F oven for 8 minutes. Meanwhile make sauce: In saucepan, melt remaining butter; add flour. Mix in lemon juice, pepper, and water. Bring to boil, stirring constantly. Cook 5 minutes. Remove from heat and add garlic and parsley; mix. Remove shrimp from oven and pour sauce over. Mix until all shrimp are coated. Place under broiler for 2 to 3 minutes. Serve immediately. - Glenna Weagle



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- *The Canadian Co-operative Association (CCA) has taken on a creative initiative: they are creating the first-ever virtual Canadian Co-operative Hall of Fame. The first inductees into this co-operative hall of fame will be announced at this year's CCA National Forum in June, which will mark the association's 100th year anniversary. The first inductee into the hall of fame will be the winner of the CCA's "Greatest Canadian Co-operator" contest, for which online voting has already begun. One nominee hails from Inverness County and his name is known around the world: Moses Coady. Born in Margaree, Cape Breton, Nova Scotia, on January 3, 1882, Rev. Dr. Moses Michael Coady would go on to make waves in the co-operative world by playing a key role in the development of the Antigonish Movement, alongside his cousin and mentor, Jimmy Tompkins. This movement promoted co-operative development, microfinance and adult education, and has changed many communities in the Maritimes and around the world. During his younger years, Coady*

became uncomfortable with the out-migration of not only people in his community because of work, but people in his province as a whole, as well. This led Coady to St. Francis Xavier University (St. FX) where he received a strong education; later, Coady would go on to teach at St. FX. In time, he would help develop St. FX's Extension Department which promoted adult education and one's own potential; Coady became the first director of this historic department. Many credit unions in the Maritime Provinces exist thanks to Coady's involvement with the Antigonish Movement. With time, Coady traveled throughout Canada to promote the Antigonish Movement and thus helped develop credit unions and co-operatives all across Canada. Since that time, Coady's teachings have reached communities all around the world. Moses Coady had tremendous faith in democracy and the everyday person. Father Coady passed away on July 28, 1959, but his words are still known and his work is still recognized. The Coady International Institute, for example, located on the St. FX campus, continues to teach people from communities in various stages of development around the world about co-operation, education and development. Each and every day, a piece of Coady lives on as people from around the world build themselves up through co-operation and proper education. Now, just as Coady placed tremendous faith in the hands of the people, the Canadian Co-operative Association is doing the same through their contest. Voting for the "Greatest Canadian Co-operator" will take place until April 30th, 2009 at 5 PM Eastern Time; you can vote by visiting the following webpage: <http://www.coopscanada.coop/100th/vote.php> - Christopher McDaniel, Margaree Forks, NS



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 8, 2009



Week of Apr. 5– Apr. 11, 2009, Vol. 4, No. 13
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca



Openings - Openings is a weekly feature of Co-op Circles. *“Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars.”* - Henry Van Dyke en.wikipedia.org/wiki/Henry_van_Dyke 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 of Canada’s two national co-operative associations are confident that the Co-operative Development Initiative will be renewed following a meeting with the federal Minister responsible for co-operatives, Jean-Pierre Blackburn. The meeting was attended by Carol Hunter, executive director of the Canadian Co-operative Association (CCA); John Anderson, CCA’s director of government affairs and public policy, Michel Rouleau, president of the Conseil canadien de la coopération et de la mutualité (CCCM) and CCCM director general Brigitte Gagné. Anderson described the meeting as "extremely positive" and said the co-op representatives emerged confident that the **Co-operative Development Initiative (CDI)**, which supports the development of new and emerging co-ops, will be renewed in the not-too-distant future. Blackburn is responsible for the federal Co-operatives Secretariat in his capacity as Minister of State for Agriculture and is also Minister of National Revenue. The CDI program has been very important for worker co-ops around the country, as well as for CWCF. For example, CWCF has recently completed a CDI project with a focus on promoting, and piloting, the worker co-operative model for immigrant and refugees. A paper on strategies for developing worker co-ops in immigrant and refugee communities has been drafted. www.canadianworker.coop/
- A **merger of all three Credit Union Centrals in Atlantic Canada** is a possibility. Each will vote on at its annual general meeting soon to determine if members want to merge into one central. An “Atlantic Central” has been proposed and committees were set up to investigate the possibility. The boards have determined that this would be a viable merger and so all three memberships will have the opportunity to vote. At Credit Union Central of Prince Edward Island’s meeting on March 20th the vote was unanimously in favour of a merger. NB credit unions will vote April 18th and those in NS will vote on April 25th.
- **Heritage Credit Union** was busy February supporting the Heart and Stroke Foundation’s Annual Dress Red Day”. HCU employees dressed red and contributed their casual day funds to support the Heart and Stroke Foundation. HCU also supported Cystic Fibrosis by participating in “Sixty Five Roses” Valentine Bear sales. “Sixty Five Roses” is a brand used by the CCFF and it originated from a young child who when they heard their parents talk about her having Cystic Fibrosis, she thought she had sixty five roses.

<https://www.heritagecu.com/SharedContent/documents/newsletters/feb%202009%20Statement%20Newsletter.pdf>

- One of Canada's oldest continuing co-operatives, **The Canadian Press (CP)**, has announced that it is planning to change its structure and will no longer be a co-operative. CP was created as a co-op of newspaper publishers in 1917 to facilitate the exchange of news across Canada. At one time, virtually all Canadian daily newspapers were members of CP; however Canwest Global Communications dropped out in 2007, and the Quebecor-owned Sun Media chain recently announced it would leave at the end of June 2010. The change in structure means that CP would no longer be a co-operative and instead, newspapers will be commercial customers buying services from the agency. www.thecanadianpress.com



Trends - Perhaps this week's Trends could also be this week's Co-op Circles Contest. **Guess who this is:** Their Corporate Responsibility Report claims "**Our Values Make Us Different**"; they have a stated goal to make all their private label products healthier (their private label soft drinks contain no artificial colours or flavours and none of their private label products contain hydrogenated fats); they have a stated goal to source their products ethically through Fairtrade and local producers (all their bananas are sourced through Fair Trade – in fact, they are the biggest retailer of Fairtrade products in their country; they gave beef farmers computers, software and training to help them become more competitive); they have a stated goal to help protect the environment (their reusable shopping bags contain 33 percent recycled material and are replaced free of charge when they wear out; they have a stated goal to make a positive difference in their communities (in the past three years they have donated over \$100 million in sports and activity equipment in the communities they serve, and they committed in writing to fight childhood obesity) among other initiatives. **The answer next week.** - *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: "*Today I learned there are many more opportunities to get involved in international aid and development than I knew, and how I as an individual could really make a difference.*" - Karla, Moncton, NB



Co-op Ed 101 –You can help select the award for **Canada's Greatest Co-operator**. Please vote before April 30th. It only takes a minute. Follow this link: <http://www.coopscanada.coop/100th/vote.php> Two co-operators from Atlantic Canada are in the running: Rev Moses Coady and Rev J D Nelson Macdonald. - *Maureen MacLean*



Co-op Community Bulletin Board

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

- April 17, 2009 Credit Union National Young Leaders Think Tank, Delta Fredericton. To register, please contact Credit Union Central of New Brunswick <http://www.creditunion.nb.ca/cucnb.htm>
- April 17-18, 2009 Credit Union Central of New Brunswick Annual Meeting, Delta Fredericton, Fredericton, NB
- April 22 -23, 2009 Blueprints of the Brand Forum, Westin Hotel, Halifax, NS – designed specifically for Credit Union CEOs and General Managers, this forum offers the tools to further enhance the brand for Credit Unions.
- April 24, 2009 Strategic Planning for Non-Profits, Co-operatives and other community organizations with Jane Garthson, Garthson Leadership Centre Workshop includes: How to set direction in a way that focuses the tireless efforts of your volunteers (and staff, if any) on what really improves your community, How to oversee the development of a strategic plan that gets results, attracts supporters and funds, builds enthusiasm, and stays relevant and 12 great tips to make strategic planning worthwhile, effective and even fun COST: \$140 + GST; Each additional participant from the same organization will receive a \$15 discount, as will those who register for more than one workshop. Student rate available. Refreshments, tea and coffee served, but lunch not included. 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)
- April 24, 2009 League Savings and Mortgage Annual Meeting, Westin Hotel, Halifax, NS
- April 24-25, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS
- April 30, 2009 Valley Credit Union Annual General Meeting, 7 pm, Waterville and District Fire Hall
- April 30 - May 3, 2009 Atlantic Co-operative Youth Leadership program will be hosting its first youth leadership seminar of 2009 at Canoe Cove, Prince Edward Island. Apply today.
- May 21 - May 24, 2009 Atlantic Co-operative Youth Leadership program will be hosting its second youth leadership seminar of 2009 at Killdevil Camp in Gros Morne National Park, Newfoundland and Labrador.
- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** There was a tie last week. Winners were Marty Frost, BC, and Falcon Owen, NS. **Last week's contest:** The unscrambled word/s will have something to do with the clue.

1. Clue: A step too far

Puzzle: Le ped lex

2. Clue: Random things or people that are placed together

Puzzle: Semolina clues

3. Clue: A plethora of facts

Puzzle: Oceanic played

Answers: 1. Expelled 2. Miscellaneous 3. Encyclopedia

This week's contest: In the legendary country of MADADIA, Crowned Prince Mad Ade II said: "If I were to give seven coins to each beggar at my door, I would have twenty-four coins left. I lack thirty-two coins for being able to give them nine coins apiece." How many beggars were there, and how many coins did Crowned Prince Mad Ade II have? This month's prize is a nice handmade wooden ballpoint pen, won by Catherine Irving, Marie Michael Library, Coady International Institute, Antigonish, NS. April's prize is a day/date portfolio so keep your submissions coming in. 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.



Co-op Cooking – Easter is one of the occasions when you might be tempted to roast a turkey. After the initial meal, do you find yourself looking for new ways to use up leftover turkey? You might like to tuck this recipe in your file for such occasions.

Turkey Pot Pie

1 small onion, diced

2 cloves of garlic, minced

1 cup carrots, diced

1 cup sweet potato, diced

1 cup celery, diced

1 can peas, drained (or 1 cup frozen peas, thawed)

1 can cream of mushroom soup

1 cup low-fat plain yogurt

3 cups turkey meat, cooked and cut into small pieces

2 ready made pie crusts (or use your favourite double crust recipe)

salt and pepper to taste

Line a pie plate with a pastry crust and bake at 350F for 4 to 5 minutes. Sauté garlic, onion, carrots, sweet potato and celery over medium-high heat until onions become translucent. Set mixture aside to cool. Toss turkey, yogurt, mushroom soup and peas together. Add the cooked vegetables, stirring gently to mix. Pour into half-baked pie shell. Cover with remaining pastry crust; cut small vents in top. Bake for 50 minutes; let stand for 10 minutes and serve. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, April 15, 2009



Week of Apr. 12– Apr. 18 2009, Vol. 4, No. 14
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Openings - Openings is a weekly feature of Co-op Circles. “*Our limitations and success will be based, most often, on our own expectations for ourselves. What the mind dwells upon, the body acts upon.*” - Denis Waitley www.waitley.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

- **Pictou County Co-op Food Market** members will be holding a series of fundraising events throughout May in support of IWK Foundation. The kick off is an auction where items include a framed, signed picture of Hockey Night in Canada’s Ron MacLean and Don Cherry, large Chicago Black Hawk framed picture personally autographed by the whole team, Don Cherry autographed Rock'em Sock-em 16 DVD, and local artist contributions. Plan to be at the New Glasgow's North End Community Centre, 34 High Street, New Glasgow, NS, at 10:00AM, Sat. May 9th. More info is available by e-mailing koo4iwkid@gmail.com
- The **Nova Scotia Co-operative Council annual general meeting** is scheduled for June 15, 2009, at 2:00 pm, at the World Trade and Convention Center in Halifax. Members wishing to submit a resolution to be considered during the annual meeting must submit it to the office of the Council no later than May 29, 2009. As per Section 16 of the by-laws of the Nova Scotia Co-operative Council, a resolution can be submitted by any member in good standing, and should be clear and concise. Resolutions should include clear rationale and a concise statement on what action is being proposed. All resolutions must be signed by an officer of the co-operative or credit union submitting the resolution. Resolutions can be submitted by email to andrea@nsco-opcouncil.ca , or by mail to: Nova Scotia Co-operative Council, PO Box 1872, 339 Willow Street, Truro, NS B2N 6C7. Should you have any questions, or require further information, please do not hesitate to contact the Council at (902) 893-8966.
- First it was the Bank of Nova Scotia. Now it’s the **Campobello Island branch of the Charlotte County Credit Union**. The credit union’s efforts to provide Island residents with financial services after the bank left town, will end on June 26. The credit union came to Campobello Island eight years ago when the bank closed its doors. Now it’s leaving. It is also closing the Blacks Harbour branch, leaving branches in St Stephen and St George. Residents are feeling betrayed and are concerned about the hardship this closure will bring but the credit union says people did not borrow enough money for the branch to show a profit and it is difficult to justify being there. For more information, go to <http://telegraphjournal.canadaeast.com/rss/article/624145> and <http://quoddytides.com/campobello4-10-09.html>
- The latest issue of **St Mary’s University’s Master of Management - Co-operatives and Credit Unions newsletter** is now available. In this issue you will find a mix of

profiles of people and co-operative innovation and thinking about where co-operatives fit into the new economic realities. Go to www.mmccu.coop to check it out.

- **The Co-operators** is offering those who sign up for their free bi-monthly e-newsletter, Your Better Place, a chance to win \$10,000 and be entered into our draw for a chance to win \$10,000 in “green” home upgrades. <https://contest.cooperators.ca/green-home/default.asp>
- Co-op Atlantic and New Brunswick’s Co-op stores are sponsors of the **2009 Youth Entrepreneurship Challenge** <http://www.frederictoncoop.nb.ca/>, with participating teams from high schools throughout New Brunswick. The final presentations and competition will take place on May 14, 2009 at the Capitol Theatre in Moncton, NB.
- John Thompson has resigned as president of **Atlantic Beef Products Inc.** He lasted four months. It’s another setback for the Borden-Carleton, Prince Edward Island meat processing plant. According to CBC News, last month a grant from the federal government was downgraded to a loan. Thompson returned to his former position with Enterprise Greater Moncton on April 6. <http://www.atlanticfarmfocus.ca/index.cfm?sid=238551&sc=586>
- **Valley Credit Union (NS)** <http://www.valleycreditunion.com> is accepting donations at all branch locations, on behalf of Habitat for Humanity. Habitat for Humanity is a community-based, non-profit organization working toward everyone having an affordable, safe and decent place to live. Habitat for Humanity has recently started a project in the Annapolis Valley.



Trends - Well, there is no prize, but some readers did guess that the grocery chain I was talking about last week was indeed **Sainsbury’s**. The purpose of the exercise was to show that other companies can and are appropriating some of the long-time marketing of co-operatives. Referring to ‘our values’, for example, used to be daily fare for co-operators, but other companies are increasingly using that position in their marketing. I think much of it has to do with several different trends working toward similar outcomes that are completely different. Here’s what I mean: For one, customers are the most informed and most mobile that they’ve ever been: information is available at their fingertips, and thanks to world-wide courier companies, they can buy pretty much anything from anywhere. They can also demand responsible business practices from any company they do business with – and some companies will acquiesce. The opposite is also true though: customers armed with the same communications tools and mobility can demand the cheapest most inexpensive product and not ask questions about the obviously exploitative business practices...and some companies will acquiesce, even while cloaked in the banner of the ‘responsible corporate citizen’. Now, I’m not saying Sainsbury’s isn’t a responsible corporate citizen. I’m saying it’s more and more difficult to tell the co-operatives apart from the rest. - *Ron Levesque*



Co-op Ed 101 –Sometimes I get lost wandering around the Web and have a hard time deciding what story to share. This week the pictures in the newsletter from the Ontario Co-op Association are worth having a look at and the story of an emerging co-op is always worth reading. **River Village Coop Market** store manager Dale Edgar and board chair Wendy McKague talk about their co-op which only started two years ago in a small community halfway up western Ontario’s

Lake Huron coast. <http://www.ontario.coop/upload/Advantage%202008%20final.pdf> Two years ago, Teeswater's only grocery store and anchor business closed its doors. But rather than watch "chain store syndrome" board up their main street like so many other rural Ontario communities, a group of residents decided there had to be a better way. After an initial public meeting, seed money was pledged towards the creation of a grocery cooperative. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The Canadian Social Economy Hub (CSEHub) will provide scholarships of \$3000 through the '**Emerging Leaders in the Social Economy Research Scholarship Program**' to promote "original research by emerging leaders in the Social Economy sector, and advance the capacity of successful candidates to strengthen the Social Economy in their academic and practitioner sectors." Successful candidates are pursuing research that will be peer reviewed and published through the CSEHub (to be completed by spring 2010) and research should coincide with national policy research priorities of the CSEHub (such as poverty reduction, rural development, agriculture and food security and others found at http://www.socialeconomyhub.ca/hub/index.php?page_id=9&lp_lang_pref=en). In order to meet the **April 15th deadline**, please submit a completed application form, your thorough CV, up to 3 references, letters of support and a letter outlining your research and how it can contribute towards strengthening the social economy. There will also be a second call for proposals in fall 2009. For more information or to submit a proposal, please email secoord@uvic.ca or Ashley Hamilton-MacQuarrie at sekm@uvic.ca (Knowledge Mobilization Canadian Social Economy Hub / Centre canadien d'économie sociale University of Victoria), Telephone: (250) 472-4976 Website: www.socialeconomyhub.ca – *Erin Hancock*



Co-op Community Bulletin Board

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Centre of the University of Toronto, 252 Bloor St. W. (5th floor), Toronto, ON M5S 1V6, (St. George Subway Station)

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- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
- June 3-5, 2009 Canadian CED Network Conference, University of Winnipeg, Winnipeg, MB - three days of learning, networking and celebration Go to www.ccednet-rcdec.ca for details on conference.
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". More information is available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** Marty Frost, Carolyn MacPherson and Lorraine Perry were winners. Although he wasn't a winner, Bob Potegal wrote: *"Hey Co-op contest people...By giving coins to beggars, Crowned Prince Mad Ade II is only going to continue the cycle of economic oppression rife in that unfortunate country... how about a micro-lending programme for some co-operative enterprise start-ups instead? That being said, the prince had 220 coins and a crowded doorway with 28 beggars hanging around. Regards."* **Answer:** 28 beggars and 220 coins **This week's contest:** Which 3 letter word can be placed before all the words in this list, to make 5 new words?

fish
hay
skills
tail
walk

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Co-op Cooking – Here's a very nice pork tenderloin recipe. I sometimes substitute Shredded Wheat for the Weetabix cereal and it seems to work just as well.

Mushroom Stuffed Pork Tenderloin

- 1 tbsp vegetable oil
- 1 pkg fresh white mushrooms, sliced
- 1 clove garlic, chopped
- 1 tbsp fresh rosemary leaves, chopped and divided
- 1/2 tsp each salt and pepper, divided
- 2 green onions, thinly sliced
- 1 Weetabix whole grain biscuit, crumbled
- 1/4 cup toasted walnuts, optional
- 2 pork tenderloins (about 2 lbs)
- 1/4 cup apple jelly or peach jam
- 2 tbsp grainy Dijon mustard

Preheat oven to 400F. Heat the vegetable oil in a skillet set over medium-high heat. Add the mushrooms, garlic, 3 tsp rosemary and 1/4 tsp each of salt and pepper. Cook, stirring often for 5 to 7 minutes or until the mushrooms are browned; cool slightly. Stir in the green onions, crumbled biscuit and walnuts.

Slice each tenderloin almost all the way through, down the length of the meat to open like a book. Season evenly with the remaining salt and pepper. Arrange half the stuffing down the centre of one tenderloin. Secure snugly using kitchen twine; place on a rack on rimmed baking sheet. Repeat with remaining stuffing and tenderloin.

Stir the apple jelly with the mustard and remaining rosemary; brush one half evenly over the pork. Roast for 15 minutes. Baste with the remaining jelly mixture. Roast for an additional 20 to 25 minutes or until an instant thermometer registers 165F when inserted into the stuffing. Rest for 5 minutes before slicing. - *Glenna Weagle*



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- *Dear Editor: I am appalled at the endorsement, "Bayview Poultry Farms eggs are a new, environmentally friendly product that draws on an abundant natural resource to power its 12,000-bird layer hen operation." (Co op Circle Newsletter, March 23). A factory farm that employs intensive confinement practices, housing 18,000 hens, and employs techniques and production methods to maximize their corporate profit. The excessive use of electricity is necessary to produce unnatural light so the animals will be in constant production. Crowding and stress from these conditions compromise animals' immune systems, and they must ingest antibiotics regularly to prevent disease. This is the corporate marketing spin, glorifying the development and use of a natural resource as renewable energy, while overlooking possible food safety problems, environmental degradation, loss of smaller farms, and animal mistreatment. Yours sincerely, Jane McNeil, PEI Growing Circle Organic Food Co operative*
- *Thanks for keeping the Circles coming. Aside from the puzzles and the recipes, I love to keep up with what's happening back east and elsewhere. – MF, BC*

- *Just reviewing the recent Co-op Circles and noted that in the Trends section, Ron seems to be describing Sainsburys. I didn't think they were a co-operative, but could be wrong. I'm a bit more partial to the grocery store side of The Co-operative UK, myself.... Good with Food!! Just wanted to express my 2 cents worth! – SR, NS*



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Next *Co-op Circles*: Wednesday, April 22, 2009



Week of Apr. 19– Apr. 25 2009, Vol. 4, No. 15
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en.wikipedia.org/wiki/Rumi 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

- **Just Us! Coffee Roasters Co-op** is looking for a **Production Manager** for its coffee roastery in Grand Pre, close to Wolfville, NS. This position is a management position reporting to the CEO. Responsibilities include roasting and packaging operations, quality assurance as well as facility maintenance supervision at Grand Pre and Hantsport. As a member of the management team, the Production Manager will implement the strategic goals of the Production Department. Just Us! is a worker owned co-op which imports and roasts Fair Trade, organic, green coffee beans to ship to its customers across Canada, mostly in the Maritimes. Just Us! is looking for someone who believes in Fair Trade and is socially minded to inspire staff to excel. The Production Manager’s job will suit someone who has 3 to 5 years management and production experience; has excellent communication and organizational skills as well as an ability to think outside the box. A great sense of humour and Spanish would be an asset. Just Us! offers a paid health plan, profit sharing and the chance to work with a great bunch of people. Please send resumes to andrea@justuscoffee.com until April 28, 2009.
- During the past year **East Coast Credit Union** contributed \$140,000 and 94 weeks of volunteer hours as part of its vision of social responsibility to the communities in which its branches are located. On Sunday afternoon, April 19, in Margaree Centre, Cape Breton, East Coast hosted the annual meeting of its 13 branches. During the year it committed \$30,000 to the Strait Area Transit Co-operative so that it can provide alternative transportation to the rural communities in the area. Also, East Coast was honoured as the 2008 Outstanding Sponsorship Partner at the Maritime Philanthropy Awards for its support of L’Arche Cape Breton. For more about East Coast Credit Union go to www.eastcoastereditu.ca
- **Joe MacNeil**, East Coast Credit Union board member will be presented with the 2008 Nova Scotia Distinguished Co-operators Award at the 60th anniversary gala of the Nova Scotia Co-operative Council on June 15 at the World Trade and Convention Centre in Halifax, NS. MacNeil has been involved with the credit union movement for more than 40 years. He was also on the board of the Credit Union Central of Nova Scotia for 10 years. For more about the awards and NSCC’s anniversary gala, go to www.nsko-opcouncil.ca/
- **Co-op Atlantic** has published a spring issue of Agrifitti. Here what members have to say about the co-operative way of doing business at <http://www.coopatantic.ca/e/images/agrifitti/agrifitti%2008.pdf>

- **Scotsburn Dairy Group** is scaling back operations in Corner Brook, NL. Scotsburn informed its workers in Corner Brook on Wednesday afternoon (April 15) that the local facility will not produce milk after May 29. It will be used solely for warehouse purposes after that time. <http://www.atlanticfarmfocus.ca/index.cfm?sid=242839&sc=586>
- A quick note about a couple of new publications that may be of interest to some Co-op Circles' readers: **Organic Friends E-Zine** from the Organic Agriculture Centre of Canada (OACC), which contains recent organic research results, Cereals Symposium presentations, OACC Technical Bulletins and newspaper articles about organic farming. <http://www.oacc.info/FriendsE-zines/april2009.asp> and the first issue of "**Work Together**", a new global information bulletin for co-operatives and worker-owned enterprises in industry, services and crafts. It is available from cicopa@cicopa.coop



Trends - I wrote last week that it was becoming more and more difficult to tell the 'real' co-ops from other businesses because the latter were appropriating some of the marketing positions that have been co-operative mainstays for years, if not decades. The opposite is also true. One reader forwarded a story about **Servus Credit Union in Alberta** that paid out a **\$3.6 million bonus** to its **soon-to-be-retired CEO**. To quote CBC news' website: "Chairman Bill Anhorn said (Steve) Blakely was given the money because it was possible he could have lost his job during the amalgamation, and he would have then been entitled to severance pay." Sounds like big bank to me. The Credit Union's members didn't know about the deal – this was brokered before the amalgamation process of several credit unions – and Blakely didn't lose his job as CEO of one of the amalgamating credit unions. He became the CEO. To quote a Red Deer Advocate reader: "Please tell me what has happened to the days when men and women went to work, took on the task at hand, at their regular salary and didn't expect a bonus just because they did a good job?" Indeed. – *Ron Levesque*



Co-op Ed 101 – **Gay Lea Foods** is a co-operative owned by over 1200 farmers - approximately one quarter of Ontario's dairy farmers. It has five production facilities in Toronto, Mississauga, Guelph and Teeswater where they manufacture milk, dips, cream, butter, sour cream, whipped cream, cottage cheese and skim milk powder. <http://www.gaylea.com/about/> Recently, Gay Lea acquired the **Ivanhoe Cheese Company**. Ivanhoe is a growing, successful cheese company based in Eastern Ontario with a reputation of quality and customer service. They are the oldest cheese company in Canada, established as a co-operative in 1870 and owned as a private company by the current owners since 1987. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - During the national Congress for Social Sciences and Humanities, the Association for Non-Profit and Social Economy Research (ANSER) and the Canadian Association for Studies in Co-operation (CASC) have teamed up to offer **an international student day on May 26th** in order to allow students involved in social economy research from across the world to connect and share their activities with each other. Learn more at <http://www.socialeconomy.info/en/content/upcoming-conference-carleton-university> There is no cost, but register soon at http://www.surveymonkey.com/s.aspx?sm=OqBg_2bUOcfTFhNYiuHjB_2beg_3d_3d - *Erin Hancock*



Co-op Community Bulletin Board

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- April 22 -23, 2009 Blueprints of the Brand Forum, Westin Hotel, Halifax, NS – designed specifically for Credit Union CEOs and General Managers, this forum offers the tools to further enhance the brand for Credit Unions.
- April 24, 2009 Strategic Planning for Non-Profits, Co-operatives and other community organizations with Jane Garthson, Garthson Leadership Centre Workshop includes: How to set direction in a way that focuses the tireless efforts of your volunteers (and staff, if any) on what really improves your community, How to oversee the development of a strategic plan that gets results, attracts supporters and funds, builds enthusiasm, and stays relevant and 12 great tips to make strategic planning worthwhile, effective and even fun COST: \$140 + GST; Each additional participant from the same organization will receive a \$15 discount, as will those who register for more than one workshop. Student rate available. Refreshments, tea and coffee served, but lunch not included. 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)
- April 24, 2009 League Savings and Mortgage Annual Meeting, Westin Hotel, Halifax, NS
- April 24-25, 2009 Credit Union Central of Nova Scotia Annual Meeting, Westin Hotel, Halifax, NS
- April 30, 2009 Valley Credit Union Annual General Meeting, 7 pm, Waterville and District Fire Hall
- April 30 - May 3, 2009 Atlantic Co-operative Youth Leadership program will be hosting it first youth leadership seminar of 2009 at Canoe Cove, Prince Edward Island. Apply today at leadership@acyl.coop .
- May 21 - May 24, 2009 Atlantic Co-operative Youth Leadership program will be hosting its second youth leadership seminar of 2009 at Killdevil Camp in Gros Morne National Park, Newfoundland and Labrador. Apply today at leadership@acyl.coop
- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
- May 29-30, 2009 Co-op Atlantic Annual General Meeting, Ramada Crystal Palace. Notice and delegate credential forms at www.coopatlantic.ca/htm.aspx?id=561
- June 3-5, 2009 Canadian CED Network Conference, University of Winnipeg, Winnipeg, MB - three days of learning, networking and celebration Go to www.ccednet-rcdec.ca for details on conference.
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** The first correct answer was from Cathy Darland, Moncton, NB. Twelve other people had the correct answer. Our Contest can will be full this month. Thanks to all our many contest readers and submitters throughout the year. We always look forward to your entries and your notes and comments. **Answer:** CAT **This week's contest:** What do the numbers 11, 69 and 88 have in common? April's prize is a day/date portfolio so keep your submissions coming in. 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.



Co-op Cooking – Here is an easily prepared Risotto. Serve this as a side dish or main course. This dish has all the fresh flavours of Spring.

Springtime Risotto

1 tbsp olive oil
1 onion, chopped
2 cloves garlic, finely chopped
2 cups short-grained rice
4 cups vegetable or chicken stock
2 cups evaporated milk
1 cup frozen peas, thawed
1/2 cup grated Parmesan cheese
1/4 cup chopped chives
2 tbsp chopped basil
1 tbsp chopped mint
1 tbsp lemon zest

Heat oil in skillet over medium heat. Add onion and garlic; cook gently for 5 minutes. Add rice and stir to coat with onion mixture. Combine milk and stock in saucepan. Heat until simmering. Add stock mixture 1 cup at a time, to rice mixture, stirring constantly until liquid is completely absorbed before adding more. Cook until rice is tender (15 to 18 minutes). Stir in remaining ingredients. 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



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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, April 29, 2009



Week of May 3– May 9, 2009, Vol. 4, No. 16
Edited and Compiled for you, by the Rising Tide Collective

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To unsubscribe: circles2@nbnet.nb.ca



Openings - Openings is a weekly feature of Co-op Circles. “*The world will be balanced when we are balanced.*” - Tarthang Tulku en.wikipedia.org/wiki/Tarthang_Tulku 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

- **Beverly Barker** has just opened the newest **Co-operators Agency** in Nova Scotia. Located at **1082 Cole Harbour Road**, the agency will service the Cole Harbour, Eastern Passage, Porter’s Lake and Lawrencetown areas. During the last 15 years, Beverly has assumed various positions within The Co-operators, including sales, underwriting and consulting roles. She is licensed and experienced in the sales and service of Home, Auto, Life, Investments, Group, Commercial, and Travel Insurance. Beverly carries a Chartered Insurance Professional designation and is 2 credits away from advancing that designation to a Fellowship. The new Co-operators Cole Harbour is open Monday to Friday, from 9am-5pm. The office phone is 469-0910 and the agency email is beverly_barker@cooperators.ca. The Co-operators is a wholly Canadian, multi-line, full service company. The Co-operators provides financial security to millions of Canadians and their families. Check out The Co-operators website at www.cooperators.ca.
- **Credit unions** from across Atlantic Canada will form a single centralized business unit by the middle of 2010. Delegates from credit unions throughout Atlantic Canada voted in favour of the move at annual general meetings of Credit Union Centrals in Nova Scotia, New Brunswick and Prince Edward Island during the past month. The change will help position credit unions as a better choice for Atlantic Canadians, says Bernie O’Neil, chief executive officer of the Credit Union Central of Nova Scotia. An Atlantic Central will support 71 independent credit unions, 1500 credit union employees in four provinces, and it will server 340,000 customer-owners and represent more than \$3.2 billion in assets. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=508>
- All items are finalized for **Pictou County Co-op Food Market Members IWK Auction**. Please note changes to previous posting. Place is Linacy Fire Hall - starts at 10:00AM on **Saturday, May 9, 2009**. Items include autographed collectibles from Don Cherry, Ron MacLean, Montreal Canadians and Chicago Blackhawks and a limited edition 2009 Stanley Cup hockey sweater. Items range from \$5.00 certificate for candy to \$ 895.00 full page full cover advertisement in 2009 Life Stages Retirement Guide, including antiques, fine dining, overnight stays in New Glasgow and Halifax Hotels. Things for her, him, kids and pets, sports gear, car stuff, even a tattoo. For complete list and information e-mail: koop4iwk@gmail.com or call Art Jenkins (902) 755-3530

- The Canadian Co-operative Association (CCA) is set to launch the Canadian Co-operative Hall of Fame **Vote** now on who will be the Greatest Canadian Co-operator! Voting ends this Thursday, **April 30, 2009** at 5 pm Eastern time. Over 5,200 co-operators and supporters have already cast their vote. Remember that two Atlantic Canadians are in the running: **Rev Moses Coady** and **Rev Dr J D Nelson MacDonald**, both of whom saw co-operatives and credit unions as a vehicles to a better future. To vote go to <http://www.coopscanada.coop/100th/fame.cfm>



Trends - “Necessity is the mother of invention,” wrote Plato nearly 2500 years ago and the saying remains true today. The worldwide financial crunch is proving that when the going gets tough, people sell stuff. A recent trend dubbed “**sellsuming**” (consumers selling things to gain extra money) is tapping human creativity in various ways. eBay was obviously one of the first to recognize, if not launch, the trend, but today, similar sites or platforms are sprouting everywhere, almost exclusively via the internet. Who hasn’t heard of Kijiji? The App Store? Google AdWords? Those are the well-known ones. But did you know there’s good business selling parking spots (www.parkatmyhouse.com)? Renting out extra space (www.spareground.com)? Selling surplus power (www.ecotricity.co.uk)? Offering to courier parcels (www.colis-voiturage.eu)? Even providing telephone advice with free toll-free telephone numbers is possible today (www.ether.com). These are only a few of the vehicles that are available if you have products, services or expertise to sell. Just google your request, and jump on the sellsuming wagon. – *Ron Levesque*



Co-op Ed 101 – In the early 1940s after the Great Depression, the people in the Dawson Creek area of northern British Columbia were suffering financially along with the rest of Canada. The chartered banks were running a tight ship, and credit was only available under impossible conditions. The economy was exhausted; the “banks were not lending money and homesteaders relied on moose meat and frozen potatoes” (from the obituary of Garda Orr (Mortenson)). As a result, a group of co-operatively minded individuals formed together, conducted research, formed study groups, and discussed the possibility of incorporating a credit union in the area. On July 28th, 1943 a group of future credit union members collaborated late in the evening at the Lake View schoolhouse. <http://www.lakeviewcreditunion.com/> **Lakeview Credit Union** today has three branches; the head office branch in Dawson Creek, and branches in Chetwynd and Tumbler Ridge. It has more than 15,500 members and assets over \$200 million. Check out their Kid Zone page <http://www.lakeviewcreditunion.com/kidszone.html> - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The **Atlantic Co-operative Youth Leadership program** still has spots available for their May 21st -24th weekend seminar in **Gros Morne National Park, Newfoundland and Labrador**. If you know of a young person (aged 15-18) who might be interested in a leadership seminar that will introduce them to other amazing youth, concepts of co-operation and lots more, have them contact Trevor at leadership@acyl.coop right away. Learn more on the website at www.acyl.coop
- *Erin Hancock*



Co-op Community Bulletin Board

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- May 9, 2009 Pictou County Co-op Food Market Members IWK Auction, Linacy Fire Hall, beginning at 10 am. For a complete list of items and information e-mail: koop4iwk@gmail.com or call Art Jenkins (902) 755-3530
- May 14, 2009 Oikocredit Atlantic Co-operative Annual General Meeting, 7:00 pm Helen Creighton Room, Alderney Gate Public Library, Dartmouth, Nova Scotia. Guest Speaker Marie Claire Brisbois will discuss ongoing microfinance programs in Guatemala. Everyone welcome.
- May 21 - May 24, 2009 Atlantic Co-operative Youth Leadership program will be hosting its second youth leadership seminar of 2009 at Killdevil Camp in Gros Morne National Park, Newfoundland and Labrador. Apply today at leadership@acyl.coop
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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** The first correct answer was from Falon Owen, Coastal Financial Credit Union, Yarmouth, NS **Answer:** What do the numbers 11, 69 and 88 have in common? They are the same written upside-down **This week's contest:** Tim, Ron, and Bob are brothers, and each of their wives (Ute, Linda, Mildred) has a birthday coming up, one right after the other. However, the husbands don't know what to get for their own wives, so the brothers decided to get a present for one of their sisters-in-law. The gifts were a bracelet, a rug, and tickets to a ballet. Find out which brother got a gift for whom, what they bought, and the order of the birthdays.

1. The order of the birthdays was: Mildred, the person Tim bought something for, and the one who got the tickets.
2. Tim loves his wife Ute, but didn't realize their daughter was going to be in a ballet.
3. Bob's wife, Linda, hates Ute, so Bob didn't buy anything for her.
4. Mildred helped Tim pick out the bracelet he bought after her birthday party.

5. No husband actually purchased a gift for his own wife.

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Co-op Cooking – In my house not all recipes are cooked up for meals. Here are a couple that come out each spring. The first is a natural bug spray that works well (on humans or pets) to keep mosquitoes and black flies at bay. The second, if you have fruit trees, is a natural trap for moths that produce apple maggot and leaf roller. they won't get rid of all the bugs out there, but they sure help. And as we try to avoid pesticides in our home garden, we're always looking for natural cures.

Bug Spray

2 slices lemon

1 litre boiling water

1 tsp rosemary

2 tsp mineral oil

1 tsp eucalyptus oil

Place lemon slices in glass bowl and cover with boiling water. Let stand overnight. In morning, add rosemary, mineral oil and eucalyptus oil. Place in spray bottle and refrigerate until needed.

Moth Traps

1 tbsp molasses

1/2 litre tepid water

1 tbsp cooking oil

1 tbsp yeast

Mix all ingredients together. Divide between a number of old jars so that there is 1 to 2 inches of mixture in bottom of each. Using strings, hang open jars in fruit trees. (I use 1 in a small tree, 3 or 4 in a large one). If jars become full of moths, replace. Remove and discard jars in fall.-

Glenna Weagle



Atlantic Canada Writes, Publishes and Reads – Each week, we will feature a book (some old, some new) from a writer living and working in Atlantic Canada and published by an Atlantic Canadian publishing house. This week's pick is for all those readers who are eager to get their hands in the soil: **East Coast Gardener** by Marjorie Willison. Published by Nimbus

www.nimbus.ns.ca it was originally called the Complete Gardeners Almanac. It gives useful, practical information for all phases of gardening from planning to harvesting. It also has lots of green thumb tips and preventative measures for a great garden. The author regularly helps gardeners on CBC Radio's Maritime Noon (www.cbcnovascotia.ca/marnoon). If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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- *“I liked the article about the "bonus" - it seems if we do not develop our employees to become our managers, the externally developed managers too often bring into our co-ops attitudes that are not in harmony with our principles.” – DK, MB*
- *“I really enjoyed Ron Levesque comments on Co-ops this week. You need to get a forum going for the Co-op Circle so that people can talk and add to these wonderful thoughts he and others have. Co-ops could be so powerful but they lack the one ingredient to become strong; that of leadership and the ability to work outside regular business practices that are turning them away from being Co-ops. It's so easy to be like everyone else. It is hard to take that path that will lead to a strong community and put people first!” – SM, NB*



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Next *Co-op Circles*: Wednesday, May 6, 2009



Week of May 10– May 16, 2009, Vol. 4, No. 17
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Openings - Openings is a weekly feature of Co-op Circles. “*Life is the sum of what you focus on.*” - Winifred Gallagher literati.net/Gallagher/ 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

- **iNova Credit Union** was honoured for its commitment to the environment and social responsibility by the Credit Union Central of Nova Scotia at its 75th Annual General Meeting. iNova Credit Union received the **Coady Award**, which is presented annually to the credit union or caisse populaire in Nova Scotia or Newfoundland and Labrador that best exemplifies leadership, contribution and commitment to social action and the well-being of their community. “At iNova Credit Union, we are proud of our co-operative roots, so to be awarded the Coady Award ranks as the highest honour achievable. Dr. Moses Coady, a Cape Bretoner, was an environmentalist and a man that believed in the “little people” and that’s what we do and that’s our passion.” says General Manager Willy Robinson. “It’s truly an honour to be recognized for our commitment to the environment and our community and as corny as it may sound we will continue to ensure people and their needs come first.” iNova Credit Union is a founding member of the Atlantic Canadian Sustainability Initiative, and with that embraced The Natural Step framework. Over the past three years, the credit union has also helped 21 entrepreneurs realize their dreams of business ownership, granting more than \$120,000 in micro-credit loans. In addition, they have assisted small businesses by granting loans that are now approaching \$5million. “We are a proud community partner,” adds Board Chair Stephen Scanlan. “From our mitten tree to collect mittens and hats for local school children to China Sichuan Earthquake relief, we are dedicated to giving back and our customer-owners appreciate that.” To find out more about iNova Credit Union contact General Manager Willy Robinson, Phone: 902-453-8870, Email: wrobinson@inovacreditunion.coop or visit the Credit Union’s Web site: www.inovacreditunion.coop
- **Just Us! Coffee Roasters Co-operative** co-founders, **Debra and Jeff Moore** were honoured this week by the Nova Scotia Agricultural College (NSAC). On May 1, 2009, the University presented them with Honorary Doctor of Laws. This honour reflects their ongoing commitment to social justice issues, and especially to the introduction of Fair Trade business practices in Canada. Just Us! Coffee Roasters was founded in 1996 by the Moores, along with three of their friends. Since then they have worked to develop direct relationships with farmers all over the world to pay fair, above market value prices for the products they sell. Debra and Jeff have also been leaders in the areas of sustainability and education. Their commitment to Fair Trade, community, organic

standards and co-op principles have helped to promote their business as an example of a successful business model to other Atlantic Canadians. www.justuscoffee.com

- **Kenneth MacGregor MacLean**, former managing director of the Co-op Central of Prince Edward Island, has died in Summerside, PEI, at the age of 90. He is survived by his wife of 66 years, Mary (Marchbank) MacLean; twin daughters, Gloria, Australia; Gail Archibald, New Minas, and son, Roy at home. He is also survived by sister, Marjorie Underwood, Halifax; sister-in-law, Jean Burch, Charlottetown; son-in-law, Dr. David Large, Port Joli; aunt, Doris Carr, St. Eleanor's, P.E.I.; grandsons, Peter, Philip and Adam, all of Ontario; five great-grandchildren; several nieces and nephews. Besides his parents, he was predeceased by daughter, Marilyn Large, sister, Gwen MacNutt and brother, Donald MacLean. Ken and his wife Mary operated a successful dairy farm for many years. As an individual who believed in giving back to his community, he made important contributions to the social, economic and cultural life of Prince Edward Island through the Co-operative Movement for four decades. In 1989 he received the Distinguished Co-operator Award from the Atlantic Council of Co-operatives.
<http://thechronicleherald.ca/announcements/display.php?anntype=obituaries~2009/04/30~16926568>
- **Bayview Credit Union**, with branches in Saint John and Sussex, NB, has once again made the list of the Top 100 Credit Unions in Canada. Credit Union Central of Canada ranks credit unions and caisses populaires across the country (with the exception of Quebec) on the basis of total assets. The top 100 credit unions reported a six-month growth rate of 4.8 per cent over mid-year results, and had assets of nearly \$101 billion.
www.bayviewnb.com
- **Just Us! Coffee Roasters Co-op and JUDES** (its educational arm) are celebrating fair trade. **National Fair Trade Weeks** (May 1 - 15, 2009) and **World Fair Trade Day** (May 9, 2009) are a salute to the people and organizations who have dedicated themselves to making Fair Trade what it is today, one of many solutions towards a socially, ecologically, and economically healthy world. Here are some ways you can join JustUs! in celebrating: A special photography exhibit and fundraiser - *The Faces of Fair Trade will be held in* Halifax: Saturday, May 9, 2009 @ 3 - 6 PM, Agora Community Church, 2730 Fuller Terrace This free event celebrates fair trade producers from around the world with images of Fair Trade producers. Select prints will be for sale (\$15 - \$50), along with a silent auction, raffle, music, and other festivities. Drop by for a visit and help JUDES continue our educational work! And in Wolfville: Monday, May 11, 2009 @ 6 - 8:30 PM, Jack's Gallery, Just Us! Coffeehouse, 450 Main Street. Enter the *Win a Weekend in Wolfville* contest. Wolfville wants everyone to be talking about Fair Trade! As Canada's first Fair Trade Town, Wolfville is celebrating National Fair Trade Weeks (May 1- 15, 2009) by hosting the first ever *Weekend in Wolfville* Contest. Don't miss this exciting opportunity to explore what your backyard has to offer and learn about Fair Trade and local food! Visit www.judesfairtrade.ca/activities/contest2009 for details. There will also be a special presentation in partnership with the Halifax Public Library about the pivotal role of indigenous women in Ecuador in community and economic development. Through first-hand accounts and photos, the struggle of farmers in owning their land and the role of fair trade in empowering women to honour their heritage and make a difference in their

communities, will be told on Tuesday, May 12, 2009 @ 7 PM, Halifax Public Library, Main Branch, 5381 Spring Garden Road

- **Credit unions and co-operatives in Atlantic Canada** are invited to use the Atlantic Co-operative Youth Leadership program's Web site to get news out about the bursaries and scholarships they offer. They can **post** them at <http://www.acyl.coop> Whether it's a youth event, activity, scholarship or bursary, contact Trevor MacDougall at ACYL Leadership leadership@acyl.coop
- The **60th Annual General Meeting** of the **Nova Scotia Co-operative Council** will be held June 15 at the Prince George Hotel in Halifax. In conjunction with the meeting a workshop "Co-ops and Preferred Shares: The Nuts & Bolts" will be presented by Patterson Law. Space is limited. To register, contact (902) 893-8966 or andrea@nsco-opcouncil.ca. Workshop - 12:30 PM & Annual Meeting - 2:00 PM Please indicate if you wish to attend both the AGM and workshop. There is no charge to attend.
- Credit Union Central of Saskatchewan has announced the **15th Annual Norm Bromberger Research Bursary** to be awarded in support of research relating to co-operatives and/or credit unions. This bursary was established in recognition of the outstanding contributions made by Norm Bromberger to the development of credit unions and co-operatives in Saskatchewan and across Canada. <http://www.peicreditunions.com/news/article.php?ID=704>
- At its Annual Meeting, held April 27, 2009, the **Chaleur Credit Union** revealed its 2008 financial performance to its members. Chaleur Credit Union has attained the \$100,000,000 mark in assets, increasing by 11.21% in 2008. Also, in 2008 it had an annual surplus earning before income taxes, member dividends and fair value in the amount of \$770,864, http://www.acadie.com/en/communiquer_affiche.cfm?id=373
- **The Atlantic Certified Organic Co-operative Ltd. (ACO)** has been accredited. The Committee on Accreditation for Evaluation of Quality (CIEQ) has recognized it as a third-party organic certification service. It is compliant to ISO Guide 65 as well as to requirements from the CAEQ and the Canadian Food Inspection Agency. <http://www.atlanticfarmfocus.ca/index.cfm?sid=247110&sc=586> By 2010 it intends to expand its accreditation to include the National Organic Programs. ACO moved in March. The address is: 200 Harmony Road, Salmon River, Nova Scotia B6L 3P6. It can be reached toll free at: 1-888-375-9190. The fax number is: 902-897-4247, the email address is: aco@ns.alliantzinc.ca



Trends - I say it is the **Law of Unintended Consequences**, but researchers at Duke University in the U.S. call it '**vicarious goal fulfillment**'. Of course, we're talking about a study at Duke that showed that 'just seeing a salad on the menu seems to push some consumers to make a less healthy meal choice'. Vicarious goal fulfillment "happens when a person can feel a goal has been met if they have taken some small action, like considering the salad without ordering it". A study showed that people who had high levels of self control when it came to food choices (based on a pre-test) could avoid french fries when presented with only unhealthy choices. "But when a side salad was added to this menu, they became more likely to take the fries." This has major implications for other areas of life – think about some of the choices you make daily and see if you're not into vicarious goal fulfillment. This phenomenon may also explain why rational people sometimes do irrational things – think credit card debt, sub-prime mortgages, etc. Read about the study here: http://news.duke.edu/2009/04/fries_research.html – Ron Levesque



Co-op Ed 101 – Last week I attended the annual meeting of **Credit Union Atlantic** <https://www.cua.com/> I was impressed with the credit union's success this past year and its move toward being green by having an almost **paperless AGM** and posting the annual report on line <http://www.cuagoodthings.com> The 60 year old credit union is a full-service financial institution. Credit Union Atlantic (CUA) is the largest credit union in Nova Scotia, with more than \$270 million in assets, and nearly 17,000 customer-owners. CUA has approximately 115 employees, and is comprised of seven branches, a business centre and a corporate office in the Halifax Regional Municipality. Have a look at their community investment report <http://www.cuagoodthings.com/> - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - JUDES, the Just Us! Development and Education Society, has just recently developed the first edition of their newsletter, Fair Trade Focus. In this first edition, you'll learn about upcoming fair trade events, products for sale and more. If you would like to receive the e-newsletter, contact Satya Ramen at satya@judesfairtrade.ca or visit their website at www.judesfairtrade.ca - *Erin Hancock*



Co-op Community Bulletin Board

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

- May 9, 2009 Pictou County Co-op Food Market Members IWK Auction, Linacy Fire Hall, beginning at 10 am. For a complete list of items and information e-mail: koop4iwk@gmail.com or call Art Jenkins (902) 755-3530
- May 14, 2009 Oikocredit Atlantic Co-operative Annual General Meeting, 7:00 pm Helen Creighton Room, Alderney Gate Public Library, Dartmouth, Nova Scotia. Guest Speaker Marie Claire Brisbois will discuss ongoing microfinance programs in Guatemala. Everyone welcome.
- May 21 - May 24, 2009 Atlantic Co-operative Youth Leadership program will be hosting its second youth leadership seminar of 2009 at Killdevil Camp in Gros Morne National Park, Newfoundland and Labrador. Apply today at leadership@acyl.coop
- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
- May 29-30, 2009 Co-op Atlantic Annual General Meeting, Ramada Crystal Palace. Notice and delegate credential forms at www.coopatlantic.ca/htm.aspx?id=561
- June 3-5, 2009 Canadian CED Network Conference, University of Winnipeg, Winnipeg, MB - three days of learning, networking and celebration Go to www.ccednet-rcdec.ca for details on conference.
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – Last week's contest: The winner was Randi Alexander, Codroy Valley Credit Union, Grand Bay East, NL

Answer: Mildred was first with Bob buying her a rug.

Then it was Linda with Tim buying her a bracelet.

Lastly it was Ute with Ron buying her tickets to a ballet.

Tim's wife is Ute, he bought a bracelet for Linda

We loved the postscript sent by one of our regulars. "And not one of them bought a gift for his own wife. I don't know, in my family I wouldn't get away with that! Too bad about Linda and Ute, too. Must make it difficult at family barbecues." - MF

This week's contest: In these Word Pyramids, the first letter is given to you. Use the clues to build the pyramid to find the answer. Each word gets bigger by one letter. In each consecutive answer, a letter is added to the previous answer. Note: However, the answer letters might not be in the same order. Good Luck!! Start with the letter: P. Then move down one row and answer the question

Clues:

1. 17th letter of the Hebrew alphabet
2. an object of the affections
3. one of a series of actions to achieve a goal
4. stripped animal skins
5. club-shaped tool for use in a mortar
6. Mayan _____ of Tikal

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. May's prize is a CD of International Music. Send your entry to contest1@nbnet.nb.ca.



Co-op Cooking – As you get ready to fire up the barbecue for the summer and plan your vegetable gardens, here is a recipe you might like to file for use when the fruits of your labours begin to fill your tables.

Grilled Chicken and Summer Vegetables

- 4 boneless, skinless chicken breasts
- 4 tbsp Sundried Tomato and Oregano dressing, divided
- 1 zucchini, cut into chunks
- 1 red pepper, cut into chunks
- 1 cup chopped asparagus
- 1/2 red onion, cut into chunks

Preheat barbecue to medium-high heat. Brush chicken with 2 tbsp of dressing and let stand 10 minutes to develop flavour. Poke holes in bottom of tinfoil pan. Toss vegetables with remaining dressing and place in pan. Grill until chicken is cooked through and vegetables are tender crisp (about 20 minutes). - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – Each week, we will feature a book (some old, some new) from a writer living and working in Atlantic Canada and published by an Atlantic Canadian publishing house. From Killick Press and Creative Book Publishing in Newfoundland and Labrador,

<http://www.creativebookpublishing.ca/en/index.cfm?pid=57&CatID=0&InvID=477> **Rants, Riffs and Roars: The World According to Berni Stapleton** Newfoundland comedian Berni

Stapleton puts together a collection of short stories and sketches which are guaranteed to leave readers weeping tears of laughter on the floor. From her vantage point of the Friendly Neighbourhood Welfare Goddess, Stapleton illuminates the lighter side of the everyday life. If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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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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 13, 2009



Week of May 10– May 16, 2009, Vol. 4, No. 18
Edited and Compiled for you, by the Rising Tide Collective

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To unsubscribe: circles2@nbnet.nb.ca



Openings - Openings is a weekly feature of Co-op Circles. “*Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.*” - Denis Waitely www.waitley.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

- Each year a panel of judges for **Atlantic Business Magazine** picks the top 50 Chief Executive Officers (CEOs) in Atlantic Canada, using a selection process available at www.atlanticbusinessmagazine.com/tfc_selection.php . This year, four CEOs from the co-op and credit union sector made the top 50 list: **Jamie Baillie**, president and CEO, Credit Union Atlantic; **Allison Chaytor-Loveys**, CEO, Newfoundland and Labrador Credit Union; **John Harvie**, CEO, Co-op Atlantic; and **Camille Theriault**, president and CEO, Federation des Caisses Populaires Acadiennes.
- Over the past five years, through the **Canadian Co-operative Association Coaching program**, Canadian credit union professionals have shared practical experience with credit unions in the developing world. **OMISTA** sent two of its management team, Tammy Christopher, CFO and Paul Innes, Administration Manager on the Feb/March Uganda/Malawi Coaching Program. Tammy and Paul were joined by Jeannette Holmden, General Manager of PSE Credit Union. Tammy Christopher says “After visiting Uganda, I understand the power of ownership even more. I feel like I lived a bit of the grassroots history of credit unions in Canada. The SACCOs (savings and credit co-operatives) in Africa are incredibly important to the lives and development of their people”. Tammy, Paul, and Jeannette offered advice and assistance on various aspects of primary credit union management. They will return to Africa for the 2nd half of their CCA commitment in 2010. Paul Innes recalls “This was an amazing opportunity of knowledge sharing between myself and some of the most honest, warm-hearted, and caring people I have ever met and I truly look forward to returning to Malawi in 2010”. Visit <http://www.youtube.com/watch?v=VXqKwDcjWzA> to view the WOCCU & CCA Uganda Coaching Program.
- **OMISTA** is participating in the **Canadian Co-operative Association’s women’s mentoring program** this year. They will be hosting Harriet Muhebwa, Manager, Kyamuhunga People’s Co-operative Savings and Credit Society Ltd, Uganda. Harriet will be working with OMISTA employees from May 28th to June 6th.
- In support of P.R.O. KIDS (Positive Recreation Opportunities For Kids), the staff of the **Advance Savings Credit Union** <http://www.advancesavings.ca>, Riverview branch, presented a cheque for \$500 to the Town of Riverview Recreation and Community Coordinator, Karen Thompson.
http://www.advancesavings.ca/news_pages/community_ascu_ProKids.htm Each year,

hundreds of Riverview children are unable to participate in registered sport, art, culture and recreational activities because their families cannot afford the costs. P.R.O. Kids helps provide assistance to as many children as possible who, due to lack of funds, would not otherwise be able to participate.

- **Eagle River Credit Union** in Newfoundland and Labrador has announced year end rebates <http://www.eaglerivercu.com> For 2008, more than 6,000 customer-owners will receive a total of \$417,500 in rebates and dividends, for a cumulative total of \$3,314,000 since 1984. The payment of patronage is based on the net profits of the credit union at year end. ERCU has been issuing Patronage Rebates and paying Dividends for 25 years. <https://www.eaglerivercu.com/SharedContent/documents/CommunicatorSpring.pdf>
- On Sunday, June 14th, **Newfoundland and Labrador Credit Union** employees from Corporate Office and all 12 locations will walk in the Credit Union's 6th annual walk-a-thon in their respective areas throughout the province. Each walk will be approximately 4 km. Refreshments will be served. A portion of the proceeds raised from this event will go to the Kidney Foundation of Canada (Newfoundland and Labrador Branch) Registration begins at 10:00 a.m. Sunday, June 14th at the designated locations except *Labrador City:
<https://www.nlcu.com/Home/InOurCommunity/CommunityPrograms/NLCUCharitableFoundation/index.jsp>
- **OMISTA Credit Union** sponsored the April 17th **Random Acts of Stimulus** with C103. The Random Acts of Stimulus promotion encouraged area businesses to offer economic relief to Monctonians in the form of incentives and giveaways. On April 17th OMISTA was on location with C103 outside of City Hall. The first 20 people to arrive at the event received OMISTA swag and a pill bottle with a prescription for debt relief (seek wise financial guidance from an OMISTA expert and take advantage of their limited time only rate specials). One of the pill bottles also contained \$50 cash. The Random Acts of Stimulus took place during the C103 Angus Young look-a-like contest in which the lucky winner would receive 2 AC DC tickets. Not a Credit Union to miss out on an opportunity, OMISTA held a 2nd cash giveaway, this time for \$100. The lucky winner came into the Mountain Road branch to collect her winnings the next week. She was also given a Credit Union kit folder filled with information.
- **Newfoundland and Labrador Credit Union** <https://www.nlcu.com> recognizes the contribution of the graduating high school students to their community. The Outstanding School and Community Involvement Scholarship and the Owen Grimes Memorial Scholarship are awarded annually. Each scholarship is valued at \$3,000. Each high school in the province is invited to nominate one student per 100 graduating students or part thereof for each application.
<https://www.nlcu.com/Home/ProductsAndServices/YourMoney/Students/Scholarships/index.jsp> Outstanding School and Community Involvement Scholarship recognizes leadership in community and school activities. Owen Grimes Memorial Scholarship recognizes athletics, community and school involvement and academic achievement in the pursuit of a career in the trades.
- **Shirley Worth**, officially retired from **OMISTA Credit Union** April 30th with 31+ years of service in the Credit Union system. Shirley joined OMISTA's Accounting Department in 1977 and later specialized in Payroll and RRSPs. As a retiring Financial Service Representative, Shirley has contributed to OMISTA's growth from one branch

to three fully connected branches with over \$169 million in assets under management. Above all, Shirley has enjoyed empowering owners to succeed in their financial future.



Trends - I have to admit I don't 'get' the whole Starbucks appeal. Notwithstanding the fact that \$4 cups of coffee are only a dollar less than what I pay for a full meal at our cafeteria, I don't understand what motivates others to regularly indulge (what else would you do with a \$4 cup of coffee?) in the ubiquitous beverage. When I wrote a couple of weeks ago that capitalist corporations were **co-opting some of the Co-operative Movement's marketing messages**, and indeed some of the operational strategies, I was more or less unaware of Starbucks' marketing position. Turns out they just launched a new marketing campaign to pre-empt McDonalds' soon-to-be announced McCafé format. A series of ads for Starbucks lays out what separates them from the competition – such as its practice of buying Fair Trade coffee beans and providing health care for employees who work more than 20 hours a week. Here's a sample of some of the more 'co-op-like' ad copy: "Beware of a cheaper cup of coffee. It comes with a price."; or better still: "It's not what you're buying, it's what you are buying into." Last year, Starbucks announced their intent to purchase 40 million pounds of Fair Trade coffee beans – the largest in the world. So, is Fair Trade the reason Starbucks sells so much coffee? – *Ron Levesque*



Co-op Ed 101 – This week I am in Toronto. The season here is ahead of Atlantic Canada by a few weeks. Crab apples are in bloom, window boxes are full of new bedding plants, leaves are fully out. Looking around on the Web, I found this interesting site:

Ontario Flower Growers Co-operative Ltd. The Ontario Flower Growers Co-operative was established in October, 1972 and today comprises a community of more than 100 greenhouses and field flower growers situated throughout the province of Ontario. Its main distribution channel is through its daily wholesale flowers auction operating from its Mississauga location. These auctions operate on a "Dutch" model or declining price format using a clock with a counter clockwise moving clock hand. Today, many still refer to **Ontario Flower Growers** as simply "**the clock**". See the co-op's video:

http://www.ontarioflowergrowers.ca/Portal_OFG/Page.aspx?ID=95 - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The Ontario Co-operative Association offers week long youth leadership programs throughout the summer (June to August) for youth from ages 14 up to 18 (3 different age groups: 14-15, 16-17, 17-18). Visit their website at http://www.ontario.coop/pages/index.php?main_id=127 to learn more about attending as a youth or a facilitator or to sponsor the program. Also find a short video about the program and contact information if you have questions. - *Erin Hancock*



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- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
- May 29-30, 2009 Co-op Atlantic Annual General Meeting, Ramada Crystal Palace. Notice and delegate credential forms at www.coopatlantic.ca/htm.aspx?id=561
- June 3-5, 2009 Canadian CED Network Conference, University of Winnipeg, Winnipeg, MB - three days of learning, networking and celebration Go to www.ccednet-rcdec.ca for details on conference.
- June 3, 2009 Canadian CED Network's Food Policy Working Group is hosting a One-Day Forum on Local Food (9:00am - 4:00pm, Riddell Hall – University of Winnipeg). For more information, contact Matthew Thompson by email at mthompson@ccednet-rcdec.ca or by phone at 416-760-2577.
- June 15, 2009 60th Annual Gala, Nova Scotia Co-operative Council with guest speaker Rev Jesse Jackson at World Trade and Convention Centre, Halifax, NS. Tickets can be obtained by contacting andrea@nsco-opcouncil.ca or (902) 893-8966
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – Last week's contest: The winner was Carolyn MacPherson, Bayview Credit Union, Saint John, NB. We had 7 correct answers. Well done, readers! **Answer:** P

PE

PET

STEP

PELTS

PESTLE

TEMPLES

This week's contest: Inside each set of the following words, there is a pair of smaller words. By putting & between them, lo & behold, you will make a familiar phrase. For example, "Thighbone/Swallowtail" conceals "High & Low".

1. Skyrocketing/Trolleyman

2. Thermometer/Apoplexy

3. Delaware/Bordering

4. Surprised/Trashiness

5. Throughout/Stumblebum

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Co-op Cooking – Here's an elegant jellied salad which is a perfect side dish to serve with ham based meals. It is easily prepared and fits well into holiday or family meals.

Egg Souffle

1 3-oz lemon jelly powder
1 cup boiling water
1/2 cup cold water
1/2 cup mayonnaise
1 tbsp vinegar
1/2 tsp salt
1/2 tsp white pepper
3 hard boiled eggs, chopped fine
1/2 cup finely chopped celery
1 tbsp finely diced green pepper
1 tbsp finely diced pimento
1 tbsp finely minced onion

Dissolve jelly powder in boiling water. Add cold water, mayonnaise, vinegar, salt and pepper, whisking or beating together. Chill until quite syrupy. Beat until fluffy. Fold in remaining ingredients. Pour into lightly oiled mold. Chill until firm. Remove from mold and put on serving plate. Decorate plate with a little holly or other greenery if desired. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – Each week, we will feature a book (some old, some new) from a writer living and working in Atlantic Canada and published by an Atlantic Canadian publishing house. **Running the Goat Books & BroadSides** describes itself as a micro press specializing in letterpress-printed and limited-edition chapbooks, broadsides and poemphlets by Newfoundlanders and Newfoundland-based writers. The press's name comes from a traditional set dance, originally danced in Harbour Deep on Newfoundland's Great Northern Peninsula; Harbour Deep has been resettled, but the dance remains a distinct testament to the spirit and the culture of Newfoundland. www.runningthegoat.com Here you will find new works by Andy Jones including **The Queen of Paradise's Garden**. It is Jones' adaptation of a traditional Newfoundland tale. If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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Next *Co-op Circles*: Wednesday, May 20, 2009



Week of May 17 - May 23, 2009, Vol. 4, No. 19
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Openings - Openings is a weekly feature of Co-op Circles. *“The potential of the average person is like a huge ocean unsailed, a new continent unexplored, a world of possibilities waiting to be released and channeled toward some great good.”* – Brian Tracy www.briantracy.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

- Friends of the **Growing Circle Co-op** were invited to the 2nd Annual General Meeting of the Co-op, Wednesday, May 20, 2009, 7 to 10 PM, St. Paul’s Church Hall, 101 Prince Street (at Richmond), Charlottetown, PEI. They heard about the co-op’s new virtual farmers’ market initiative. For more information about this co-op, contact: Jane McNeil at 569-0233, email: growingcirclecoop@live.com
- The **Advance Savings Credit Union Community Champion Award** was designed to honour organizations, or individuals within the community, who make the world a better place and inspire all of us. Sometimes it is the single action of a person which makes them stand out from the crowd, and sometimes it’s someone’s whole life. The second annual Advance Savings Credit Union Community Champion was presented to **John Leadbetter** at the Advance Savings Annual General Meeting at the Moncton Coliseum on April 21st. “Mr. Leadbetter was chosen as this year’s Community Champion for his numerous years of service in several organizations that support both youth and seniors,” said Janice Rice, vice-president, operations for Advance Savings Credit Union. “Mr. Leadbetter puts smiles on the faces of the young and the young of heart with his enthusiastic sense of fun.” Also known as J. J the Clown, Mr. Leadbetter has an amazing story of survival, from being diagnosed as a young child with celiac disease to contracting polio in his early teen years. His “never give up” attitude served him well in his life, and the many years he spent in hospitals and doctor’s offices produced a strong, compassionate, friendly man who seeks to make the world a better place with his infectious sense of humour. He is currently a member and founding president of the Moncton Celiac Club and is the vice-president of People’s Park Tower Senior’s Club and past president for Tenants Association of People’s Park Tower. For more information about this award, visit www.advancesavings.ca or call 855-2728.
- On Friday, May 8th, **Eagle River Credit Union** hosted its 25th Annual General Meeting. As part of the AGM elections were held to fill three vacant positions on the Board of Directors. As only three candidates ran to fill these positions, they were elected by acclamation. The three new directors are: Milton Hancock (re-elected), Ginger Ryland, and Amanda Buckle. www.eaglerivercu.com
- **Advance Savings Credit Union** in New Brunswick, is committed to reducing its environmental footprint and making the world a better place for the next generation. In

support of Earth Day on April 22nd, ASCU donated aspen trees to six local schools: Edith Cavell Elementary, Hillcrest Elementary, West Riverview Elementary, Port Elgin Regional, Petitcodiac Regional, and JMA Armstrong. School

http://www.advancesavings.ca/news_pages/community_ascu_news_earthday2008.htm

- The members of the Local Advisory Council of **Corridor Co-op Food Market** in Milford, NS, initiated a 50/50 charity draw in January, 2007. Half of the winning funds go to selected local registered charities and the other half goes to the successful member who purchased their 50/50 ticket that week. As of April 2009, the store has surpassed the \$100,000 mark combined. To date more than \$10.5 million has been given back to members and Atlantic Canadian communities through Co-op stores' 50/50 draws.
- **Co-op stores** <http://www.coopatatlantic.ca/> in Atlantic Canada are a Gold partner of the **Acadian Games**, the largest Acadian youth gathering in the Atlantic provinces, with more than 1,000 athletes taking part in 11 sports from June 24-28, 2009 in Petit-Rocher, NB.
- **Marcel Garvie** is the 2009 recipient of the Sénateur Hervé-Michaud Award http://www.acadie.com/en/communiquer_affiche.cfm?id=377 As part of the Distinction evening of the Caisses populaires acadiennes Annual Congress, Marcel Garvie was honoured with the title of volunteer of the year, by being awarded the Sénateur Hervé-Michaud Award. From 1999 to 2009, he was a member of the board of directors of Coopérative de Caraquet, and held various positions successively, from director to secretary, and finally as president. In 2004 he joined the board of directors of Coop Atlantic, as the representative for zone 8, and in 2007, he accepted the position of president of the organization.
- Members have voted in favour of the new **Caisse populaire Restigouche**, in special meetings on May 13. Members of four caisses from the Restigouche region have voted in favour of the merger plan that was presented to them. http://www.acadie.com/en/communiquer_affiche.cfm?id=379 Caisse populaire Atholville-Val d'Amours, Caisse populaire de Kedgwick, Caisse populaire Restigouche and Caisse populaire Restigouche Est will form a single entity, identified as Caisse populaire Restigouche. The new Caisse will be officially constituted on July 1, 2009, following the approval of the project by the Superintendent of the caisses populaires.
- The **Canadian Co-operative Housing Federation** (CHF Canada) has produced a Sustainability Toolkit to help co-operatives make environmentally-conscious decisions. While the toolkit is aimed at housing co-ops, it would be useful for other sectors as well, covering such areas as sustainable transportation, water usage and energy efficiency. The Sustainability Toolkit can be found at www.baseline-graphics.coop/toolkit/tk-page01.html
- **Valley Credit Union** with branches throughout Nova Scotia's Annapolis Valley, went really "green" at its recent annual meeting by making its annual report cover "plantable". Check out Botanical Paperworks at <http://www.botanicalpaperworks.com/product/Plantable+Flowering+Seed+Paper/218/>
- Two Bernice MacNaughton High School students from Moncton, NB, Kyle Furlotte and Daniel Lee, have created a plan for a new shopping cart. The proposed shopping cart would have a built in global positioning system. Shoppers could access their grocery lists via a USB port, e-mail, or cell phone using blue tooth technology. The cart would then direct shoppers to the location of each item and let them pay through the cart to avoid lineups. Furlotte and Lee were among 14 New Brunswick high school students who

competed in **Youth Entrepreneurship Challenge** sponsored by **Co-op Atlantic** and Scotiabank. Its aim is to teach students about entrepreneurship. The competition started in Moncton four years ago, but has since grown to accommodate students from across the province. First place winners are awarded \$1,500, with second place winners receiving \$750 and third place winners receiving \$350. New to this year's competition was the Youth Community Choice Award, which is given to a student and a group of students who demonstrate leadership in a volunteer community initiative.

- The **Co-operative Enterprise Council in New Brunswick** has welcomed its newest members York Credit Union <http://www.yorkcu.nb.ca/> and the Canadian Worker Co-op Federation <http://www.canadianworker.coop/>. If your co-op is not yet a member, please contact us at info@cecnb.ca to find out the benefits of joining. The Council's annual general meeting will be held on May 29th at the Ramada Inn in Moncton from 9:00 until noon.



Trends - This week again, I'm writing less about trends, and more about something that I've decided has become important again. Stephen Downes, a Canadian government researcher in Moncton who specializes in online learning, content syndication and new media, three years ago created a blog page that offers "**Things You Really Need to Learn**". I mention it today, in part because I've been living these words in some sense for a number of years (at least since my university days in Philosophy classes) and also in part because I think Trends readers will be a receptive audience and that, for some reason, the timing is right. In his entry (www.downes.ca/post/38502), Downes explains to readers "How to predict consequences", "How to read" and "How to distinguish truth from fiction" (two of the most important skills you'll ever learn), "How to empathize", "How to be creative", "How to communicate clearly", "How to learn", "How to stay healthy", "How to value yourself", and "How to live meaningfully". It's not a particularly heavy read and I think most real co-operators will find themselves in there somewhere. – *Ron Levesque*



Co-op Ed 101 – This week I am in St Anthony, NL, and while here I am visiting the local co-op, the Grenfell Historical properties and the Jordi Bonet Murals, created and fabricated by the Montreal artist in 1967. They are found in the rotunda of the Charles S. Curtis Memorial Hospital. I was reminded how, in many communities, the co-op was closely tied to the development of the community. British medical missionary Wilfred Grenfell arrived in Labrador in 1892. He spent much of the summer sailing up and down the Labrador coast, treating about 900 people for a wide range of illnesses. <http://www.heritage.nf.ca/society/grenfellmission.html> The **Grenfell Mission** provided some of the earliest permanent medical services in Labrador and northern Newfoundland. Before the mission opened its first hospital at Battle Harbour in 1893, almost no health-care resources existed in the area. Hospitals were nonexistent, no formally trained nurses were on hand, and although some physicians occasionally visited the Labrador coast from the island of Newfoundland or the United Kingdom, no resident doctor practiced there. Alongside its medical endeavours, the mission sought to make other social changes, specifically in the areas of education, agriculture, and industrial development. To this end, mission workers built schools and helped establish lumber mills, community farms, co-operative stores, and a commercial handicraft industry to create alternative sources of income. You may like to look at how this

happened in St Anthony by reading a bit of the history <http://www.grenfell-properties.com/chronology.htm> - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - Dedicated young co-operator **Chris McDaniel** wishes to send a plea for support to co-operatives. Given the focus on youth in this, the 100th anniversary of the Canadian Co-operative Association, Chris is trying desperately to attend the CCA Congress in Ottawa June 16-19. If your co-op is able to support him, please contact him as soon as possible at christophermcdaniel15@hotmail.com - *Erin Hancock*



Co-op Community Bulletin Board

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

- May 21 - May 24, 2009 Atlantic Co-operative Youth Leadership program will be hosting its second youth leadership seminar of 2009 at Killdevil Camp in Gros Morne National Park, Newfoundland and Labrador. Apply today at leadership@acyl.coop
- May 29, 2009 Annual General Meeting of the Co-operative Enterprise Council of New Brunswick, 9:00 – 12:00 at the Ramada Inn in Moncton, NB.
- May 29-30, 2009 Co-op Atlantic Annual General Meeting, Ramada Crystal Palace. Notice and delegate credential forms at www.coopatlantic.ca/htm.aspx?id=561
- June 3-5, 2009 Canadian CED Network Conference, University of Winnipeg, Winnipeg, MB - three days of learning, networking and celebration Go to www.ccednet-rcdec.ca for details on conference.
- June 3, 2009 Canadian CED Network's Food Policy Working Group is hosting a One-Day Forum on Local Food (9:00am - 4:00pm, Riddell Hall – University of Winnipeg). For more information, contact Matthew Thompson by email at mthompson@ccednet-rcdec.ca or by phone at 416-760-2577.
- June 15, 2009 60th Annual Gala, Nova Scotia Co-operative Council with guest speaker Rev Jesse Jackson at World Trade and Convention Centre, Halifax, NS. Tickets can be obtained by contacting andrea@nsco-opcouncil.ca or (902) 893-8966
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – Last week's contest: Ron Levesque and Ghislaine Curwin from Moncton and PJ Trefry from Yarmouth are the winners. They sent correct answers within five minutes of each other. This was a fun week with 21 entries. We would like to recognize Coastal Financial Credit Union for the great support we get from their staff. Folks, you are appreciated. Please keep those entries coming!"

Answer: 1. Skyrocketing/Trolleyman is "rock & roll" 2. Thermometer/Apoplexy is "mom & pop" 3. Delaware/Bordering is "law & order" 4. Surprised/Trashiness is "rise & shine" 5. Throughout/Stumblebum "rough & tumble"

This week's contest: This is a basic anagram teaser where the clues will lead to two words that are anagrams of each other. For example, "Attach Father" would be "Add Dad" Or "Canine Deity" could be "God Dog"

1. Not above the arm joint?
2. Secure like a sheep's sound?
3. Tutoring mutant creature?
4. Large area of a swindler?
5. Depriving a condiment?

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. May's prize is a CD of International Music. Send your entry to contest1@nbnet.nb.ca.



Co-op Cooking – Here's a dish which can be served with a salad for a light lunch, or use smaller mushrooms and serve as an appetizer for a dinner party.

Seafood Stuffed Portabello Mushrooms

Aioli Sauce: 1/4 cup mayonnaise

1 tbsp each lemon juice and water

1 clove garlic, minced

dash of hot pepper sauce (optional)

Whisk ingredients together; cover and refrigerate to blend flavours.

1/2 lb lobster, crab, cooked shrimp or imitation seafood, finely chopped

1 egg

1 tbsp Worcestershire sauce

2 tbsp shallot or green onion, finely diced

2 tbsp fresh parsley, finely chopped

1/4 cup seasoned bread crumbs

hot pepper sauce to taste

2 fresh Portabella mushrooms or 4 fresh Griller mushrooms

2 tbsp grated Parmesan cheese

small amount olive or vegetable oil

Mix seafood with egg, mayonnaise, Worcestershire sauce, shallot, parsley and bread crumbs.

Remove stems from mushrooms and with a spoon, scrape off the brown gills. Brush inside and outside of mushroom caps with oil. Place cap side down in shallow baking pan and pack mixture into caps, mounding as necessary. Sprinkle with cheese. Bake at 400F for 15 to 20 minutes or until heated through. Drizzle with Aioli sauce to serve. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – Each week, we will feature a book (some old, some new) from a writer living and working in Atlantic Canada and published by an Atlantic Canadian publishing house. **The Acorn Press** www.acornpresscanada.com was founded in 1994 by editor, poet, and publisher Laurie Brinklow, as the fulfillment of her long-standing dream to have her own publishing company. The Press is based in Charlottetown, Prince Edward Island. **Growing Up With Julie** is the story of **Gerry Steele's** childhood with a French-speaking mother in an English-speaking community. It is published by Acorn Press. Set in Miscouche, near Summerside, Prince Edward Island, in the Depression and Second World War years of the 20th century, the story is a gritty snapshot of life in a Catholic family burdened by extreme poverty, alcohol, illness, and cultural tensions between Acadians and Scots. If you have a

favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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 27, 2009



Week of May 24 - May 30, 2009, Vol. 4, No. 20

Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings - Openings is a weekly feature of Co-op Circles. *“There is invisible writing on the back of the diploma you will receive, and in case you didn't bring lemon juice to decode it, I can tell you what it says: YOU ARE BRILLIANT, AND THE EARTH IS HIRING. The earth couldn't afford to send any recruiters or limos to your school. It sent you rain, sunsets, ripe cherries, night blooming jasmine, and that unbelievably cute person you are dating. Take the hint. And here's the deal: Forget that this task of planet-saving is not possible in the time required. Don't be put off by people who know what is not possible. Do what needs to be done, and check to see if it was impossible only after you are done.”* – Paul Hawken in a commencement address to University of Portland students. www.paulhawken.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

- **Kensington Co-op Art Gallery** in Kensington, PEI, will be opening for the season on June 13, with a special show of work produced by the students of Kensington Intermediate & Secondary School. The KISH Student Art League's show will run until June 28 with a special open house event on June 21, 1 to 3 p.m., when visitors will have the opportunity to meet the student artists and speak with them about their work. In addition, the gallery will feature members' work for show and sale all season. Visitors to the gallery will have a chance to view local art, meet 20 artist members and watch them at work <http://www.journalpioneer.com/index.cfm?sid=254584&sc=121>
- There was great support for recent auction for the IWK at **Pictou County Co-op Food Market**. <http://www.ngnews.ca/index.cfm?sid=253807&sc=51> Area merchants of Pictou County gave freely to the Pictou Co-op Members auction for IWK held recently. A special thanks to Linacy Fire Department, New Glasgow North End Rec Centre, the management and staff at Pictou Co-op Food Market and the many co-op members who volunteered their time in support of sick kids. Art Jenkins, from Pictou County Co-op Food Market was the auction co-ordinator.
- An expanded holding facility is helping **Tignish Fisheries Co-op and Royal Star Foods** weather the current crisis in the lobster fishery. Membership gave the co-op's board of directors approval last fall to move ahead with the modernization of Royal Star's lobster pound. The pound has gone from a holding capacity of just over 100,000 pounds of live product to being able to hold between 370,000 and 500,000 pounds, depending on the ratio of canners to markets and the containers they are stored in. <http://www.journalpioneer.com/index.cfm?sid=253053&sc=118>
- This will interest our subscribers who have gardens, flowers, and fruit trees. Nova Scotia lost 26 per cent of its **honey bees** over the winter—a record number. Half of the 25 commercial beekeepers in the province lost over 40 per cent of their bees. Losses are prevalent across the country. Prince Edward Island lost approximately 40 per cent and

preliminary numbers from New Brunswick are 30 to 35 per cent
<http://www.atlanticfarmfocus.ca/index.cfm?sid=253310&sc=586>

- The Canadian Co-operative Association (CCA) is pleased with the federal government's decision to renew and enhance the **Co-operative Development Initiative (CDI)**, a program aimed at providing support to new and emerging co-operatives across Canada. The Honourable Jean-Pierre Blackburn, Minister of National Revenue and Minister of State (Agriculture) says the government will invest \$19.1 million over the next four years to support the establishment of new co-operatives and test innovative methods of using the co-operative model. "This is wonderful news for the co-operative sector, for Canadians who use the services co-operatives provide and for the communities in which co-operatives are located," said CCA Executive Director Carol Hunter. "By renewing and enhancing CDI, the government has recognized that co-operatives create jobs and bring enormous value to Canada's economy." The new program will have two major components: Advisory Services, which will improve access to co-operative development information and services that will assist in the formation of new co-operatives and Innovative Co-operative Projects, which will provide project support for new and emerging co-operatives. In addition, there will be a Research and Knowledge Development component, which will support new and applied research to support co-operative development. This component will be managed by the federal Co-operatives Secretariat, which is part of Agriculture and Agri-Food Canada. The previous CDI program supported more than 1,500 co-operatives through Advisory Services and project funding, and helped create some 200 new co-operatives. Information on how to apply for the Innovative Co-operative Projects component of the new program, including criteria and deadlines, will be available on CCA's website, www.coopscanada.coop, within the next few weeks. To learn more about the Co-operative Development Initiative, visit the www.coop.gc.ca site.



Trends - If you needed any more proof that business' priorities, especially in the US, are completely backwards, look no further than the May 20 Wall Street Journal article titled "**Banks Use Life Insurance to Fund Bonuses**". Now, you could be forgiven for thinking that banks would never, ever, take out life insurance on their employees (some without their consent or knowledge, no less) in order to fund the bonuses of their executives...and you'd be wrong. That's exactly what they've done and continue to do. The WSJ says the insurance policies are essentially informal pension funds for executives...over time, employers receive tax-free death benefits when employees, former employees and retirees die. "Over the coming decades, banks will receive an estimated \$400 billion in death benefits, consultants estimate. The death benefits sometimes are referred to in filings as 'mortality dividends' or 'yields.' Employers track the deaths of former employees by checking Social Security Administration records." I don't know if this is legal in Canada – you can certainly buy life insurance and direct the benefits upon your death to a charitable organization or cause – but that's done with your knowledge and consent. –
Ron Levesque



Co-op Ed 101 – This week is a continuation of last week's item about St Anthony, NL. The crafts in the shops were lovely to see and I was captivated by the rugs. Prices are high as these are a sought after art form, now. I can remember as a child watching my grandmother who was born in the Miramichi area of New Brunswick, but lived in Edmundston, hooking rugs out of my

grandfather's dyed long underwear and old woolen pants. Usually hers were rectangular with fall colored leaves on a beige background and surrounded by a black border. If any of you have hooked rug memories please share them with us at news1@nbnet.nb.ca. Pictures and stories of the hooked mats of the Grenfell Mission of Newfoundland and Labrador can be found at <http://www.heritage.nf.ca/arts/silkmats.html>. The quiet months of February and March were known as the "matting season" along the rugged coast of northern Newfoundland and Labrador. It was a time of respite from the fishing season. The craft was generations old by the time the Grenfell Mission began. The roots of mat hooking lay with the founding English and Scottish settlers. The women all hooked, most from their earliest childhood. In 1905, Grenfell met Jessie Luther, an American woman who had set up a sanitarium with crafts as part of the treatment. Excited by her methods, Grenfell encouraged her to come north. In 1906, Luther journeyed to the tiny settlement of St. Anthony on the northeastern most tip of Newfoundland to establish a weaving project. It helped the local women augment their families' meagre and unreliable income from fishing. To the mat hooking industry, the mission brought standardization, colour, harmony and incentive. Sixteen mission picture mats, many designed by Grenfell himself, were in production by 1916. Distinctly northern images - dog teams, snowy owls and polar bears - were in the centre of the mat. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The North American Students of Co-operation (NASCO) have launched a serious lobbying effort towards the Obama administration to gain **support for student housing co-op initiatives** in the US. NASCO is hoping to secure federal loans for new student housing co-ops in order to create more opportunities for students to access affordable housing. If you would like to learn more or contribute support, visit <http://nasco.coop/node/2433> - *Erin Hancock*



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“Legislative and Public Policy Issues”. Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca

- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week’s contest:** The winner was PJ Trefry, Coastal Financial Credit Union **Answers:** 1.Below Elbow 2.Stable Bleats 3.Monster Mentors

4.Hectare Cheater 5.Last Salt **This week’s contest:** Delete a letter from the words below and then add a 3-letter word to them (doesn't matter where) to form a new word that matches the clues in the ().

1. Rich (to look; to ____)
2. Spite (a place you go to when you are on the internet)
3. Mite (to send; to ____)
4. Elf (to show what something is, like to put a ____ on an item to show what type of item it is)
5. Ice (when you use your brain, you use your ____)

Please keep those entries coming! 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. May’s prize is a CD of International Music. Send your entry to contest1@nbnet.nb.ca.



Co-op Cooking – Couscous is a pasta made from a grain (semolina). The couscous sold in supermarkets today is very convenient as it the instant type that has been steamed and dried many times. I have a friend who introduced me to couscous a few years ago and this is one of her favourite ways to prepare it.

Couscous with Vegetables

- 1 3/4 cups chicken or vegetable stock
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot red pepper flakes
- 1 tbsp grated fresh ginger root
- 2 cloves garlic, minced
- 3/4 lb mushrooms, sliced
- 1 1/2 cups sliced carrots
- 1 onion, chopped
- 1 cup instant, whole wheat couscous
- 1 cup sweet red pepper, chopped
- 1 19-oz can chickpeas, drained and rinsed
- 1/2 cup raisins
- 1/4 tsp each salt and pepper (optional)
- 1/4 cup chopped fresh parsley or coriander
- 1/3 cup toasted pine nuts (optional)

In large saucepan, combine stock, cumin, coriander, pepper flakes, ginger and garlic; bring to a boil. Add mushrooms, carrots and onion. Cover and cook 5 to 7 minutes (tender-crisp). While vegetables are cooking, place couscous in medium bowl, add 1 cup boiling water, cover and let stand 5 minutes. Add red pepper, chickpeas and raisins to the mushroom mixture; cook 2 to 3 minutes (until hot). Taste and add salt and pepper if desired. Stir in parsley or coriander. Fluff

couscous with a fork and spoon into bowls. Top with vegetable mixture including broth. Sprinkle with pine nuts if desired. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – Each week, we will feature a book (some old, some new) from a writer living and working in Atlantic Canada and published by an Atlantic Canadian publishing house. This week, we feature **Formac-Lorimer Books** in Halifax, NS, and a great reference and cooking book: **Fresh & Local: Straight from Canadian farms to your table** by Craig Flinn. It celebrates the seasons with 150 recipes featuring fresh and local ingredients. <http://www.formac.ca/formac-lorimer> If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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Next *Co-op Circles*: Wednesday, June 3, 2009



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Openings - Openings is a weekly feature of Co-op Circles. “*Man cannot discover new oceans unless he has the courage to lose sight of the shore.*” - Andre Gide www.andregide.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

- Instead of a single theme as in past years, **Co-op Week 2009** will celebrate the advantages of co-operatives in the current economic environment. Three Co-op Week posters, available in English and French and illustrated with silhouettes of people rooted in their communities, will reflect three of these advantages:
 - * Co-operatives are...putting people first
 - * Co-operatives are...creating sustainable jobs
 - * Co-operatives are...investing in communities <http://www.bcics.org/content/coop-week-icu-day-2009-focus-advantages-cooperatives>
- In Summerside, PEI, a former west-end warehouse’s transformation into a million-dollar multi-unit condominium complex is planned. Peter Brown and Mike Fraser are converting the **old Co-op feed building** at 359 Water St. into mid-scale condos and commercial space. The building has been vacant since Atlantic Co-op Country Store’s closure in July, 2008. <http://www.journalpioneer.com/index.cfm?sid=255741&sc=118>
- ACOA’s \$6-million investment in the money-losing **Atlantic Beef Products plant** in Albany, Prince Edward Island, was always intended to be a loan, which means it was always intended to be paid back, says a spokesman for the regional development agency. Richard Gauthier of the Atlantic Canada Opportunities Agency says the loan was supposed to be used for marketing, equipment purchases and staff training <http://www.atlanticfarmfocus.ca/index.cfm?sid=255468&sc=586> “An investment, from our point of view, when you invest in something you have an expectation that you will get repayment in one way, shape or form,” said Gauthier. Atlantic Beef Products continues to lose \$200,000 to \$300,000 every month. It has funding for another five months, based on current losses. After that, the plant could be shut down.
- There are still some tickets remaining for the **Nova Scotia Co-operative Council’s 60th annual gala** with special guest speaker **Rev Jesse Jackson**. The June 15th event will be emceed by **Costas Halavrezos** of CBC Radio. It will be held at the World Trade and Convention Centre in Halifax. For tickets or for more information contact Andrea Jackson, andrea@nsco-opcouncil.ca or (902) 893-8966.



Trends - *The New Republic* last month made what I thought was a compelling argument that the environmentalism bubble had burst once again, as it had in the past when the economy took a turn for the worst. Authors Ted Nordhaus and Michael Shellenberger posit that

environmentalism is really the product of the affluent and runs in cycles that correspond with the booms and busts of the economy. They argue that environmentalism is really another way of (over)consuming and hyper-materialism. “**Green consumption became what sociologists call ‘positional consumption’** – consumption that distinguishes one as elite.” They back it up with some numbers: in 2007, a survey found that almost 6 out of 10 Prius owners (hybrid vehicles) said they purchased the car “because it makes a statement about me.” There’s more: “It’s easy enough to point out the insignificance of planting a garden, buying fewer clothes or using fluorescent lightbulbs...the ecological irrelevance of these practices was beside the point...What downscalers offered was not a better way to reduce emissions, but rather, a way to reduce guilt.” They conclude with: “The problem is not that most greens are elites, per se, but rather that too few of them acknowledge the material basis for their ecological concern and that too many reject the modern project of expanding prosperity altogether.” Read the original article here: <http://www.tnr.com/politics/story.html?id=6cd5578a-85ab-4627-b793-680ea8d44c7f> – Ron Levesque



Co-op Ed 101 – Although this item is not about a co-op, it is a story of co-operation and an event that everyone in Atlantic Canada knows about - the sinking of the Titanic. About 600 kilometres southeast of Newfoundland, the ship hit an iceberg. So many people co-operated to rescue those in the water and it was almost a miracle that so many survived. Many of the survivors came to this area. Some of them remained. This week Melvin Dean, 97, the **last Titanic survivor** passed away. The Toronto Star headline: Remarkable, sparkling lady dies on the anniversary of launch of ship meant to take her to a new life in U.S. <http://www.thestar.com/news/world/article/643413> - Maureen MacLean



Young Co-operators: The Buds on the Co-op Tree - Tanya Gracie presented on youth as part of a panel titled *The Future of Co-ops* for a joint session between the Canadian Association for Studies in Co-operation and the Association for Non-Profit and Social Economy Research in Ottawa on May 27th. She has recently graduated from the Master’s in Community Economic Development program at South New Hampshire University and is currently working to put together the 100th Anniversary Congress for the Canadian Co-operative Association. Learn more about the event at <http://www.coopscanada.coop/100th/congress.htm> Tanya raised a couple important points during her presentation including the fact that many youth fall into the co-op movement all too accidentally and also that we should not speak about youth only in the context of the future of co-ops, but also in the discussion of the present. - Erin Hancock



Co-op Community Bulletin Board

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- June 3-5, 2009 Canadian CED Network Conference, University of Winnipeg, Winnipeg, MB - three days of learning, networking and celebration Go to www.ccednet-rcdec.ca for details on conference.
- June 3, 2009 Canadian CED Network’s Food Policy Working Group is hosting a One-Day Forum on Local Food (9:00am - 4:00pm, Riddell Hall – University of Winnipeg). For more information, contact Matthew Thompson by email at mthompson@ccednet-rcdec.ca or by phone at 416-760-2577.

- June 15, 2009 60th Annual Gala, Nova Scotia Co-operative Council with guest speaker Rev Jesse Jackson at World Trade and Convention Centre, Halifax, NS. Tickets can be obtained by contacting andrea@nsco-opcouncil.ca or (902) 893-8966
- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues". Abstracts of papers must be received by Mar 31. Final paper and presentation slides by June 1, if applicable. More information and a style guide are available from Tom Webb, jtwebb@auracom.com or tom.webb@smu.ca or contact Larry Haiven (902) 420-5082 or larryhaiven@smu.ca
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – Last week's contest: Wendy Cook and Catherine Ann Fuller were winners. **Answers:** Delete a letter from the words below and then add a 3-letter word to them (doesn't matter where) to form a new word that matches the clues in the ().

1. Rich (to look; to ____)
 2. Spite (a place you go to when you are on the internet)
 3. Mite (to send; to ____)
 4. Elf (to show what something is, like to put a ____ on an item to show what type of item it is)
 5. Ice (when you use your brain, you use your ____)
- Search (delete 'I' and add 'sea') 2. Website (delete 'p' and add 'web') 3. Submit (delete 'e' and add 'sub') 4. Label (delete 'f' and add 'lab') 5. Logic (delete 'e' and add 'log')

This week's contest: Each of the clues below describe a famous pair (example: Salt & Pepper). Can you name each pair?

1. Jingly sound makers & accompanying sounds heard on the Seven Dwarfs commute
2. Corny phrase used by photographers & thin crisp wafers
3. Small spherical play toy & a letter propagated to many people threatening bad luck unless forwarded
4. Mayberry's deputy sheriff & hollow round percussion instrument
5. A cheery, cheerful or joyous disposition & a unit of company stock
6. Long slender conifer leaf & message board continuous chain of postings
7. Kevin of "Six Degrees" trivia fame & chicken predecessors
8. Writing implement loaded with ink & bank employee that receives or pays out money
9. A paste made from ground goober peas & sweet spread prepared from Concord Grapes

Please keep those entries coming! 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. May's prize is a CD of International Music. Send your entry to contest1@nbnet.nb.ca.



Co-op Cooking – Want to treat Dad to something special for Father's Day? Perhaps he might like the following:

Peppered Beef Steak with Strawberry Balsamic Glaze

Strawberry Balsamic Glaze:

- 2 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup chopped, frozen strawberries
- 3 tbsp balsamic vinegar

1 tbsp honey or granulated sugar
1/2 tsp salt
1/4 tsp pepper
1/4 cup shredded fresh basil or parsley

Steak:

1 tbsp Dijon mustard
1 clove garlic, minced
2 tsp coarsely ground black pepper
1/2 tsp salt
1 sirloin steak (about 1 ½ lb), cut 1-inch thick

In a saucepan, heat oil over medium heat. Add onion, garlic and strawberries and cook, stirring occasionally for 5 to 6 minutes, or until strawberries are just softened. Add vinegar, honey, salt and pepper and cook for 2 minutes. Purée in blender or food processor. In a small bowl, combine mustard, garlic, pepper and salt. Rub over steak. Grill steak for 4 to 5 minutes per side for medium-rare, or longer until desired doneness. Tent with aluminum foil and let stand for 5 minutes. Carve steak thinly, across the grain. Arrange on a serving platter. Spoon over sauce. Garnish with basil. Note: Boneless rib steaks can be substituted for sirloin steak - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads –This week, we feature **CBC Radio's Book Club** web site <http://www.cbc.ca/canadareads/bookclub/index.html> for all those looking for that book to read while relaxing in our Atlantic summer breezes. Check it out. It has lots of "good read" suggestions from readers across the country. If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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- "It is the highlight of our week to do the contest. Thanks so much for encouraging teamwork and co-operation." – W.C., NS



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, June 10, 2009



Week of June 7 – June 13, 2009, Vol. 4, No. 22
*Edited and Compiled for you, by the Rising Tide Collective**

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Openings - Openings is a weekly feature of Co-op Circles. *“True generosity requires more of us than kindly impulse. Above all it requires imagination - the capacity to see people in all their perplexities and needs, and to know how to expend ourselves effectively for them.”* - I.A.R Wylie
www.allmovie.com/artist/iar-wylie-218933 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

- **Kent Co-op** in New Minas, NS, wants to make buying local an easy choice. Today, June 10, from 6 to 9 pm, the community-owned store will be hosting more than a dozen Annapolis Valley food producers whose products are available in the store. They will be doing tastings and demonstrations and talking with customers about their local products. Local entertainers will also be performing. “It’s really encouraging when a local business like Kent Co-op makes such an effort to promote our business,” says Anna Anderson, owner of Acadiana Soy Products in Grand Pré. Anderson will be on hand to explain how her company makes its products from Atlantic-grown soybeans, and offering free samples. “There are so many fantastic foods produced right here. The easier it is for people to buy them, the better.” Reconnecting with its role as the local food leader only makes sense for Kent Co-op, which was started by area consumers and producers almost 40 years ago. “We have looked very closely at what the community wants from our grocery store,” says Jim Noonan, president of Kent Co-op. “People clearly didn’t understand that there are literally hundreds of local products available at our Co-op. So we have increased the visibility and signage of every Valley product we have available. After this event, if it’s in the store and from the Valley, you’ll know it!” Noonan also hopes the event will help dispel the myth that only paid members can shop at Kent Co-op. “Everyone is welcome at Kent Co-op, members and non-members alike,” he says. “If you believe in buying local and Atlantic products for your family, it is your best and most convenient choice.” For more information contact store manager Leigh Johnson at 681-7738, or manager.kent@co-oponline.com
- **Paul Crane**, former director of co-operative development for the Nova Scotia Co-operative Council, died at his home in Mahone Bay, NS, this past weekend. Paul Crane had a successful career with a national business development bank. He had developed loan policies, operational manuals, and guidelines for the implementation of a national development fund for entrepreneurs. He had worked with several Nova Scotia CBDCs to develop strategic plans and has recently served on the Board of Directors of the Community Investment Fund, part of a community economic strategy associated with the Harbor Solutions Project in Halifax. He had been instrumental in the design of the Co-operative Council’s Micro Credit Loan Fund. He was a mentor to several credit union clients and worked with Affirmative Industries through the delivery of the

Andrew Peacock Equity Loan Fund for Entrepreneurs with disabilities. Send on-line condolences to condolences.snow@ns.aliantzinc.ca

- The **Halifax Seaport Farmers' Market** has been given the green light to start construction. Fred Kilcup, market manager, says the project is still on target to be completed in late spring 2010. The market will have a number of green features including wind turbines on the roof, solar collection and a geothermal climate control system. It will be open six days a week with space accommodation for 200 small businesses and vendors. Halifax
http://www.halifaxfarmersmarket.com/index.php?option=com_content&task=view&id=86Produced
- **Rev Gary Burrill**, a United Church minister, was successful in his bid for the New Democratic Party seat in the riding of Colchester-Musquodoboit Valley during last night's Nova Scotia provincial election. Rev Burrill is one of the founders of that area's **Arimathea Funeral Co-op**.
- The world's largest cranberry company is opening a huge cranberry farm in eastern New Brunswick. **Ocean Spray** broke ground on a 3,400 hectare farm on Crown land near **Rogersville**. The company is leasing the land from the province, and is expected to invest up to \$90 million to develop the farm. Ocean Spray CEO Randy Papdellis says New Brunswick offers an ideal growing environment. New Brunswick Premier Shawn Graham says the project puts Rogersville on the map as one of Canada's key cranberry growing regions. The new farm is expected to have its first crop in 2012. Ocean Spray is a co-operative founded more than 75 years ago and owned by more than 650 cranberry growers and 100 grapefruit growers in North America.
<http://www.oceanspray.ca/english/harvest/index.cfm>
- **Credit unions in Sydney and Sydney River, NS**, launched idle-free zones in their parking lots and drive-thru ATMs. Customers will be encouraged by signs saying Idle-Free Zone, Idling Gets You Nowhere to turn off their car engines while waiting in the parking lots or drive-thru lineups. All 10 credit unions in the Cape Breton Regional Municipality are expected to join the campaign by posting the signs. The drive-thru ATM at the credit union's Townsend Street branch in Sydney is the busiest in the Maritimes and the Sydney River drive-thru is also busy.
<https://www.sydneycreditunion.com/Home/>
- A former Co-op Atlantic employee, **Harold Gordon Stephenson**, 86, of Moncton, NB, died June 6. Born in Moncton, he was the son of the late Charles and Ruby (Murray) Stephenson. A graduate of Moncton High, he served overseas with the Tank Division of the Sherbrooke Fusiliers. He graduated in 1948 from the Nova Scotia Agricultural College in Truro upon his return from overseas. At Co-op Atlantic, he was manager of the Livestock Department and was a livestock auctioneer. Harold started Co-op Atlantic's Petroleum Department in 1961. He eventually retired to his beloved farm and ran a hog operation. Harold enjoyed the company of the people who came to his U-pick raspberry field and trout pond. He enjoyed gardening in the summer, raising prize winning glades and dahlias, doing woodwork in the winter, turning out lamps and furniture pieces. Harold will be sadly missed by his wife of 57 years, Marion (MacMichael); sons, Michael (Joanne) and Jack (Kathy). Online condolences at <http://www.fergusonknowlesfh.com>
- In support of West Riverview Elementary School's need to purchase a new gym floor, the staff of the **Advance Savings Credit Union**, Riverview, NB, branch recently

presented a check to school principal Diane Gillis in the amount of \$250. The funds for the new floor are being cost-shared between the Province of New Brunswick and School District 2. The estimated cost to replace the floor is \$25,000.” www.advancesavings.ca

- The Canadian Co-operative Association (CCA) and the Conseil Canadien de la coopération et de la mutualité (CCCM) have announced the renewal of a 4 year partnership agreement, the **Co-operative Development Initiative (CDI)**, with the federal government’s Co-operatives Secretariat. One major part of the CDI is the “Innovative Co-operative Projects” component. Through a selection process, the organizations will support individuals or communities as they test new ways of using the co-operative model, including creating co-operatives to respond to identified needs. The deadline for proposals will be July 31, 2009 and an application form and full details will soon be posted on the CCA and CCCM websites. The project proposal can be for one or up to four years funding but each year of funding must be spent by March 31st of the year in question. For 2009-2010, because of the July 31st deadline date for proposals, it is estimated you will have only 6-7 months in which to complete your project. The maximum amount will be \$75,000 per year per project. The major policy priorities are: agriculture including farmer-driven projects for value added agriculture and biofuels, rural/northern community development, innovative goods and services, including innovative uses of technology, and capacity building and sustainability. Please check the website of Canadian Co-operative Association www.coopscanada.coop for postings of the application form, in approximately two weeks, or contact: John Anderson at john.anderson@coopscanada.coop for further information and the website of the Conseil canadien de la coopération et de la mutualité website at <http://www.ccc.coop> or email Dominique Guénette at dominique@ccc.coop



Trends - Last week I wrote about how the majority of Prius owners purchase the car because of the statement the car makes about the buyers themselves, not about the reduced effects on climate change. The whole gist of the article discussed how the green movement was more about green consumption than doing good for the planet. This week I came across Stadium Associates’ website and discovered that **people will buy anything if they think it will set them apart from their neighbours...**or that companies will license anything if they think people will buy it. Stadium Associates’ claim to fame is that they are the company that has been supplying a custom blend of Kentucky Bluegrass to Yankee Stadium for the past 40 years. And now, you too, can own some officially licensed Yankees Sod or Yankees Grass Seed. Use it on your lawn or stipulate that your heirs spread Yankees Grass Seed on your gravesite. A fitting end for the final resting place of your officially licensed Yankees casket. See www.stadiumassociates.com and www.eternalimage.net/mlb.php –Ron Levesque



Co-op Ed 101 – The **Belfast Co-op** <http://www.belfast.coop/> in Belfast, Maine, grew out of a pre-order food-buying club known as the Friends Co-op. The founders of the co-op wanted to make good foods available to the community at a fair price. After three years as a buying club, they realized that there was more than enough community interest to open an everyday natural foods store. They have an extensive take out deli with the menu available on line <http://www.belfast.coop/menuAPR09.pdf> The Belfast Co-op opened as a storefront business in 1976, with an old wood floor and a sizeable parlor stove, and its motto “All are welcome” was

born. Its intent is to be a resource for information concerning health and nutrition, as well as for community topics and other related issues. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The **Manitoba Co-operative Association Inc.** offers 3.5 day seminars for youth “to develop leadership skills, and learn about cross cultural issues and values affecting society, global development and co-ops, all in a beautiful camp setting. You will meet with youth from across the province and learn more about yourself and others at a Co-op Youth Leadership Seminar.” Like the Atlantic Co-operative Youth Leadership program, participants also require the local co-ops to sponsor them. Their online registration is still open so learn more or register at <http://www.manitobayouth.coop/> - *Erin Hancock*



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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week’s contest:** Leanne Boutilier, Sydney Credit Union, was the winner. **Answers:** Each of the clues below describe a famous pair (example: Salt & Pepper). Can you name each pair?

1. Jingly sound makers & accompanying sounds heard on the Seven Dwarfs commute - **Bells & Whistles**
2. Corny phrase used by photographers & thin crisp wafers - **Cheese & Crackers**
3. Small spherical play toy & a letter propagated to many people threatening bad luck unless forwarded - **Ball & Chain**
4. Mayberry’s deputy sheriff & hollow round percussion instrument - **Fife & Drum**
5. A cheery, cheerful or joyous disposition & a unit of company stock - **Sonny & Cher**
6. Long slender conifer leaf & message board continuous chain of postings - **Needle & Thread**
7. Kevin of "Six Degrees" trivia fame & chicken predecessors - **Bacon & Eggs**
8. Writing implement loaded with ink & bank employee that receives or pays out money - **Penn & Teller**
9. A paste made from ground goober peas & sweet spread prepared from Concord Grapes - **Peanut Butter & Jelly**

This week’s contest: There are five women having dinner at a circular table. Mrs. Smith is sitting between Miss Cooper and Miss Andrews. Annie is sitting between Connie and Mrs. Grey.

Miss Cooper is seated between Annie and Yvette. Elizabeth is seated with Mrs. Summers on her left and Miss Andrews on her right. Teresa paid the bill. What are the full names of these five women? Please keep those entries coming! 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. May's prize of a CD of International Music was won by Randi Alexander, Codroy Valley Credit Union, Grand Bay East, NL. Send your entry to contest1@nbnet.nb.ca.



Co-op Cooking – Phyllo pastry is always elegant looking and here is a new take on an old favourite that is bound to bring complements from family and guests alike.

Fast and Easy Apple Pie

1/2 cup sugar
2 1/2 tbsp ground cinnamon, divided
4 sheets of phyllo pastry
1 tbsp butter, melted
8 medium cooking apples
1 1/2 tbsp fresh lemon juice
1/2 cup apple cider
2 tbsp brown sugar (optional)
pinch of salt
1 tsp vanilla extract
1/2 cup golden raisins
1/4 tsp ground nutmeg
1/3 tsp ground ginger
1/4 tsp cream of tartar or corn starch
4-oz vanilla flavoured yogurt

Mix sugar and 1 tbsp cinnamon to create cinnamon sugar. Melt butter over low heat or in microwave. Brush butter gently over phyllo sheets and sprinkle with cinnamon sugar. Brush 9-inch pie plate with butter. Place phyllo pastry sheets on top of pie plate, creating a cross shape. Gently push pastry down into the dish to mold the pie crust. Peel and slice the apples thinly into a heave, medium pot. Mix in the lemon juice. Add all remaining ingredients except the yogurt. Cook over medium heat for 10 to 15 minutes (until apples are tender). Remove from heat. Stir in yogurt and pour into prepared crust. Fold ends of pastry over top of pie, pleating to fit (top should look uneven and crumpled).

Bake at 375F for 3 to 5 minutes (top should be crispy and golden brown). - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – This week, from Breakwater Books in St. John's, NL, <http://www.breakwaterbooks.com/> we feature **By the Rivers of Brooklyn** by Trudy Morgan-Cole. She transforms into fiction the experience of the 75,000 first- and second-generation Newfoundlanders who once lived in Brooklyn, New York – and the experience of Newfoundlanders throughout history who have gone away to find work and prosperity but never stopped dreaming of home. If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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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 love the weekly contest. You are tough. #s 1 to 7 and #9 are a walk-through but I have the feeling I could go in circles all day with # 8.*
- *Pen & teller makes no sense to me (or would that be ballpoint & teller or pen & CSR or pen & PBR; or CSR or PBR with ballpoint??? I don't know any other terms for the people who handle money in banks and though there are many types of pens out there (gel, marker, etc, etc) I cannot think of one that makes sense with teller/CSR/PBR. Thanks for the mental stretch - have a great day. FYI: Magic and comedy duo Penn & Teller have been performing together since 1975.*



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Next *Co-op Circles*: Wednesday, June 17, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of June 14 – June 20, 2009, Vol. 4, No. 23
*Edited and Compiled for you, by the Rising Tide Collective**

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Openings - Openings is a weekly feature of Co-op Circles. “Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction.” - E. F. Schumacher www.smallisbeautiful.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

- The friends of **Rock Barra Artist Retreat Co-op** invite people to a summer evening social at the wHy loft, corner of Prince and Euston Streets in Charlottetown, PEI, on Thursday June 18, 7 -10-00 p.m. Join them for an evening of great music, delightful cakes by world-class chefs, wonderful coffee, choice Chinese teas and an art auction. Admission is by donation and all proceeds go to the Rock Barra Artist Retreat Co-op.
- **Credit Union Central of Nova Scotia** and **League Savings and Mortgage Company** are being formally recognized for their comprehensive approach to business continuity planning. The Disaster Recovery Institute (DRI Canada) selected the Credit Union Central of Nova Scotia as the recipient of this year’s Award of Excellence in the small company category. The selection was based on a presentation made to a panel of judges by LSM Vice-President of Operations Michael Leonard and CUCNS’s Business Continuity Manager, Margie Douglass, who holds a Certified Business Continuity Professional (CBCP) designation from DRI Canada. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfied=content.id&search=518>
- The **Caisses populaires acadiennes** have won four awards for excellence in their marketing projects in a nationwide competition, at the annual gala which took place at Château Frontenac in Québec, from June 1 to 3. http://www.acadie.com/en/communiquer_affiche.cfm?id=381
The Caisses populaires acadiennes won four Achievements in Marketing Excellence Awards (AIME Awards) for the quality of its marketing campaigns in the following categories: Corporate communications: Youhaveamessage.ca promotional campaign
Printed material: Student Advantage Line of Credit
Info Letters: Marketing Direct campaign for Lines of Credit
Brochures: Asset Management marketing tools
- The **Caisses populaires acadiennes** are launching a **new contest** http://www.acadie.com/en/communiquer_affiche.cfm?id=380 As a major partner of the 2009 World Acadian Congress (Congrès mondial acadien, or CMA 2009), the Caisses populaires acadiennes want to celebrate. The “Viens-t’en fêter au CMA 2009!” contest offers the possibility to win one of three prizes, and the draw will take place on July 31, 2009. Each winner will receive free access, with seven guests, to the Caisses populaires acadiennes private lounge and attend one of the following three major concerts of the CMA 2009: the opening night concert in Shippagan on August 7, the August 15

concert in Caraquet, or the closing concert in Tracadie-Sheila on August 23. Three draws will take place, with one winner per show, an estimated \$1,500 value each.



Trends - The movie *Food, Inc*, opened in a limited number of theatres across the U.S. last week and, while I have not seen it, the consensus is that it is ‘eye-opening, shocking, and disgusting’. The movie exposes U.S. (or perhaps we should say ‘big corporate’) food production, particularly the food that ends up on supermarket shelves. As I said, I have not seen it, and given that the Empire corporation (Sobey’s) owns many of the movie theatres in Atlantic Canada, let’s just say we may have to wait until it comes out on video to see it. Food production is an emotional issue – we all want to believe our meat comes from cattle grazing in green pastures or chickens pecking in sunny farmyards, or that our vegetables come from quaint little gardens that dot the countryside, but the reality is that it is all a pipe dream (there’s a contradiction). We simply cannot feed everyone in Canada, let alone the rest of the world, using less-intensive methods and living the way we do. And that is the rub: living the way we do. I would argue that before clamouring for organic or local or less-intensive, we take a serious look at our own consumption habits: a study by Statistics Canada (Human Activity and the Environment, find it here: <http://www.statcan.gc.ca/daily-quotidien/090609/be090609a-eng.htm>) released last week showed that **38 percent of food sold at retail is thrown out at some point between the shelf and the plate**, or the equivalent of 183 kilograms of food for EACH Canadian. –*Ron Levesque*



Co-op Ed 101 – This week, I would like to share a bit about the New Pioneer Food Co-op in Iowa City, Iowa. For more detailed information, check out its Web site at <http://www.newpi.com> Its mission statement is all encompassing, and one that I would like my co-op to embrace: New Pioneer is a co-operatively owned business, fully serving the needs of the natural products consumer. We emphasize high quality, fair prices, and product information. We are an environmentally and socially responsible member of the community we serve. New Pioneer’s mission is to serve the needs of its members and to stimulate the local agricultural production of natural and organic foods by providing a market for such foods. The Co-operative fully recognizes the value and dignity of work and shall place a high priority on the health, welfare, and happiness of all its employees. The Cooperative shall strive to set a community standard for the best possible working conditions, training, wages, benefits, and opportunities for advancement for members.”
- *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The North American Students of Co-operation (NASCO) are currently seeking proposals for presentations for their November 2009 Action Camp. Their themes this year include environmental justice, marginalized communities among others-----of course relating to how co-operatives can help address these issues. The proposal deadline was extended into this week so if you are interested, visit their website right away at <http://nasco.coop/institute/node/2538> .NASCO can offer travel stipends to selected presenters on an as-needed basis. If you are able to offer skill-building workshops, informative presentations or would like to attend as a participant, stay posted on the above website. - *Erin Hancock*



Co-op Community Bulletin Board

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- June 16-19, 2009 CCA's 100th anniversary Congress, Ottawa, ON. See www.coopscanada.coop/100th/congress.cfm
- June 19-21, 2009 Symposium organized by the Masters in Management of Co-operatives and Credit Unions Program at St Mary's University, Halifax, NS. Theme is "Legislative and Public Policy Issues".
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** We didn't have a winner last week. **Answer:** There are five women having dinner on a circular table. Mrs. Smith is sitting between Miss Cooper and Miss Andrews. Annie is sitting between Connie and Mrs. Grey. Miss Cooper is seated between Annie and Yvette. Elizabeth is seated with Mrs. Summers on her left and Miss Andrews on her right. Teresa paid the bill. What are the full names of these five women? Annie Summers, Elizabeth Grey, Teresa Andrews, Yvette Smith, Connie Cooper **This week's contest:** Camp Pineview's cook, Margaret Johnson, was just about to begin preparing the picnic lunch for all the campers. She already knew she needed to fill 55 bowls of the same size and capacity with the same amount of food. When she was done, she decided to read the guidelines for the picnic, just out of curiosity. The guidelines said:

1. Every camper gets their own bowl of soup.
2. Every two campers will get one bowl of spaghetti to share.
3. Every three campers will get one bowl of salad to share.
4. All campers are required to have their own helping of salad, spaghetti, and soup.

After some rapid calculations, Margaret was able to figure out how many campers were going to the picnic. Can you? Please keep those entries coming! 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.



Co-op Cooking – Here is a great salad which will add lots of colour to your summertime table.
Bistro Mushroom and Salmon Salad

Dressing:

- 1 1/2 cup olive oil
- 5 tbsp lemon juice
- 2 tsp Dijon mustard
- 2 cloves garlic, minced
- 1/2 tsp salt and pepper
- 1/3 cup chopped fresh dill

Salad:

- 1 lb fresh mushrooms, thinly sliced
- 8 oz green beans, halved
- 1 cup halved cherry or grape tomatoes
- 1/2 medium red onion, thinly sliced
- 12 Romaine or Boston lettuce leaves
- 2 cans salmon, drained
- 3 hard cooked eggs (optional)
- 1/2 cup slivered black olives (optional)
- 1 large lemon, cut in wedges
- fresh dill sprigs (optional)

In a small bowl or measuring cup, whisk oil, lemon juice, mustard, garlic, salt, pepper and dill together. Place mushrooms in a large bowl; pour ¼ cup dressing over and stir to coat well. Marinate at room temperature 15 to 60 minutes. Meanwhile add beans to boiling water and cook until tender-crisp about 4-5 minutes; refresh under cold running water and drain well. Add tomatoes, beans, onion and remaining dressing to mushrooms; toss to mix well; arrange lettuce on large platter or on individual plates. Spoon mushroom salad onto lettuce leaves; remove bones from salmon, breaking into chunks and place on top of salad. Slice eggs or cut into wedges and arrange on top of salad, and garnish with olives if desired. Garnish with lemon wedges (to squeeze over salmon) and dill sprigs.

Tips:

Substitute 2 tsp dried dill weed for fresh dill and add ¼ cup chopped fresh parsley to the salad. Kalamata or Nicoise olives cured in oil or brine are more flavourful than canned.

Variations:

Omit canned salmon and top salad with grilled filets of salmon or cold poached salmon.

Substitute Seafood Snack (Imitation Crab) for salmon.

Substitute canned or grilled tuna for salmon and replace dill with tarragon. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads –This week, Coastlines. It is an anthology of poetry from New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland. Organized by province into four sections and spanning the period between 1950 and the present, it features a number of established and emerging poets. It is published by Goose Lane Editions in Fredericton, New Brunswick. www.gooselane.com If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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Next *Co-op Circles*: Wednesday, June 24, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



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Openings - Openings is a weekly feature of Co-op Circles. "To see things in the seed, that is genius." - Lao Tzu

<http://www.chebucto.ns.ca/Philosophy/Taichi/lao.html> 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 MacNeil**, Big Bras d'Or, Cape Breton, died this past weekend in a collision between his farm tractor and a tractor trailer. George was well known throughout Cape Breton and beyond. Many co-operators will remember George's presence with his guitar and voice at social gatherings during co-op annual meetings. He was 68 and had served on the board of United Farmers Co-operative, as well as serving in numerous ways that helped make his community, Nova Scotia and Canada a better place to live. He believed in youth and was a strong advocate for the 4-H program. Condolences to the family can be sent to fillmoreandwhiteman@ns.sympatico.ca
- **Alphonse Desjardins**, the father of Canada's *caisse populaire* movement and founder of Canada's sixth largest financial institution, has been named history's "**Greatest Canadian Co-operator**" following an online vote by more than 8,000 people across the country. The Canadian Co-operative Association (CCA) announced the winner of the Greatest Canadian Co-operator award at a dinner in Ottawa celebrating the 100th anniversary of Canada's organized national co-operative movement. Desjardins, who died in 1920, was one of 14 pioneers of the Canadian co-operative movement nominated for the award. All 14 were inducted into the virtual Canadian Co-operative Hall of Fame, which was launched at Thursday's event. They included Moses Coady and Rev. J D Nelson MacDonald, two Nova Scotia co-operative and credit union pioneers. Desjardins, born to impoverished parents in 1854, established North America's first co-operative savings and loan society - a *caisse populaire*, or "people's bank" - in Lévis, Quebec in 1900 as an alternative to commercial banks that charged exorbitant interest rates to farmers and workers. His example inspired the creation of credit unions across Canada and the United States and today, Desjardins Group is Canada's sixth largest financial institution. It is also the largest co-operative organization of any kind in Canada, based on turnover, and the 33rd largest co-operative in the world. To learn more, go to <http://www.coopscanada.coop/>
- Again, Atlantic Canadians are encouraged to vote. This time it is for the Bay of Fundy. It is back on the international stage in the New7Wonders of Nature contest. The Bay of Fundy is best known for the highest tides in the world and has been compared, in marine biodiversity, to the Amazon Rainforest. The Bay is the summer feeding area for half the world's population of endangered North Atlantic Right whales and 12 other

whale species. It is home to the world's most complete fossil record of the "Coal Age" (300 million years ago) as well as the world's oldest reptiles and Canada's oldest dinosaurs. UNESCO recently recognized the upper Bay of Fundy as a Biosphere Reserve and Joggins Fossil Cliffs as a World Heritage Site. Canadians from coast to coast are encouraged to go online to <http://votemyfundy.com> to place their vote before July 7, 2009, when the top 77 international sites will be short listed. Between July 7 and 21, an independent committee will select the top 21 to continue into the fourth and final stage of the campaign. These top 21 sites will also be part of a 2010 New7Wonders world tour bringing tremendous international attention to the selected sites. Phase four is the last voting component of the New7Wonders of Nature campaign until the final announcement is made on who has been selected the New7Wonders of Nature. "We only have a few weeks left in this phase of the contest so every vote is important and interested voters can go to <http://votemyfundy.com>. We are really excited to be back in the running and we hope we can succeed in getting Canada's Bay of Fundy into the next international phase of the campaign," said Terri McCulloch, manager, Bay of Fundy Tourism Partnership.



Trends - There is something really wrong with newsgathering when one of your sources is Twitter. But that is nonetheless what CNN is up to these days with their latest assault on Iran. I think this is why I stopped watching most television news shows - journalistic standards have simply gone out the window, replaced with theatre, or the appearance of news. Now, anyone with a Twitter account can send anything to CNN and only God knows what procedures they use to vet the short messages that come through and are published on-screen or quoted as fact by their news anchors. I guess I should not be surprised. Newspapers, radios and televisions news departments are bleeding red ink and no longer able to afford to have real journalists on staff. I think there is a huge role for 'citizen journalists' but I wonder about the critical thinking skills of the newer generations of students and members of the workforce coming out of colleges and universities. We are continuing to add on to the generations of people who were and continue to be spoon fed information that is tailor made and spun to make mindless consumers out of all of us. Think about it: All our questions are answered in 30 second commercials - it has become almost uncivilized to ask questions. I wonder if program cuts to the CBC and Radio-Canada are designed to do just that? Oops...sorry, I shouldn't have asked that.-*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - Trevor MacDougall, the Coordinator for the Atlantic Co-operative Youth Leadership (ACYL) submitted the following message for the Young Co-operator section this week: "ACYL would like to congratulate Jacob Henderson of Havelock, New Brunswick for winning the inaugural 'How Co-operative Are You' challenge. The purpose of the challenge is to have youth who attend ACYL seminars in 2009 accomplish co-operative tasks such as opening an account at a Credit Union or becoming a member at their local Co-op. For each task accomplished, participants accumulate ballots giving them chance to win one of 4 Apple Ipod Touches. If you would like more information on ACYL or the 'How Co-operative Are You' challenge, please visit our website at <http://www.acyl.coop/> - *Erin Hancock*



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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** The winner was Cathy Darland, Moncton, NB.

Answer: 30 campers This week's contest: Many years ago, a cruise liner sank in the middle of the Pacific Ocean. The survivors luckily landed on a remote desert island. There was enough food for the 220 people to last three weeks. Six days later a rescue ship appeared, unluckily this ship also sank, leaving an additional 55 people stranded on the island to now share the original rationed food. The food obviously had to be re-rationed, but everyone was now on one-half of the original ration, so how many days in total would the food last for, from the day of the original sinking? Please keep those entries coming! 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.



Co-op Cooking – Couscous is pasta made from semolina (a grain). The couscous sold in supermarkets today is very convenient as it is the instant type that has been steamed and dried. I have a friend who introduced me to couscous a few years ago and this is one of her favourite ways to prepare it.

Couscous with Vegetables

- 1 3/4 cups chicken or vegetable stock
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot red pepper flakes
- 1 tbsp grated fresh ginger root
- 2 cloves garlic, minced
- 3/4 lb mushrooms, sliced
- 1 1/2 cups sliced carrots
- 1 onion, chopped
- 1 cup instant, whole wheat couscous
- 1 cup sweet red pepper, chopped
- 1 19-oz can chickpeas, drained and rinsed
- 1/2 cup raisins
- 1/4 tsp each salt and pepper (optional)
- 1/4 cup chopped fresh parsley or coriander
- 1/3 cup toasted pine nuts (optional)

In large saucepan, combine stock, cumin, coriander, pepper flakes, ginger and garlic; bring to a boil. Add mushrooms, carrots and onion. Cover and cook 5 to 7 minutes (tender-crisp). While vegetables are cooking, place couscous in medium bowl, add 1 cup boiling water, cover and let stand 5 minutes. Add red pepper, chickpeas and raisins to the mushroom mixture; cook 2 to 3 minutes (until hot). Taste and add salt and pepper if desired. Stir in parsley or coriander. Fluff couscous with a fork and spoon into bowls.

Top with vegetable mixture including broth. Sprinkle with pine nuts if desired. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads –This week, we feature Nimbus Publishing. It produces more than thirty new titles a year on a range of subjects relevant to the Atlantic Provinces- children's picture books and fiction, literary non-fiction, social and cultural history, nature photography, current events, biography, sports, and cultural issues. Nimbus also does distribution for numerous Atlantic publishers, making the company the biggest book distributor on the east coast of Canada. Nimbus has just republished Sheree Fitch's children's book, <http://www.nimbus.ns.ca/Store/CatalogItem/tabid/904/ProductID/5480/Default.aspx?txtSearch=sleeping+dragons> Sleeping Dragons All Around. An award-winning bestseller first published in 1989, Sleeping Dragons All Around is back to spark the imaginations of a whole new generation. Check it out at <http://www.nimbus.ns.ca/>. If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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Next *Co-op Circles*: Wednesday, July 1, 2009

Rising Tide Collective*- Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle

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Openings - Openings is a weekly feature of Co-op Circles. “*We have thousands of opportunities every day to be grateful: for having good weather, to be able to sit in such a beautiful room on such comfortable furniture, to have slept well last night, to be able to get up, to be healthy, to have enough to eat. ... There's opportunity upon opportunity to be grateful; that's what life is.*” - Brother David Steindl-Rast www.gratefulness.org/brotherdavid/index.htm
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** recently released its **2008 Sustainability Report** titled Building a Foundation for Sustainability. It is the 5th year the group has released information so that its stakeholders understand more about its triple bottom line performance (economic, social and environmental). The report is available on line at www.cooperators.ca/sustainability_report When you view the report you will be asked to respond to an e-survey. For every response received, \$5 will be donated to the Tree Canada Foundation.
- The Nova Scotia co-operative sector, like every other business sector, is experiencing challenges with recruiting and maintaining skilled and talented workers, particularly young people. The **Nova Scotia Co-operative Council**, along with its partners in government and the community college, is undertaking **a survey to assess the future labour issues/shortages** within the co-operative and credit union sector, with a goal of building a strategy to help its members address their needs. For information about the survey or to access a copy, please contact andrea@nsco-opcouncil.ca
- The **Co-op Development Initiative**, for 2009-2013, is now in place. The Advisory Services component is not yet operating. However the program called “Innovative Co-operative Projects” or ICP (comparable to the previous Innovations and Research program) is now accepting applications. The initial deadline is July 31st. You will find the ICP application form and the application guidelines at this link: <http://coopscanada.coop/en/coopdev/CDI/Innovative-Co-operative-Projects>
- The **Co-operative Enterprise Council** <http://www.cecnb.ca/> in New Brunswick has welcomed Greg LeBlanc as its newest Director. Elected at the May 29th annual membership meeting, Greg represents the Community Energy Co-op from Knowlesville, NB. He has a background in renewable energy and community sustainability.
- This year marks the **3rd Annual Credit Union Atlantic Lung Run**. Credit Union Central of Nova Scotia is challenging people to form a team and join in on Sunday, August 9. Run, jog or walk – it’s all for the Lung Association’s Camp Treasure Chest – a summer camp for children living with moderate to severe asthma. This year’s goal is to recruit over 450 participants and raise more than \$30,000 to support the camp. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=530>

- In Nova Scotia, **Bergengren** and **Heritage** Credit Unions made Progress Magazine's list of "25 Best Places to Work in Atlantic Canada". Bergengren Credit Union, which employs 67 at branches in Antigonish and Pictou counties, and Heritage Credit Union, which employs 76 at branches in Halifax, Colchester and Hants counties, were ranked 21st and 22nd respectively. <http://www.ns-credit-unions.com/> Credit unions throughout Atlantic Canada made up 20 per cent of this year's "25 Best Places to Work in Atlantic Canada" list. Also recognized were two New Brunswick credit unions, **OMISTA** Credit Union of Moncton and **Bayview** Credit Union of Saint John and area, as well as **Newfoundland and Labrador Credit Union** in St. John's, NL.



Trends - **Car sharing** has been around in Europe for a number of years, but it is only now making inroads in North America, and then only in large cities. One car sharing company that is using technology to its advantage is Zipcar (www.zipcar.com). You typically find and reserve an available Zipcar online, and when you near it (physically) you simply brandish your Zipcard, which contains a small RFID (Radio Frequency Identifier), near a receiver in the windshield and the car, which knows you are the one who wants to rent it, unlocks its doors. Recently, though, the company announced another neat feat of technology – iPhone users will be able to search for available Zipcars on their iPhone. A map with pushpins representing available Zipcars in your proximity will show up, and then you will be able to reserve the car, make its horn go off when you near it, and unlock the doors – all with your iPhone. It is kind of like calling your very own taxi, but without the hassle of dealing with the high cost (or sometimes obnoxious drivers). –*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - **Young co-operators** from across Canada were honored be part of the **CCA 100th Anniversary and AGM** recently in Ottawa. Youth delegates from all types of co-operatives, including the youth committee of the Conseil Canadien de la coopération et de la mutualité have renewed their commitment to youth awareness and engagement in Canada. After several meetings on June 17 and the Canadian Co-operative Association's Plenary Session "Young Co-operators - Perspectives on Vision, Voice and Change" there is a collective sense of enthusiasm to meet our nation's diverse economic, social and cultural needs. To learn more about CCA's focus on youth, visit http://www.coopscanada.coop/en/info_resources/Young-Co-operators (submitted by Trevor MacDougall, ACYL Program Coordinator)



Co-op Ed 101 - This week I found an article on the success of **Pioneer Co-operative Association Ltd.** <http://www.pioneercoop.ca/> Record sales of just over \$200 million were realized by the Pioneer Co-op in 2008. The Pioneer Co-op has more than doubled its sales over the last 10 years. In 2000, its sales for the year were \$81.1 million, compared to the 2008 total of \$200,002,096. In the directors' report given by Beth Henderson, it was announced that the Pioneer Co-op realized earnings of \$14.9 million and that \$10.3 million will be allocated back to the members with 50 per cent of this to be returned in the form of a cash dividend In April, 1936, the board of the Swift Current Oil and Gas Co. Ltd. passed a motion to call an extraordinary meeting of its shareholders to consider reorganizing the company as a co-operative, forming Pioneer Co-operative Association Ltd.



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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** The winners were Cathy Darland, Moncton and Lorraine Perry, Saint John, NB. **Answer:** 30 days **This week's contest:** Each group of definitions describes three words that are spelled the same, except for one letter (each group describes a different set of words). Example: king, ring, wing. The length of the words in each group is provided. 1) to traverse & salad plant related to mustard & gross (5 letters) 2) a type of fruit & to feel about blindly & to complain (5 letters) 3) just & den & characteristic of a mammal (4 letters) 4) alone & only & transferred for money (4 letters) Please keep those entries coming! 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. June's prize of a CD of International Music was won by Pat Dempsey, Coastal Financial Credit Union board, Yarmouth, NS.



Co-op Cooking – With an emphasis on using more locally produced foods, and with strawberries coming into season, here is a quick and easy dessert that will impress everyone. When choosing a yogurt, I read the ingredient list. There are two brands on my market shelves that contain only milk and cultures, allowing me to add fruit and other ingredients as desired.

Strawberry Trifle

- 1 can sweetened condensed milk
- 2 cups thick plain yogurt
- ¼ cup lemon juice
- 1 tbsp lemon rind
- 1 tsp vanilla extract
- 1 home-made or store-bought pound cake, cubed
- 4 cups fresh strawberries, sliced
- Whipped cream or dessert topping (optional)
- A few halved strawberries (optional)

Combine milk, yogurt, lemon juice, lemon rind and vanilla extract. Let stand 5 minutes. Mixture will thicken. Place ¼ of cake pieces in bottom of 10-cup glass bowl. Cover with 1 cup sliced strawberries and ¼ of lemon custard. Repeat layers until all ingredients have been used, ending with lemon custard. Refrigerate at least 2 hours. Serve, garnishing with whipped cream and halved strawberries if desired. Note: Strawberries may be replaced with any fresh fruit. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – This week, we feature **Acorn Press** www.acornpresscanada.com which is launching this Thursday (tomorrow, July 9) **Wild Island: Prince Edward Island's Hidden Wilderness** by John Sylvester. Whether it is a long walk down a deserted beach, the discovery of spring wildflowers on the forest floor, or the sight of a bald eagle soaring above his canoe, it is the experience of wild things that brings peace, wonder, and inspiration to John Sylvester's work and life. Wild Island gathers together fragments of what remains of the "wild things" found on "The Million-Acre Farm," presenting a picture of Prince Edward Island as Sylvester imagines it might have appeared before permanent settlement. A portion of the royalties are being donated to The Island Nature Trust, a conservation group that for thirty years has worked tirelessly to protect the Island's remaining natural communities. If you have a favourite book or publishing house (from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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- *"I love the weekly contest. You didn't tell us at what time on Day 6 the rescue ship hove into view. If the extra people arrived at the end of the day and they switched the rations, putting everyone on 1/2 ration after having eaten their evening meal they should perhaps have more days food, etc. As always, thanks for the mental stretch."* – GW, NS



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Next *Co-op Circles*: Wednesday, July 22, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



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Openings - Openings is a weekly feature of Co-op Circles. “*A problem is a chance for you to do your best.*” – Duke Ellington en.wikipedia.org/wiki/Duke_Ellington 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

- Seventy years ago, something very special was happening in Eastern Nova Scotia. People were coming together to learn, to build, to share ... to become Masters of Their Own Destiny. To honour the Antigonish Movement of yesterday and today, and to celebrate the seventieth anniversary of Moses Coady’s landmark book **Masters of Their Own Destiny**, a special program, **Antigonish Reads**, will be launched tonight, July 22nd at 7:00 p.m. at the Mare Michael Library of the Coady International Institute. Additional launch events will be held at the Coady & Tompkins Memorial Library in Margaree Forks on July 22, at 7:00 p.m. and at the Canso Library in Canso on July 23 at 2 p.m. Many people in the region have powerful memories of the dynamic adult education and economic cooperation activities that helped shape their lives in the 1930’s and onward. Some community groups in the region can trace the roots of their work to the leadership and the lessons of the Antigonish Movement. Antigonish Reads will give people a chance to read the book that tells this inspiring tale, and to share their memories and stories of those exciting times. Antigonish Reads is a joint initiative of the Pictou-Antigonish Regional Library, Eastern Counties Regional Library, Marie Michael Library of the Coady International Institute, and the Angus L Macdonald Library of St Francis Xavier University.
- In 2009, Credit Union Central of Nova Scotia is turning 75, the Canadian Co-operative Association turns 100 and the Nova Scotia Co-operative Council turns 60. In addition, the sector is growing, strong and stable, despite the uncertain economic times. Despite the sector’s 100 + year history, many still do not know about its economic impact and significance. To help change that, Nova Scotia Co-operative Council is partnering with **PROGRESS ~ Atlantic Canada’s Premiere Business Magazine**, for a Special Edition (32 Pages) focused exclusively on the size, scope, economic impact, ownership, goals, of the co-operative and credit union sector. It will also feature a full interview with Rev. Jesse Jackson who was keynote speaker at the Co-op Council’s 60th annual meeting celebrations. **Co-ops and credit unions** will be hearing from Progress magazine’s sales representatives over the next month or so about opportunities to be part of this special edition. For further information, contact Dianne Kelderman, Nova Scotia Co-operative Council; (902) 893-8966; e-mail andrea@nsco-opcouncil.ca .

- If you have not already signed up for the **2009 Credit Union Atlantic Lung Run**, please go to www.lungrun.ca! Runners/walkers will be collecting pledges that help The Lung Association of Nova Scotia deliver important programs and services for people who struggle to breathe. Here are some of the incentives fundraising participant of the Credit Union Atlantic Lung Run can work toward: Team Captain Fundraising Incentive – Recruit a team of 6 or more participants and raise enough funds (\$650) to send a child to NS Lung Association’s week long Asthma Camp and you will receive a free pair of Asics Running Shoes courtesy of Aerobics First! Top Fundraising Team: An exquisite evening of wine tasting and canapés for the entire team at the incomparable da Maurizio’s. Individual Fundraising Incentives:
 Raise over \$150 –Free Race Entry + Lung Run “Premier” Water Bottle (LRWB)
 Raise over \$325 – Free Race Entry +\$25 Gift Certificate for Aerobics First
 Raise over \$650 – Free Race Entry + \$50 Gift Certificate for da Maurizio’s
 Raise over \$1,300 – Free Race Entry + \$100 Gift Certificate for da Maurizio’s
 Raise over \$1,950 - \$100 Gift Certificate for da Maurizio’s + Asics Shoes courtesy of Aerobics First! Top individual Fundraiser - 2500 Air Miles courtesy of Pharmasave!
 Top Teen Fundraiser (17 and under)– Movie Night for 10 friends! Top Youth Fundraiser (12 and Under) – Movie Night for 10 friends! There are also prizes for competitive runners in the 5K distance event. Two new and exciting for the 2009 Credit Union Atlantic Lung Run include a Nordic Walk Division and Lung Health Interactive Learning Centre for Youth. For further information, contact Louis Brill and Nick McBride (Race co-Chairs); lungrun@ns.lung.ca, 443-8141 or go to www.lungrun.ca
- **Valley Credit Union** has launched its first annual Photo Contest. Details at <http://www.valleycreditunion.com/web?service=page/HomeContest> The contest commenced on Monday, June 15, 2009, and all photo submissions must be received no later than Tuesday, September 1, 2009, at 5:00pm AST. Late submissions or submissions not conforming to the Contest Theme, Photo Format, or other eligibility requirements will not be accepted.
- **Malpeque Bay Credit Union** in Prince Edward Island has officially launched its new Website, www.malpequebaycreditunion.com. The Website will replace its old site currently attached to the provincial Webpage and offer owners more features and details specific to Malpeque Bay Credit Union. In addition to a greater depth of information regarding the latest products and services, Owners will be able to access Member Direct, the online banking arm of credit unions, from within the page itself.
- The **Canadian Co-operative Hall of Fame** is now a (virtual) reality! http://www.coopscanada.coop/public_html/hof Launched at the Canadian Co-operative Association’s 2009 National Congress as part of CCA’s 100th anniversary celebrations, the Hall of Fame honours the legacies and achievements of outstanding Canadian co-operators, past and present. Inductees into the Hall of Fame include all winners of CCA’s Canadian Co-operative Achievement Award and Global Co-operator Award, as well as 14 pioneers of the Canadian co-op movement, as nominated by co-operators and supporters across Canada. Visit the Hall of Fame to learn about Canada’s greatest co-operators including Alphonse Desjardins, named history’s Greatest Canadian Co-operator in an on-line vote; Glen Tully, winner of the 2009 Canadian Co-

operative Achievement Award and Olha Zawerucha Swyntuch, winner of the 2009 Global Co-operator Award.

- The Canadian Co-operative Association requires a **Sri Lanka Field Manager** for 18 months beginning October 1 until April 2010. To apply, send CV and cover letter to apply@coopscanada.ca. For more information go to www.coopscanada.coop. Application deadline is July 31.
- The **Advance Savings 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. Sometimes it is the single action of a person which makes them stand out from the crowd, and sometimes it's someone's whole life. Go to: http://www.advancesavings.ca/news_pages/community_ascu_news_cchampion2009.htm The second annual Advance Savings Credit Union Community Champion was presented to John Leadbetter at the Advance Savings Annual General Meeting earlier this year.



Trends - I visited New York City last week. Saw Central Park, the 5th Avenue Apple Store (of course), the Museum of Natural History, the top of the Empire State Building and the Top of the Rockefeller Centre, the Dakota apartments where John Lennon was shot, the set of the Late Show with David Letterman, and much, much more – who knew the Hard Rock Café's fries were made by McCains? Who has ever heard of 'the Burger Joint' in Le Parker Meridien hotel? Unfortunately, I was not actually there. A friend of mine took a number of us on the trip with almost hourly reports on Facebook – describing to us what he and his wife were visiting – including photos, narratives and videos. All thanks to the instantaneous communications offered by **Web 2.0 (Facebook) and email**. The posting part is rather easy, though it requires some discipline – but the neat part about this particular experience was that my friend was reading questions and providing answers almost instantaneously after his postings. Almost like you were there, in the next seat, watching the Broadway show. My thanks to Paul and Amanda. –*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - **Young Co-operatives**, a program based in the UK, aims to provide youth the opportunity to understand co-operatives and fair trade through engaging in co-operative business development within their school. Learn more through a BBC radio interview with coordinators of the program at http://www.bbc.co.uk/radio4/factual/learningcurve_20050308.shtml . Also, you may browse their website at http://www.youngco-operatives.coop/folders/about_us/ - *Erin Hancock*



Co-op Ed 101 - This week, **Prospect Co-op** <http://www.prospectpreschool.org/aboutus.htm>, New Jersey, is a unique preschool for children between the ages of two and five. Designed for families who wish to share in the early education of their young children, Prospect offers parents the opportunity to become an integral part of their child's crucial early learning experience. Here, parents assist in designing and implementing curriculum, share in administrative decision-making, and, above all, are an intrinsic part of the day-to-day classroom experience. The school, which is licensed by the State of New Jersey and the Township of Maplewood, provides a safe, warm, nurturing environment for children and parents. There is a parent in every class, every day. Parents are asked to help out in their child's class between 5-7 times a year for the younger classes and 6-9 times for the older classes, depending on the class and the number of children

enrolled. In addition, you will be asked to serve on a committee and to help with the upkeep of the classrooms and the playground



Co-op Community Bulletin Board

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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** The winners were Randi Alexander and Glenna Weagle, NS, and Marty Frost, BC. **Answer:** Cross, cress, crass; grape, grope, gripe; fair, lair, hair; solo, sole, sold **This week's contest:** Fill in the sentence below so that the first two words combine to make the third word. For example, given "The _____ of the group was extremely _____, not just physically, for he was also particularly _____", you would fill in HEAD, STRONG, and HEADSTRONG. Susan did _____ in being compassionate as it was common to find she had _____ her own things to others to help them out, making her quite an _____ person all round. Please keep those entries coming! 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.



Co-op Cooking – Although breakfast is the most important meal of the day, it is often neglected when thinking of recipes for Co-op Circles. Here's an eye-tempting dish to begin your day.

Fruit Filled Puff Pancakes for Two

1 egg

2 tbsp flour

2 tbsp milk

2 tsp cooking oil

dash salt

1 tbsp orange marmalade

1 tbsp orange juice or water

1 small banana, sliced

½ cup sliced fresh strawberries, fresh blueberries or mixture of both

Preheat oven to 400F. Coat two 4-1/4-inch pie plates, 4-1/2-inch foil tart pans, or 10-ounce custard cups with nonstick spray. Set aside. In a medium bowl use a rotary beater or whisk to beat egg, flour, milk, oil, and salt until smooth. Divide batter among prepared pans. Bake in preheated oven for 25 minutes or until brown and puffy. Turn off oven; let pancakes stand in oven 5 minutes. Meanwhile, in small bowl stir together marmalade and orange juice or water. Add banana and strawberries or blueberries; stir gently to coat. To serve, immediately after removing pancakes from oven, transfer to dinner plates. Spoon some of the fruit into center of each pancake. - *Glenna Weagle*



Atlantic Canada Writes, Publishes and Reads – This week, we feature **The Stupendous Adventure of Gregory Green** by Jason Noble, illustrated by Matthew Noble and narrated on CD by Gordon Pinsent. It is published by Boulder Publications Ltd, an independent book publishing company, based in Portugal Cove-St. Phillip's, NL. Gregory Green loves the animals and plants that live in the forest. What happens when three beastly trolls take over and start polluting his forest playground. Gregory has to do something and fast! The Stupendous Adventure of Gregory Green will be launched, Saturday, August 1, 2:00 to 4:00 pm, at Chapters, St. John's, NL www.boulderpublications.ca If you have a favourite book or publishing house

(from the East Coast) that you would like to promote, let us know and we will include it. Send your suggestions to news1@nbnet.nb.ca



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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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 29, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Aug. 2– Aug. 8, 2009, Vol. 4, No. 27
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Openings - Openings is a weekly feature of Co-op Circles. “*Character - the willingness to accept responsibility for one’s own life - is the source from which self-respect springs.*” - Joan Didion en.wikipedia.org/wiki/Joan_Didion 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 Week 2009 (Oct. 11-17) is just around the corner. If you haven’t ordered your Co-op Week promotional materials yet, it’s time to order. The deadline is August 21. [CLICK HERE](#) to find out more about this year’s Co-op Week promotional items and download the order form. Credit Unions and Credit Union Centrals should order their materials directly from Credit Union Central of Canada, www.cucentral.ca. This year’s Co-op Week posters focus on the advantages of co-ops in times of economic uncertainty. Each set of posters includes one with each theme: Putting People First, Creating Sustainable Jobs and Investing in Communities. For more information about Co-op Week 2009, contact Donna Balkan at donna.balkan@coopscanada.coop
- The annual photo contest that Valley Credit Union is running (mentioned in a previous issue) is actually an **Atlantic Canadian photo contest** that is being organized by the Central Printing Department at Credit Union Central of Nova Scotia. The winners will receive \$100 each as well as have their photos featured in the first ever Atlantic Canadian Credit Union calendar. From original photography, to financial tips and credit union trivia, this branded calendar showcases the credit union difference. In keeping with celebrating credit unions, this **13-month calendar** will be available for distribution at participating credit unions on Credit Union Day, October 15, 2009. The original photography, featuring scenes from across Atlantic Canada, will be selected through a photo contest open to credit union employees and owners. For more information, contact Blaine Johnson at CPS@cucns.ca. Calendars will be printed on FSC certified recycled content paper. A portion of profits will be donated to the Atlantic Co-operative Youth Leadership (ACYL) program. Fourteen (14) winning photos will be selected from an independent panel of judges. Contest runs from June 15th to September 1st. Pictures submitted by Credit Union employees and owners and at least one photo will be chosen from each province depicting our various seasons.
- As of July 1st, 2009, two credit unions on the west coast of Newfoundland - Brook Street Credit Union and Codroy Valley Credit Union - amalgamated to become **Leading Edge Credit Union**. This new credit union is now home to 40 employees, approximately \$63 million dollars in assets, and serves the communities of Pasadena, Corner Brook, St. George’s, Jeffrey’s, Doyles, and Port aux Basques.
- **Advance Savings Credit Union** <http://www.advancesavings.ca> recently donated \$1000 to the Edith Cavell Elementary School in support of their year-end trip for 7th and 8th graders. This year the students visited Prince Edward Island to experience

several educational and fun activities. The remainder of the funds will be used for the school lunch program.



Trends - I have written before in these pages that I think **solar power** is the way to go for our future needs. Atlantic Canadians may not agree, if only for the lack of sunshine we have received in the past month. Solar is used to a small extent to power homes, experimental vehicles, etc. Some solar ‘orchards’ exist, following the sun daily and converting its energy into electricity that is used by cities. On some highways in New Brunswick, the roadway information systems (monitors, sensors and cameras) are powered by solar energy, as are the lights announcing truck weigh stations. More products are adopting solar energy for power: bigbellysolar.com is a company that offers solar powered compacting public trash cans that claim to do the work of five receptacles; solarvending.com sells solar powered vending machines that can cool drinks on a remote beach. Solar power is used in greenhouses to grow plants; in houses to heat water and living spaces, etc. In one hour, the Earth receives as much energy from the Sun as it uses in one year – 3.8 million exajoules. Wikipedia states that in one year, the amount of solar energy that reaches the surface of the planet is about twice as much as will ever be used from Earth’s non-renewable sources such as coal, oil natural gas and mined uranium. Sounds like plenty of energy to me. –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - The **Emerging Leaders in the Social Economy Program** provides grants of up to \$3000 for social economy research for persons under 30 years old who are working in the social economy. This program is offered through the Canadian Social Economy Hub and thus projects must align with policy and research priorities of the CSE Hub. The deadline for proposals is September 15th. For more information, or to submit a proposal, please email secoord@uvic.ca, or visit the website: www.socialeconomyhub.ca. Proposals can also be faxed to (250) 853-3930 or mailed to CSEHub, TEF Building, University of Victoria, Room 214, 2300 McKenzie Ave., Victoria, BC, V8W 3R4 - Erin Hancock



Co-op Ed 101 - This time of the year I just love sitting out on the deck admiring my flowers - hanging baskets, geranium planters and two big ceramic pot gardens with wheels under them to make them easier to move. I did a quick search and found this new co-op greenhouse in Cape Breton <http://www.harbourgreenhouse.com> **Harbour Greenhouse Co-op**, 2767 Hwy 223 MacKinnon’s Harbour, NS, B2C 1H3
It’s Web site is almost like a reference book Have a look, identify your plants and enjoy!



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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week’s contest:** The winners were Glenna Weagle, NS, and Marty Frost, BC. Glad to have some readers with a few minutes to do contests in the summer! **Answer:** EXCEL, LENT, EXCELLENT **This week’s contest:** I am a number between 100 and 500. I am odd. If you double me you will get a number between 200 and 249. My last digit is not 1 and my middle digit is 2. What number am I? Please keep those entries coming! 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.



Co-op Cooking – This is a delicious vegetarian option to use in place of beef burgers since grilled portabellas have a meat-like texture and flavour. Enjoy one at your next barbecue.

Marinated Portabella Burgers

- 4 large fresh portabella mushroom caps
- 1/2 cup red dry wine or balsamic vinegar
- 2 tsp minced garlic
- 1/4 cup olive oil
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp each salt and pepper
- 1/4 cup honey Dijon mustard
- 4 whole wheat or multigrain hamburger or Kaiser buns
- 2 medium roasted red sweet peppers, halved
- 4 small lettuce leaves

Place mushrooms in re-sealable plastic bag. In a measuring cup or small bowl, mix wine, garlic, oil, thyme, rosemary, salt and pepper. Pour over mushrooms and seal the bag. Marinate at room temperature for 1 to 2 hours, turning occasionally. Remove from marinade and broil or cook on hot barbecue for 3 to 5 minutes on each side or until warmed through and softened. Halve the buns and toast or warm on grill; spread cut side of buns with mustard; place lettuce on bottom half of buns, top with grilled mushrooms, roasted red pepper halves and top half of bun. Notes:

Roasted red peppers are available in jars or in some deli sections of supermarket or you can grill, peel and freeze them when peppers are in abundance. For a different taste, top each cooked mushroom cap with 1 tbsp chevre (soft goat cheese) and return to grill to warm cheese before placing it on the bun. - *Glenna Weagle*



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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, Aug. 12, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



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Openings - Openings is a weekly feature of Co-op Circles. “*Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.*” - Ralph Waldo Emerson
www.online-literature.com/emerson/ 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

- Join the **Eat Atlantic Challenge** – for the Environment, the Economy, the Future! Friday, September 4. It’s easy to be part of this event. Visit the Eat Atlantic Challenge website at www.eatatlantic.ca and make the pledge to eat only Atlantic foods for one day. When you register you automatically qualify for a chance to win a \$250 gift basket of Atlantic foods. Earn extra ballots by telling us why eating Atlantic is important to you and your family. Encourage family members and friends to join the challenge for extra chances to win. Facebook, Twitter - Become an Eat Atlantic Challenge fan on Facebook and follow updates on Twitter. Children’s Contest - Kids can be part of the Eat Atlantic Challenge too! See the link to the Kids Clubhouse at www.eatatlantic.ca or go to www.co-oponline.com/kidsclub/ and enter to win a bicycle. The contest, open to children ages 6-12, is a fun and easy way to discover the benefits of eating made-in-Atlantic products. Why Eat Atlantic? Eating Atlantic foods is the best choice for you and your families’ health. It’s also the right choice for your local economy and the environment. And Atlantic Canada has a rich abundance of quality healthy, tasty products to choose from. On Friday, September 4, make a difference. Buy products made close to home. It’s good for your health. It benefits the economy and it’s kinder to the environment.
- **Credit Union Central of Canada**, the national voice and trade association for Canada’s credit unions, has increased its membership level with the **Filene Research Institute**, a consumer finance think tank for the North American credit union system. <http://www.peicreditunions.com/news/article.php?ID=718> The new members from Canada are: Corey Bowes, Chief Operating Officer, OMISTA Credit Union, Moncton, NB; Dawn Collins, Project Manager, Mount Lehman Credit Union, Abbotsford, BC; Louise Delaney, Manager, Marketing, Salmon Arm Savings and Credit Union, Salmon Arm, BC; Josette Gauthier, Senior Vice-President, Human Resources, Alterna Savings, Toronto; Domenic Vinci, Senior Vice President & Chief Operations Officer, Interior Savings Credit Union, Kelowna, BC.
- The 27th annual Beef Barbecue sponsored by **Farmers Helping Farmers (FHF)** will be held Aug. 15 from 4 p.m. to 6:30 p.m. at the Harrington Research Farm, 1200 Brackley Point Road, in Charlottetown, PEI. The menu includes barbecued steak, salad bar, new potatoes and strawberry shortcake.
Money raised at the barbecue will support several FHF projects that are currently underway

in Kenya aimed at improving farm incomes, food supply and the quality of life for rural families. <http://www.atlanticfarmfocus.ca/index.cfm?sid=273966&sc=586>

- **Caisse populaire de Clare** has been recognized by the Nova Scotia government for its work in the area of community development. The Church Point-based caisse populaire is one of three finalists in the category of Community Development Excellence. Recognizing Caisse populaire de Clare's support of more than 60 community initiatives, a panel of judges highlighted the establishment of a \$50,000 Community Development Fund and a \$2,000 grant to École Stella-Maris. Awards will be given out during the [Celebrating Communities Conference](#) in Truro on September 23, 24 and 25th. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=535>
- **Canadian Fair Trade towns** are growing! Wolfville, Nova Scotia is Canada's first Fair Trade town. Others are following Wolfville's fine example. On July 1st, the rural municipality of Gimli, Manitoba became the sixth town in Canada to become a Fair Trade town (approx 350 worldwide). Other Fair Trade towns in Canada include: La Pêche, QC (November 9, 2007), Port Colborne, ON (April 28, 2009), Nakusp, BC (April 29, 2009), Golden, BC (June 8, 2009) For more information on Fair Trade towns program and towns in the process of becoming Fair Trade, please visit <http://transfair.ca/en/fairtradetown>
- The **Co-operative Enterprise Council** in New Brunswick has just revised its Web site. The address is <http://www.cecnb.ca> Wendy Keats is the executive director and she can be reached at keats@rogers.com
- A pattern has emerged over the past 8 years with **Community Economic Development Investment Funds (CEDIFs)** in Nova Scotia where Funds develop the Offering Documents and attachments throughout the summer and early fall so as to attain the Equity Tax Credit Certificate (Minister of Finance) and Letter of non-objection (NS Securities Commission) in November, or early December. This enables the Funds to be able to sell into the period between December and 60 days after the calendar year end, also know as the "RRSP season". While CEDIF's can be issued at any time of the year, most organizations prefer to sell these shares during the traditional RRSP season. At this time of year, potential investors are actively looking for ways to reduce their tax burden and make investments. It is important to note that CEDIFs can take 3 - 6 months of preparation to ensure the Offering Document and attachments have satisfied the requirements of the Minister of Finance and the Nova Scotia Securities Commission. Multiple submissions of revised documents are often required to satisfy these requirements, prolonging the process. If your co-operative is considering a CEDIF fund to finance a business in your community, or if your existing fund is preparing for another offering, it is important that you do not delay in the preparation and submission of the documents to ensure all requirements have been met in time for the fund to be approved for selling during the "RRSP season". If you need additional assistance in preparing a Community Economic Development Investment Fund, the Nova Scotia Co-operative Council provides CEDIF Turnkey Solutions. For more information visit www.nsko-opcouncil.ca or www.gov.ns.ca/econ/cedif/background.



Trends - www.plantconciierge.com is a new site that helps those in need of gardening advice find local experts who can help. Whereas many online directories list professional gardeners, Plant Concierge includes experienced amateurs who may just be available for a few hours per week, for example, but who can still provide the expertise that is needed. Professionals and amateurs alike can register on the site, creating a profile with the geographical area they are willing to

serve, photos of their past projects and the types of services they can provide. (Registration is currently free, but ultimately there will be a charge, Plant Concierge says; retail stores can list themselves as well.) Consumers in need of help, meanwhile, can conduct a search on Plant Concierge based on where they live (the first three digits of their postal code suffices in Canada), the type of help they need and the types of plants involved – edibles, for example, or lawns and hedges. Profiles and reviews can help consumers choose the gardener they would like to help them, and all arrangements and payments, if applicable, are negotiated directly by the consumer and the gardener. With growing interest in all things green—and, in particular, urban farming and locally grown food, there should be plenty of demand from consumers lacking the expertise or time to handle all the gardening themselves. For talented amateur gardeners, meanwhile, it is a golden opportunity to earn a little extra cash. Then, of course, there are sites like Plant Concierge, which stand to win by making this win-win possible. Currently Netherlands-based Plant Concierge serves the US, UK, Canada, Australia, New Zealand and South Africa. Hopefully we will soon see experts from Co-op Country Stores listed for Atlantic Canada –*Ron Levesque* (mostly from www.springwise.com)



Young Co-operators: The Buds on the Co-op Tree - The **Ontario Council for Agencies Serving Immigrants** offers a website for young newcomers to Ontario that spells out some housing choices young people might consider – including housing co-operatives. If you or someone you know is moving to or within Ontario, this website outlines a number of housing co-op options: <http://www.newyouth.ca/life/housing/what-co-op> . However, if you are living outside of Ontario, check with your provincial umbrella co-op organizations to find a housing co-op in your area. - *Erin Hancock*



Co-op Ed 101 - Last weekend I attend a street fair in Charlottetown, PEI. The purpose was to promote organic producers. One of the displays was by SeaSpray Co-op. http://www.internationalmarketing.com/farms_seaspray.html **SeaSpray Atlantic Co-operative** was formed in 2002 to provide a one-desk selling operation accessible to commercial organic producers in the Maritime Provinces and to facilitate sales to wholesalers in eastern and central Canada , and the New England States . This project is designed to increase the market share of local organic production sold to wholesalers, retailers, institutions, buying groups, restaurants, and food processors. The co-op markets only its own members' products, but membership is open to any certified organic grower in the Atlantic provinces. They are required to buy a lifetime share of \$100, and five per cent of each SeaSpray sale is reinvested in the co-op in order to help cover the co-op's administration and marketing costs. – *Maureen MacLean*



Co-op Community Bulletin Board

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

- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** We had 10 correct entries. Welcome back everyone! First correct submission was from Kathy Day, Just Us! Coffee Roasters Co-op, NS. **Answer:** I am a number between 100 and 500. I am odd. If you double me, you will get a number between 200 and 249. My last digit is not 1 and my middle digit is 2. What number am I? **Answer:** 123. **This week's contest:** A 1-6 number cube is sitting on a table. Lenore counts 17 dots on all the sides she can see. Which face of the number cube is resting on the table? Please keep those entries coming! 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.



Co-op Cooking —. Here is a take-it-in-your-hand breakfast for busy days. Cranberry Flax Breakfast Cookies are so nutritious they will keep hunger away until lunch time and you can keep some in the freezer for a tasty way to start your day.

Cranberry Flax Breakfast Cookies

2 cups coarsely crushed bran flakes
2 cups rolled oats (preferably large flake)
2 tbsp ground flaxseed
1 tbsp ground cinnamon
1/4 cup brown sugar
1 cup unsweetened applesauce
1/2 cup nonfat plain or vanilla yogurt
1 tsp pure vanilla extract
1 large egg
1/2 cup skim milk powder
1 tsp baking powder
1 tsp baking soda
1/2 cup dried cranberries
1/4 cup coarsely chopped dried apricots
1/2 cup slivered almonds
1/4 cup sunflower seeds

In a large mixing bowl, combine bran flakes, rolled oats, flaxseed, cinnamon and sugar; stir to combine. Set aside. In another large mixing bowl, combine applesauce, yogurt, vanilla, egg and skim milk powder; whisk until blended. Add baking powder and baking soda; mix until combined. Gradually add bran flake mixture to applesauce mixture. Add dried cranberries, apricots, almonds and sunflower seeds; mix well. Drop by rounded tablespoonfuls onto parchment paper lined baking sheets. Bake at 350F for 15 minutes or until golden. Let stand for 5 minutes before removing from pans. Cookies will firm up as they stand. Store loosely covered. Cookies may be stored in the freezer. Note: For a hint of chocolate, substitute dried apricots with 1/2 cup chocolate chips. - *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

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Next *Co-op Circles*: Wednesday, Aug. 19, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Aug. 23– Aug. 29, 2009, Vol. 4, No. 29

*Edited and Compiled for you, by the Rising Tide Collective**

To subscribe: circles1@nbnet.nb.ca

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Openings - Openings is a weekly feature of Co-op Circles. “*Experience is what you get when you didn't get what you want.*” - Italian Proverb <http://creativeproverbs.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

- The 3rd annual **Credit Union Atlantic Lung Run** experienced a slew of record breaking performances. Three records were smashed before the run even began. The 2009 Credit Union Atlantic Lung Run brought 345 participants down to Pier 21 experience Halifax's flattest, fastest 5k course. This surpassed the previous record of 248 participants. The next record to go down was overall fund raising. 2009 Credit Union Atlantic Lung Run participants raised over \$28,000 to support Lung Association of Nova Scotia's services and programs, including Camp Treasure Chest. Leading the way was team CUA Crusaders (Credit Union Atlantic) raising over \$8,300, which surpassed the previous team high set in 2008 of \$5,400 by HiringSmart.ca. On the course, Halifax's Robert Kitz ran the first sub 15 minute 5k on Nova Scotia roads since 1991. Robert's time of 14 minutes and 54 seconds broke the previous course record of 15:20 which was set by Russell Christie in 2008. Full results can be found here: <http://www.ns.lung.ca/lungrun/results.php>
- The Innovation and Research program of the Co-operative Development Initiative, Co-operatives Secretariat, Agriculture and Agri-Food Canada, has made it possible to research and develop a paper on **Strategies for Developing Immigrant Worker Co-ops**. Researched and written by Hazel Corcoran, Canadian Worker Co-operative Federation, www.canadianworker.coop, it is available at http://www.coopzone.coop/Immigrant_Strategies
- **A Century of Co-operation** has been written by historian and Professor Emeritus at the University of Victoria, Ian MacPherson. It looks at the events, people and places that have taken place over the past 100 years and have made Canada's co-operative sector what it is today. Woven throughout the text are dozens of rarely-seen historical photos, presented in a large-format trade paperback edition. “One of the key characteristics of the co-operative world is that the cast of characters is always changing; the play is always being rewritten. Each generation produces new and different ways to use the co-operative model; it is the duty of all co-operatives to support prudently the new and the experimental,” says MacPherson. To get more information about the book visit and to view a sample of the interior presentation of the book, visit www.coopscanada.coop or contact Tanya Gracie, tanya.gracie@coopscanada.coop or at 613.238.6711 ext. 243
- Join the **Eat Atlantic Challenge** – for the Environment, the Economy, the Future! Friday, September 4. It's easy to be part of this event. Visit the Eat Atlantic Challenge

website at www.eatatlantic.ca and make the pledge to eat only Atlantic foods for one day. When you register you automatically qualify for a chance to win a \$250 gift basket of Atlantic foods. Earn extra ballots by telling us why eating Atlantic is important to you and your family. Encourage family members and friends to join the challenge for extra chances to win. Facebook, Twitter - Become an Eat Atlantic Challenge fan on Facebook and follow updates on Twitter. Children's Contest - Kids can be part of the Eat Atlantic Challenge too! See the link to the Kids Clubhouse at www.eatatlantic.ca or go to www.co-oponline.com/kidsclub/ and enter to win a bicycle. The contest, open to children ages 6-12, is a fun and easy way to discover the benefits of eating made-in-Atlantic products. Why Eat Atlantic? Eating Atlantic foods is the best choice for you and your families' health. It's also the right choice for your local economy and the environment. And Atlantic Canada has a rich abundance of quality healthy, tasty products to choose from. On Friday, September 4, make a difference. Buy products made close to home. It's good for your health. It benefits the economy and it's kinder to the environment.



Trends - I do not know if it is a sign of the times, a copy-cat move or what. Everyone has heard of the 'all-you-can-eat' buffet. The concept is simple enough – pay a set fee, and eat all you can in one sitting. Well, it turns out **Jet Blue Airways**, an airline based in New York, is offering an 'all-you-can-jet' program. For \$599 (there is an asterisk, read the fine print), you can fly to and from the 57 cities served by Jet Blue, as often as you like, from September 8 to October 8. Jet Blue has a loyalty program (called True Blue) and you do not need to be a program member to purchase the month-long all-you-can-jet pass but you do need to be a True Blue member to book the flights. Fear not, joining True Blue is free. So if you are reading this and wondering...what is in it for Jet Blue? Two things: they introduce people who obviously love to fly to their airline (and Jet Blue is known for its customer service, so they probably have a low turnover rate), and second, they get to add members to their loyalty program, and not just any members, but people they know love to fly. It is an investment in the future. See more at: www.jetblue.com/deals/all-you-can-jet—*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - The **Canadian Co-operative Association** has recently posted videos to their website from their 100th Anniversary Congress. The youth panel videos are posted on the site if you want to see what was discussed and/or review the proceedings if you were fortunate enough to attend the Congress www.coopscanada.coop/en/orphan/Congress-Videos - *Erin Hancock*



Co-op Ed 101 – It's back-to-school season and that means it is fall fundraising time for many. **Equal Exchange**, a fair trade co-operative in Massachusetts, <http://www.equalexchange.coop/index.php> helps schools and organizations make money while supporting the farmers who grow the foods for the products they are selling. Equal Exchange Fundraising also helps children learn more about where their food comes from, and reinforces the message that everyday choices, such as which chocolate bar we buy, can make a difference in the lives of farmers across the globe. Now fundraising can be beneficial to the earth, the farmers and the families who participate. <http://www.equalexchange.coop/fall-fundraising> – *Maureen MacLean*



Co-op Community Bulletin Board

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- Sept 24, 2009 - LUNCHBOX SPEAKERS' SERIES - September Speakers' Panel - Water Justice - noon – 1:30 pm, Ontario Institute for Studies in Education, University of Toronto, 252 Bloor St. West, Toronto, Room 12-199. Speakers: Joe Cressy... is the Campaigns Coordinator for the Polaris Institute. He will discuss the issue of bottled water and the need for public water infrastructure, both in Canada and internationally; Nancy Goucher... is the Program Coordinator for the Forum for Leadership on Water (FLOW). She will discuss efforts to protect our critical fresh water resources, emphasizing the necessity of having all levels of government work together as part of a Canada-wide strategy to effectively address current and emerging threats to fresh water security; Mark Cazavara... is the regional organizer (Ontario/Quebec) for The Council of Canadians, and he will talk about dumpsite 41 in Toronto as it relates to water source protection, scarcity and the human right to clean water. For more information, contact Lisa White at secspeaker@oise.utoronto.ca or visit <http://socialeconomy.utoronto.ca> This event will also be webcast live on the Internet. Please see website for detailed instructions.
- Sept 25-26, 2009 – Newfoundland and Labrador Federation of Co-operatives Annual General Meeting and Co-op Conference, Holiday Inn, St. John's, NL As part of the event, NLFC is partnering with the Petty Harbour Fishermen's Co-op which is celebrating its 25th Anniversary. This year's dinner and entertainment will take place in Petty Harbour- Maddox Cove on Saturday evening.
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** First correct submission was from Dennis Williams, York CU, Fredericton, NB.

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. **Answer:** The answer is 4 **This week's contest:** Delete a letter from the words below and then add a 3-letter word to them (doesn't matter where) to form a new word that matches the clues in the ().

1. Rich (to look; to ____)
 2. Spite (a place you go to when you are on the internet)
 3. Mite (to send; to ____)
 4. Elf (to show what something is, like to put a ____ on an item to show what type of item it is)
 5. Ice (when you use your brain, you use your ____)
- Please keep those entries coming! 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.



Co-op Cooking – Zucchini are now arriving at the back door from the garden. They come non-stop and seem to grow overnight. I see they are also available in local markets now. I have heard it said that at this time of year, you can tell the people who have no friends. They are the ones buying zucchini in the grocery stores. Here is a great dish to use some of nature's bounty.

Zucchini and Eggplant Bake

3 medium zucchini, thinly sliced (4 cups)

2 large red sweet peppers, coarsely chopped (2 cups)
2 medium onions, coarsely chopped (1 cup)
1 medium eggplant, peeled and coarsely chopped (5 cups)
2 cloves garlic, minced
3 tbsp olive oil
4 eggs
1/2 cup mayonnaise
4-oz Romano cheese, grated (1 cup)
8-oz shredded mozzarella cheese (2 cups)
12 rich round crackers, crushed (about 2/3 cup)

Grease a 3-qt rectangular baking dish; set aside. Add oil to large skillet over medium-high heat. Cook zucchini, sweet pepper, onion, eggplant, garlic, 1/2 tsp salt and 1/4 tsp pepper in hot oil for 10 to 15 minutes (until vegetables are tender), stirring occasionally. In extra-large bowl, whisk eggs and mayonnaise until combined. Stir in Romano cheese and 1 cup mozzarella cheese. Add cooked vegetables; toss to combine. Spread vegetable mixture in prepared baking dish. Top with remaining mozzarella cheese and cracker crumbs. Bake uncovered at 350F for 20 to 25 minutes (until top is lightly browned and knife inserted near center comes out clean. Let stand 10 minutes before serving..- *Glenna Weagle*



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Wednesday, Sept. 2, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Aug. 30– Sept. 5, 2009, Vol. 4, No. 30
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Openings - Openings is a weekly feature of Co-op Circles. “In the right light, at the right time, everything is extraordinary.” - Aaron Rose en.wikipedia.org/wiki/Aaron_Rose 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

- Join the **Eat Atlantic Challenge** – for the Environment, the Economy, the Future! Friday, September 4. It’s easy to be part of this event. Visit the Eat Atlantic Challenge website at www.eatatlantic.ca and make the pledge to eat only Atlantic foods for one day. When you register you automatically qualify for a chance to win a \$250 gift basket of Atlantic foods. Earn extra ballots by telling us why eating Atlantic is important to you and your family. Encourage family members and friends to join the challenge for extra chances to win. Facebook, Twitter - Become an Eat Atlantic Challenge fan on Facebook and follow updates on Twitter. Children’s Contest - Kids can be part of the Eat Atlantic Challenge too! See the link to the Kids Clubhouse at www.eatatlantic.ca or go to www.co-oponline.com/kidsclub/ and enter to win a bicycle. The contest, open to children ages 6-12, is a fun and easy way to discover the benefits of eating made-in-Atlantic products. Why Eat Atlantic? Eating Atlantic foods is the best choice for you and your families’ health. It’s also the right choice for your local economy and the environment. And Atlantic Canada has a rich abundance of quality healthy, tasty products to choose from. On Friday, September 4, make a difference. Buy products made close to home. It’s good for your health. It benefits the economy and it’s kinder to the environment.
- The **2009 Canadian Worker Co-op Federation Annual General Meeting and Conference, “From Crisis to Opportunity”**, will be held Thursday, Nov 19 -Saturday, Nov 21, 2009 at Centre Memramcook Resort, Memramcook, NB. The focus at the 2009 CWCF Conference will be on practical training and sharing which will be highly relevant for worker co-ops. An additional focus this year will be on how worker co-ops can be part of the solution, survive and even thrive in times of economic crisis such as the current period, as well as in the face of environmental crisis. Keynote speaker will be Elizabeth May, leader of the Green Party of Canada, who has stated that one of the three most influential people in her life was Moses Coady, founder of the Antigonish Movement. For more information, the full Conference Program will be available at: www.coopzone.coop/CWCF_Conf09 by Sept. 18th, with online registration possible by early October. Member registration fees are: \$160 for the first person, and \$125 for others from the same member. Registration costs \$410 for non-members.
- **Acadian Credit Union** in Cheticamp, NS, hosted a special guest recently. Eight- year-old Sky Dupe, who lives in Toronto, dropped by one day with her aunt Noreen to meet the staff at the Credit Union. This little girl, who showed staff her Hannah Montana tattoos, is in remission with leukemia. Sky wanted to thank everybody for helping her aunt visit her

last winter while she was in the hospital in Toronto

[http://www.acadiancredit.ca/web;jsessionid=CD36BD37CC215E7D887862DDC18E7A9C?service=direct/1/Home/PortletsRegular/\\$DirectLink\\$1&sp=S1847](http://www.acadiancredit.ca/web;jsessionid=CD36BD37CC215E7D887862DDC18E7A9C?service=direct/1/Home/PortletsRegular/$DirectLink$1&sp=S1847)

- The Petitcodiac, N.B. branch of **Advance Savings Credit Union** recently presented a \$302 cheque to Beth Murray of the Petitcodiac Boys & Girls Club to assist with its fundraising efforts toward building a new gym for the Petitcodiac community. The funds were raised by selling tickets on a gift card to the Corn Hill Tree Nursery earlier in the summer. http://www.advancesavings.ca/news_pages/community_ascu_B5_B&GC.htm
- The **Caisses populaires acadiennes** have acquired a new series of paintings by an Acadian artist <http://www.acadie.com/en/communiquer/affiche.cfm?id=626> The Caisses populaires acadiennes have officially unveiled the “Héritage” Collection, a series of eight paintings recently purchased from the artist **Donald McGraw**, Pokemouche, NB. The paintings of the “Héritage” Collection reflect the fact that our past survives in the present and in our children who are the continuation of ourselves, and become our faith in the future. The Caisses populaires acadiennes acquired this collection as a permanent display at the Édifice MARTIN-J.-LÉGÈRE, in Caraquet, NB.



Trends - I generally regard co-operatives in Europe as more advanced than in North America in many areas – especially in the areas of community involvement and activism. There are tons of examples, which I will not repeat here, but they generally involve doing more than just donating to charity. But last week I received a forwarded invitation of sorts to participate in an online petition in support of a movement called ACT! (which stands for Addressing the Climate Threat) that is being promoted by Co-operatives Europe. The Canadian Co-operative Association also picked it up and published it in its latest electronic mailout. Part of the campaign would have people sign an online petition in support of action at the UN climate change conference in Copenhagen in a little less than 100 days from now. Electronic petitions fall into the category of futile attempts at change. There is even a term for it – **slacktivism** (en.wikipedia.org/wiki/Slacktivism) – that describes it as actions ‘that have little or no practical effect other than to make the person doing it feel satisfaction’. It is the same as ‘wearing red to support our troops’ or ‘wearing pink to support breast cancer research’ or ‘joining a Facebook group to stop drunk driving’. None of these actions help the end cause, but they make some people feel good. Real actions effect real change. –*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - Desjardins Développement international has launched the “Doing My Part” contest running from August 13-November 16. This is designed as a virtual rally to learn about international development, microfinance and their relationship to co-ops. If you are currently a member of a co-op, you are eligible to enter. Simply visit their website (www.doingmypart.coop) to answer some multiple choice questions and your will be entered to win a trip to Burkina Faso, a book on microfinance, backpack or gift certificate (20 winners will be chosen). - *Erin Hancock*



Co-op Ed 101 - This week we feature the **Cooperative Development Institute (CDI)** in Massachusetts which celebrates its 15th anniversary this year. CDI is the Northeast center for cooperative development, providing business services, technical assistance, education, training, and networking to the region’s thousands of cooperatives and credit unions. <http://www.cdi.coop/> Fifteen years ago this week, a group of cooperative leaders from New England and New York introduced the region to the [Cooperative Development Institute \(CDI\)](http://www.cdi.coop/).

Its mission: to grow the Northeast's cooperative economy. Congratulation from all Co-operators near and far!!! — *Maureen MacLean*



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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** We had 3 correct entries. The first correct submission was from Kathy Day, Just Us! Coffee Roasters, Grand Pre, NS. **Answer:** 1. Search (delete 'i' and add 'sea') 2. Website (delete 'p' and add 'web') 3. Submit (delete 'e' and add 'sub') 4. Label (delete 'f' and add 'lab') 5. Logic (delete 'e' and add 'log') **This week's contest:** The following is a list of cartoon characters that are all appropriately named. For example, Bob would be a good name for a buoy (because a buoy bobs up and down). Can you get all of the names? The first letter of each name is given. All of the names are common English names.

R___ the Leaf
B___ the Nail
P___ the Hamburger
S___ the Beach
B___ the Five-spot
M___ the Pen
L___ the Truck
C___ the Basket

Please keep those entries coming! Everyone who enters has their name placed in the contest can for the month end drawing August winner is

Bryan Tudor, Lumsden, SK. The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to contest1@nbnet.nb.ca.



Co-op Cooking – The season of fresh corn is here. If you like to be adventurous, try a few of the following toppings instead of the usual melted butter, salt and pepper.

Corn Flavour Poppers

- For a heartier spread, mix mayonnaise with Mexican cojita cheese or your choice of a spicy cheese blend, and ground chili pepper.
- A mixture of cinnamon, granulated sugar, and melted butter puts a sweet spin on fresh corn.
- Spice up your corn by spreading on a mixture of curry powder and melted butter. Chopped pistachios add extra crunch.
- To make an easy topper combine coarse sea salt, cracked black pepper, cumin seeds, and olive oil.
- Make the most of garden-fresh herbs by mixing sage and rosemary with melted butter. Spread the mixture over fresh corn.
- For a spread with a bit of Italian flair, mix pesto sauce with freshly grated Parmesan cheese and melted butter.
- Give corn a Mediterranean twist by topping it with a mixture of hummus, roasted red pepper, and olive tapenade
- Pantry-ready herbed pepper seasoning from your grocer, stirred into melted butter, is a super-simple way to spice up your corn. - *Glenna Weagle*



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- *It was very nice surprise to see my worker co-op, Equal Exchange, mentioned in the newsletter. Thank you. By the way, as part of the Fundraising program we've also created a 16 unit, 120 page curriculum for grades 4 – 9 and besides offering instruction on Fair Trade, farming, etc. there is also a section on co-operative economics. People can buy a hard copy at cost (US\$7) or download it for free. Regards, - Rodney North www.EqualExchange.coop & blog www.SmallFarmersBigChange.coop*



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Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Sept. 6– Sept. 12, 2009, Vol. 4, No. 31
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Openings - Openings is a weekly feature of Co-op Circles. “*We have a calling. We are the people who know what we need. What we need surrounds us. What we need is each other. And when we act together, we will find Our Way.*” - John McKnight

<http://www.dailygood.org/more.php?n=3849> 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

- From fresh garden produce to juicy steaks and sumptuous desserts, more than 4,300 Atlantic Canadians made September 4 a day to remember, as they followed through on the **Eat Atlantic Challenge**. Their pledge, made at www.eatatlantic.ca, was to eat only food from close to home for the entire day. Choosing Atlantic first helps strengthen our region’s environment, economy, and future. “With all the great food that we produce here in Atlantic Canada, it’s not surprising that so many people made this effort,” says John Harvie, CEO of Co-op Atlantic, which organized the event. “And there is no reason to stop at this one day. Eating Atlantic is a great choice every day.” This was the second year the region’s Co-op stores held the annual event. The event included a friendly competition among the Ministers of Agriculture for the four Atlantic provinces to see who would claim the most pledges. On a per capita basis, Prince Edward Island was the victor, with 644 Islanders pledging to eat Atlantic for the day. Nova Scotia had the most total pledges, with 2,098. In total, almost 4,500 Atlantic Canadians joined the Eat Atlantic Challenge. Co-op stores make it easy for people interested in where their food comes from, by tagging every Atlantic product on their shelves. As the enthusiasm for the Eat Atlantic Challenge shows, consumers are becoming more interested in where their food comes from, and it will be up to retailers to provide the products and information they need to act on their values, every day of the year.
- The Canadian Co-operative Association (CCA) is **seeking 10 credit union professionals for a group technical assistance assignment in Ghana**. The group will participate in an orientation and travel to Africa together. The members of the team will all be well rounded and experienced credit union generalists, able to offer advice and assistance on all aspects of primary credit union management. Candidates should be flexible, able to think on their feet, and have a broad range of experience to draw on. Previous international experience is not necessary, but candidates should be in good health and able to travel under conditions that may be difficult. This mission involves a commitment of three weeks (two in country) from mid to late January to February, 2010. Some time will be required prior to the trip for vaccinations and other preparations. Applicants are asked to consider this as a two year commitment. A follow up mission will take place the following year. Application deadline is Oct. 15. The bulk of the expenses for the mission will be borne by the Canadian Co-operative Association. However, successful candidates will be expected to contribute \$1,500

toward the cost of the mission. Please visit www.coopscanada.coop for an application form and send it to Colleen Berrigan by email: colleen.berrigan@coopscanada.coop , by mail (address on application form) or fax: (613) 567-0658. CCA staff will review every application and select short-listed candidates for interviews. All interviewees will receive notification of acceptance/non acceptance by late October.

- For the fifth year in a row, an independent survey of thousands of Canadians has shown that **credit unions rank first** in overall customer service excellence among all financial institutions. Credit unions also tied for first place across all financial institutions this year in the categories of Financial Planning and Advice, Recommend to Friends and Family, and Telephone Banking Excellence. The Synovate Customer Service Index (CSI) 2009 survey had almost 39,000 responses among a regionally and demographically representative sample of Canadians. The CSI survey has been conducted annually since 1987. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfid=content.id&search=539>
- The **Antonine-Maillet-Acadie Vie Literary Award** has announced the 2009 winners for the Annual Award and the Richelieu Youth Award, during its 11th Award Ceremony.
<http://www.acadie.com/en/communiquer/affiche.cfm?id=627>
The Annual Award was won by Germaine Comeau for her novel *Laville*, published by Éditions Perce-Neige. The winner received a certificate, a bronze metal plaque engraved with her name and a \$4,000 grant. The Richelieu Youth Award was awarded to Pierre-André Doucet for his short story *Kilométrage*. The winner received a certificate along with a \$1,000 grant. The award winners were revealed at the official award ceremony, which was held in August at the Édifice MARTIN-J.-LÉGÈRE of the Fédération des caisses populaires acadiennes, as part of the activities of the World Acadian Congress. Antonine Maillet, who lends her name to this award since its beginning, was present at the ceremony.
- This summer **Northumberland Co-op** supported Western Valley Recreational Soccer in New Brunswick. The Western Valley Recreational Soccer league represents soccer teams from communities such as Plaster Rock, Perth-Andover, Bath, Florenceville-Bristol, Centreville, Hartland, Woodstock and Nackawic
<http://www.northumberlanddairy.ca/e/1000/Details.cfm?ID=59>
- **OMISTA Credit Union** in Moncton recently recognized staff member **Susan Welling** for her 25 years of service. She has worked at the Mountain Road Branch since 2001
<http://omista.com/>
- **Social Enterprise Angels** is inspired by the CBC television series, *The Dragon's Den*, where aspiring entrepreneurs pitch their business idea to a panel of investors in hopes of securing funding for their venture. Social Enterprise Angels uses a similar model to demonstrate and promote the value of financial investment in social enterprise. The event will feature three of Canada's top social entrepreneurs, selected from among a pool of nation-wide applicants. These selected social entrepreneurs will have the opportunity to pitch their social enterprise to a panel of judges, or "Angels" in front of a live audience, in hopes of securing up to \$30,000 for their projects. For details, see: www.enterprisingnonprofits.ca/enpupdate/social-enterprise-angels-anges-des-entreprises-sociales.



Trends - An article in this month's *Coopérateur Agricole* (published by Coop Fédérée in Quebec) shed some light on something that both surprised me and then did not surprise me at all. Colette LeBel, director of co-operative affairs at Fédérée, writes about the **increasing land speculation** taking place throughout the world on arable land. It is not just the Chinese (who have 7% of the world's agricultural land yet have to feed 20% of the population), but private and public investors who are buying up farmland on the sole motivation that the price will increase. We are not talking about Cavendish Farms buying land in PEI either. We are talking tens of thousands of hectares at a time, in countries like Sudan and Congo. LeBel raises many of the questions that are being asked: what happens to the locals who are on the land before it is sold? What happens if the land, used to feed locals, is suddenly sold to a multinational to produce biofuels...or food for export? What happens to the locals if proceeds from the sale go to a corrupt government? And of course, the speculators, who may hold on to land until the 'right price' is paid. Should landowners form co-operatives? Read here:

http://www.lacoop.coop/coopérateur/chroniques/pause-pensee/2009/09_ENG.asp –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - Registration for the **North American Students of Cooperation (NASCO) Institute** is currently open. Its annual Co-operative Training and Education Institute focuses on environmental issues this year, with the title "In Our Backyards: Defending the Environmental Commons." Some subsidies are available for persons with financial restrictions. The conference takes place from November 6-8 in Ann Arbor, Michigan. Learn more and/or register at <http://www.nasco.coop/institute/> - Erin Hancock



Co-op Ed 101 - With all the media coverage lately in Atlantic Canada around Eat Local, I was wondering about other Canadian co-operatives and their promotion of local food. Here, in Ontario, is one example <http://www.niagaralocalfoodcoop.ca/> The **Niagara Local Food Co-operative** is an innovative marketing and distribution system for local farmers, agricultural producers, and consumers. Essentially, it is a virtual farmers' market. Instead of driving to the market on specific days, or driving from farm to farm, you can order online at your convenience. Every second week, you can pick up the foods you selected in one convenient location. Items for sale include, but is not limited to, local vegetables, fruit, meats, home cured prosciutto, honey, nuts, artisan breads, and vinifera flour. All products are grown or produced by co-op members. –
– Maureen MacLean



Co-op Community Bulletin Board

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- Sept 24, 2009 - LUNCHBOX SPEAKERS' SERIES - September Speakers' Panel - Water Justice - noon – 1:30 pm, Ontario Institute for Studies in Education, University of Toronto, 252 Bloor St. West, Toronto, Room 12-199. Speakers: Joe Cressy... is the Campaigns Coordinator for the Polaris Institute. He will discuss the issue of bottled water and the need for public water infrastructure, both in Canada and internationally; Nancy Goucher... is the Program Coordinator for the Forum for Leadership on Water (FLOW). She will discuss efforts to protect our critical fresh water resources, emphasizing the necessity of having all levels of government work together as part of a Canada-wide strategy to effectively address current and emerging threats to fresh water security; Mark Cazavara... is the regional organizer (Ontario/Quebec) for The Council

of Canadians, and he will talk about dumpsite 41 in Toronto as it relates to water source protection, scarcity and the human right to clean water. For more information, contact Lisa White at secspeaker@oise.utoronto.ca or visit <http://socialeconomy.utoronto.ca> This event will also be webcast live on the Internet. Please see website for detailed instructions.

- Sept 25-26, 2009 – Newfoundland and Labrador Federation of Co-operatives Annual General Meeting and Co-op Conference, Holiday Inn, St. John's, NL As part of the event, NLFC is partnering with the Petty Harbour Fishermen's Co-op which is celebrating its 25th Anniversary. This year's dinner and entertainment will take place in Petty Harbour- Maddox Cove on Saturday evening.
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** We had 2 interesting entries: Kathy Day, Just Us! Coffee Roasters, NS, and Lorraine Perry, NB **Answer:** Red the Leaf, Brad the Nail, Patty the Hamburger, Sandy the Beach, Bill the Five-spot, Mark the Pen, Lori the truck (English word for truck is lorry), Carrie the Basket and this slight variation: Rustle (Russell) the Leaf, Brad the Nail, Patty the Hamburger, Sandy the Beach, Buck the Five-spot, Mark the Pen, Lorry (Laurie) the Truck, Carry (Carrie) the Basket. **This week's contest:** The following list of words can be arranged into four groups, with three words per group. Part of the teaser is to figure out why they can be grouped like this. BACK, DECO, FEAT, HAND, HERB, NESS, OVER, PING, RAIN, RATE, SLAP, SOME Hint: The three words in each group can be combined into one 12-letter word. Please keep those entries coming! 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.



Co-op Cooking – Nova Scotia blueberries are in every market at this time of year or you can stop at a favourite spot beside the road and pick enough to make dessert. There are many traditional recipes for these wonderful small, blue berries. Here is a recipe which gives a new twist to an old favourite called Blueberry Grunt. If you do not have fresh berries you can substitute frozen ones in most recipes, including this one. Originally a steamed dish, the recipe earned its name because the pot was said to give a soft "grunt" when the lid was lifted at the end of cooking.

Baked Blueberry Grunt

6 cups wild blueberries

3/4 cup + 1 tbsp sugar, divided

1 tbsp finely grated lemon zest

1 tbsp lemon juice

1/2 tsp ground nutmeg

1/2 tsp ground cinnamon

2 cups flour

1 tbsp baking powder

1/2 tsp salt

2 tbsp cold butter

1 cup milk

2 cups French Vanilla ice cream (optional)

In large saucepan, combine blueberries, 3/4 cup sugar, lemon zest, juice and spices. Bring to a boil; reduce heat and simmer 5 minutes. Place in 8-cup baking dish. Combine flour, baking powder, remaining sugar and salt. Cut in butter until mixture resembles coarse oatmeal. Stir in

just enough milk to make a soft dough (about 1 cup). Divide dough into 8 equal portions and place on top of blueberry mixture. Bake at 400F for 20 to 25 minutes (until biscuits are firm and no longer doughy.) Blueberry mixture will thicken slightly during cooking. Place one biscuit in serving dish and spoon blueberry mixture over. Serve with ice cream if desired.- *Glenna Weagle*



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- *Mr Levesque said that 'None of these actions help the end cause' and in so many ways this is true, but if that's all we have then at least the message is getting spread and there is an awakening to the facts of what is up and happening. So many people believe but do not think they can make a change. The Co-operative movement is a wonderful thing – it needs to be brought up to date in order to survive but it is possible. But those in control, be it in big business or Co-operatives, don't see it and they act the same way - bottom line feeders. Sad but true. – SM, NB*



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Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Sept. 13– Sept. 19, 2009, Vol. 4, No. 32
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Openings - Openings is a weekly feature of Co-op Circles. “A true conservationist is a man who knows that the world is not given by his fathers, but borrowed from his children.”- John James Audubon www.audubon.org/nas/jja.html 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

- In an effort to attract young people to the benefits of outdoor recreation, **Mountain Equipment Co-op (MEC)** www.mec.ca has launched a special promotion for new members aged 16 to 24. People in that age category who sign up to become MEC members before October 31 will receive a free reusable shopping bag, a free LED “Turtle light”, discounts on a number of items and an entry in a draw for a \$1,000 MEC gift card. “MEC may have matured since its inception in 1971, but the cost of an individual membership is still \$5 and we certainly haven't lost our youthful passion for discovering the outdoors,” MEC wrote on its website. “We want to share that passion and instill it in others, so one of our goals is to support and encourage young Canadians in discovering the benefits of outdoor recreation.” Mountain Equipment Co-op now has over three million members across Canada.
- The **CUMIS Group Ltd** has raised \$50,000 for KidSport Canada through its first annual CUMIS Insurance Charitable Golf Classic, a series of customer golf tournaments held across the country. CUMIS, which partners with credit unions to deliver insurance and other financial products, held the tournaments at golf courses in Ontario, British Columbia, Alberta, Nova Scotia, Manitoba and Saskatchewan. “CUMIS is proud to host an event that has brought together credit union leaders from across Canada in support of a cause that reflects our shared commitment to the communities in which we do business,” said Kenn Lalonde, CUMIS president and CEO. KidSport Canada raises funds to remove financial barriers to children's participation in organized sports.
- **John McNamara** and **Andrew McLeod**, both students in the **Masters of Management - Co-operatives and Credit Unions program** at St. Mary's University, in Halifax, NS, will each receive a \$1,000 Lemaire Co-operative Studies Award, which is aimed at students who are active in the co-operative sector. McNamara is looking into how co-operative management theory translates into practice through a study of Union Cab, a worker co-op in Madison, Wisconsin. McLeod is researching co-operative food systems, including producer, distribution and consumer co-operatives. In addition to the scholarship money, the award winners will each receive a free membership in Canadian Association for Studies in Co-operation and free registration at the 2010 CASC conference, which will be held at Concordia University in Montreal next spring.

- The **New Brunswick Media Co-op** has launched a province-wide, independent news website as well as a monthly print publication. The Brief, a two-page broadsheet, will be distributed free of charge across New Brunswick. “We aim to give voice to alternative views while covering communities and events that are ignored by the virtual media monopoly held by the Irvings,” said co-op member Alex Murphy. The Co-op was formed at a day-long conference in May and held its official launch on New Brunswick Day, August 3. The New Brunswick Media Co-op is seeking members, contributors and journalists from across the province and will accept submissions in both English and French. They can be reached at info@nbmediacoop.org.
- An employee who recently worked at Co-op Atlantic’s warehouse in Moncton, NB, has to go to Toronto for a lung transplant. Co-op Atlantic employees have committed to try and raise \$25,000 to help cover costs for travel and accommodations while in Toronto. Employees are getting close to the \$10,000 mark and are organizing a Spaghetti Supper / Silent Auction on Saturday, Sept 26 from 4-6pm at the cafeteria. All employees are encouraged to participate. If you would like to lend a helping hand, contact Christine.Savoie@coop.atlantic.ca
- **Nova Scotia Co-op Council** is celebrating its 60th anniversary through the production of a video. Watch it at <http://www.dailymotion.com/video/k4mVHdg2zh5LElW8ZB>



Trends - Some events in the past week were highlighted in Monday’s Globe and Mail by writer Judith Timson who called them ‘**entitlementia**’. Timson is not the first to use that word (there are earlier references on the web) but it describes the feeling of entitlement some people have over others or society in general. The first she noted was U.S. Congressman Joe Wilson who shouted ‘You Lie!’ during President Obama’s speech on health care reforms; the second was U.S. tennis player Serena Williams threatening the life of a line judge during the U.S. Open tennis championship; and the third was rapper Kanye West’s interruption of Taylor Swift’s acceptance speech at the MTV music awards. You could certainly argue that ‘entitlementia’ has been around for a long time, and it is not difficult to find fresh examples in the last decade or so – simply run through the long list of failed banks in the U.S.; the Ponzi schemes in the U.S. and Canada, etc, etc. I do not think that is the last of it either. There is an expression in French – l’enfant roi – that describes the overprotective raising of lone children by affluent parents and grand-parents. It is literally translated as ‘child king’ though ‘mollycoddled’ has been used. Give these children 10 or 15 years to get into society on their own. It will not be pretty. See the Globe and Mail article here: <http://bit.ly/Cf4I6> –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - The University of Wales Institute, Cardiff is inviting applications for a **PhD Studentship in Co-op Studies**. The project, entitled, “Risk Society: Exploring the resilience of mutual financial institutions in a time of crisis” explores the stability, resiliency and sustainability of financial mutuals. This opportunity offers over 13,000 Euros per year for 3 years. To learn more, visit http://www3.uwic.ac.uk/English/management/RandE/wirc/Documents/CICS_PhD_Studentship_ad.pdf - Erin Hancock



Co-op Ed 101 - Quick Stuff Food Co-op: http://www.nscopcouncil.ca/coops_mem_quickstufffood.php The Quick Stuff Food Co-op in Halifax and Dartmouth, Nova Scotia, is more than a place to pick up a few groceries. It’s a place where co-op members, who are mental health consumers, can earn extra money, build their employment skills

and confidence, and contribute to the community and the economy. Quick Stuff is a partnership between Connections Clubhouse, in Halifax, and New Beginnings Clubhouse, in Dartmouth.—
Maureen MacLean



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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – Last week's contest: Dorothy McPhee, Moncton, NB, sent in first correct entry. **Answer:** The answer is Backslapping, Handsomeness, Overdecorate, Featherbrain. **This week's contest:** What's so unique about the word "happenstance"? Please keep those entries coming! 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.



Co-op Cooking – Who does not like Tiramisu. This "no bake" dessert is just right for entertaining or sharing with your family at a special meal.

Tiramisu

2 cups brewed coffee, cold
36-40 Italian ladyfingers
1 lb container mascarpone cheese
1 can sweetened condensed milk
1 cup whipping cream
1 tsp vanilla extract
1/2 cup chopped semi-sweet chocolate

Place cold coffee in a shallow bowl. Beat mascarpone, milk and vanilla until well combined; set aside. Dip both sides of each ladyfinger into cold coffee. Line the bottom of 9 x 14-inch baking dish with 18 cookies in 3 rows, trimming edges if necessary. Spread half the mascarpone filling on top. Dip remaining ladyfingers in coffee and arrange over filling in pan. Spread remaining filling on top and sprinkle with chopped chocolate. Cover and chill at least 4 hours. Note: Tiramisu can be refrigerated for up to 2 days. - *Glenna Weagle*



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en.wikipedia.org/wiki/Antoine_de_Saint_Exupéry 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

- **Soy Hardy Ltd.** www.soyhardy.com of Alberton, Prince Edward Island, has been selected as one of the top ten innovative producers by Food in Canada magazine. Today everybody is looking for an inexpensive and healthy snack food. Now a 99 cents bag of soy nuts from Prince Edward Island can be a total meal replacement, says the Hardy family of Alberton, PE. John Hardy of Soy Hardy says his work with soy nuts goes all the way back to 1986. At the time he was a certified organic dairy farmer. “I was selling a lot of the soy nuts at school in the beginning,” he says. The company is now listed with Co-op and Sobeys supermarkets.
- With an increasing demand for locally grown organic foods worldwide; Prince Edward Island is beginning to see a unique change in agriculture. Roy Van Darmaar, who is co-ordinating this year’s **6th annual Organic Harvest Meal**, on Sept. 27 at the Top of the Park restaurant at the Charlottetown Driving Park, says that more and more farmers are making the transition to organics and young new farmers are entering the field eager to produce a product that has less detrimental affects on our environment and personal well being. This meal showcases 100% organic ingredients that are primarily grown on PEI. An award will be given to the organic farmer of the year and a \$750 entrance bursary to its 2009 high school recipient will be given out at this meal. This year Chef Jeff McCourt and Chef Michael Smith will team up to prepare a four course meal with the freshest organic ingredients available. Tickets are \$69(taxes included) per person. Tickets may be purchase online at Fall Flavours Web site www.fallflavours.ca or the Charlottetown Farmers Market (Island Sunshine Booth), Timothys (Charlottetown) or the Turning Point (Montague).
- Moncton, NB, area credit unions recently joined together to support Mobile One Community Service, which operates Moncton’s mobile soup kitchen bus and five mobile food pantries serving people as far away as Harcourt and Bass River. Representatives from Advance Savings Credit Union, OMISTA Credit Union, and PSE Credit Union this week presented a cheque for \$1500 to Mobile One.http://omista.com/news_detail.aspx?news_id=77
- **Co-operators Life Insurance Company (Co-operators Life) and Central 1 Credit Union (Central 1)** have announced an agreement to acquire **The CUMIS Group Limited (CUMIS)**, subject to regulatory, shareholder and court approvals and other standard closing conditions. This transaction would result in a Canadian-owned

supplier of insurance products and services to Canadian credit unions and their members <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=540> Co-operators Life, based in Regina, Saskatchewan, and Central 1, headquartered in Vancouver, B.C., intend to acquire 100 per cent of the issued and outstanding shares of CUMIS, pending required approvals. CUNA Mutual Group, based in Madison, Wisconsin, currently holds 87.4 per cent of the shares of CUMIS, and fully supports this transaction. In addition to her role as President and CEO of The Co-operators Group, Kathy Bardswick will become CEO of CUMIS on closing of this deal.



Trends - I was invited last week to attend a “**flashmob for climate change**” in Charlottetown that was to be held on Monday at noon at the Jean Canfield federal government building. As Wikipedia explains: “A flash mob ... is a large group of people who assemble suddenly in a public place, perform an unusual action for a brief time, then quickly disperse. The term flash mob is generally applied only to gatherings organized via telecommunications, social media, or viral emails. The term is generally not applied to events organized by public relations firms or as publicity stunts.” It turns out the flashmob invitation I received was not really a flashmob event – it was sent by the Institute of Bioregional Studies to get people to tour the environmentally friendly building (look it up on Wikipedia). While the idea was good (using current social media to drive an agenda), the strategy was, I think, not quite right, unless the keepers of the building had no idea what would transpire, which I highly doubt. See ‘flashmob’ on Wikipedia here: <http://en.wikipedia.org/wiki/Flashmob> –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - I (shamelessly) wanted to share a new book that has recently been published as a response to the New Brunswick government’s goals concerning ‘self-sufficiency’. The book entitled ***Exploring the Dimensions of Self-Sufficiency in New Brunswick*** (Edited by Michael Boudreau, Peter G. Toner and Tony Tremblay, ISBN 978-0-9812715-0-7) contains two chapters specifically relevant to co-operators. The first (pg. 145-165) entitled “**Sustaining Communities through Co-operation: How Co-operatives and Community-Centered Development Can Help Achieve Self-Sufficiency**” was written based on my (Erin Hancock’s) thesis research. The second (p. 166-195) is entitled “**Beyond Self-Sufficiency, Toward Sustainable Development: Creating a Sustainable New Brunswick**” and is written by **Greg LeBlanc**, a new Director of the Co-operative Enterprise Council in New Brunswick. The book launch occurs this Friday, September 25th at 3:30pm at St. Thomas University (Lower Concourse, Sir James Dunn Hall). You are able to purchase a copy of the book for just under \$20 and can download an order form from http://w3.stu.ca/stu/sites/nbasrdc/documents/OrderForm_002.pdf - Erin Hancock



Co-op Ed 101 - This week I went to a co-op managers’ meeting at Kent Co-op in Kentville, NS. As I drove along I could see the apple harvest in full swing. The Annapolis valley is home to **Scotian Gold Co-op** <http://www.scotianguard.com/> Its Web site says, “We are a producer-owned apple cooperative helping to maximize our growers’ yields and revenues. Through our 55 committed growers, we have over 2500 acres of apple production across the fertile Annapolis Valley, Nova Scotia’s agricultural centre.” Its Web site also has information about Kentville Harvest Festival http://www.kentville.ca/explorekentville_events_harvest.cfm Kentville not only celebrates the beginning of the harvest season, but also the end. The annual Kentville Harvest Festival is held at the beginning of each October and welcomes not only the world famous

Pumpkin People but also thousands of visitors who make the town a destination point during their autumn tour of the province. Although not officially Festival time many yards had their pumpkin people already on display. It was a great drive. — *Maureen MacLean*



Co-op Community Bulletin Board

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

- Sept 24, 2009 - LUNCHBOX SPEAKERS' SERIES - September Speakers' Panel - Water Justice - noon – 1:30 pm, Ontario Institute for Studies in Education, University of Toronto, 252 Bloor St. West, Toronto, Room 12-199. Speakers: Joe Cressy... is the Campaigns Coordinator for the Polaris Institute. He will discuss the issue of bottled water and the need for public water infrastructure, both in Canada and internationally; Nancy Goucher... is the Program Coordinator for the Forum for Leadership on Water (FLOW). She will discuss efforts to protect our critical fresh water resources, emphasizing the necessity of having all levels of government work together as part of a Canada-wide strategy to effectively address current and emerging threats to fresh water security; Mark Cazavara... is the regional organizer (Ontario/Quebec) for The Council of Canadians, and he will talk about dumpsite 41 in Toronto as it relates to water source protection, scarcity and the human right to clean water. For more information, contact Lisa White at secspeaker@oise.utoronto.ca or visit <http://socialeconomy.utoronto.ca> This event will also be webcast live on the Internet. Please see website for detailed instructions.
- Sept 25-26, 2009 – Newfoundland and Labrador Federation of Co-operatives Annual General Meeting and Co-op Conference, Holiday Inn, St. John's, NL As part of the event, NLFC is partnering with the Petty Harbour Fishermen's Co-op which is celebrating its 25th Anniversary. This year's dinner and entertainment will take place in Petty Harbour- Maddox Cove on Saturday evening.
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB



Contest of the Week – **Last week's contest:** Last week we had 6 correct entries, all arriving on Wednesday. First in was Cathy Darland, followed closely by Kathy Day, Joyce Humble, Glenna Weagle, Stephanie Christie, and Patrick Dempsey. **Answer:** What is so unique about "Happenstance"? It has 6 letters, all used twice (two of each "hapenc") **This week's contest:** The idea of this teaser is to split the given words into the relevant fractions and then add the two fractions of words into one single word, once you have worked out which fraction of the word you need. For example 3/5 of Green and 1/2 of Neat would be Great.

3/5 of green =Gre

1/2 of Neat= at

gre+at= Great

The first part of the fraction in the teaser will be in the first part of the finished word and all letters are used in the correct order with no skipping of letters, i.e. 2/5 of Green cannot be GE because it skips the letter R, but it could be EE.

1. third of add + 3/4 of over
2. 1/2 of thread + 5/6 of bottle
3. 2/5 of fresh + 3/4 of game

4. 5/6 of sprint

5. half of then + all of ere

Please keep those entries coming! 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.



Co-op Cooking – This dish is an easy start to lunch. Just add a chef's salad and you have it made.

Chicken Potato Scallop

1 pound boneless chicken breast

butter

5 potatoes

2 small onions

1 jar cheesy Alfredo sauce

1 can cream of mushroom soup

salt and pepper to taste

Cut chicken into bite sized pieces and pan fry in butter to brown. Slice potatoes into thin disks. Slice onions into slivers. Combine all ingredients in a greased 13 X 9-inch baking dish and bake at 350F for 65 mins (until potatoes are tender). Or, place in a crock pot on high for 1/2 hour then turn to low for 5 hours. - *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

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Wednesday, Sept. 30, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Sept. 27– Oct. 3, 2009, Vol. 4, No. 34
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Openings - Openings is a weekly feature of Co-op Circles. “*You can never do a kindness too soon, for you never know how soon it will be too late.*” - Ralph Waldo Emerson
en.wikipedia.org/wiki/Ralph_Waldo_Emerson 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 4th **annual meeting of the funeral co-operatives** of Canada is being hosted by **Sunset Funeral Co-op** at St Patrick’s Hall, in North East Margaree, NS, from Oct 16-17. As well as news from funeral co-ops across Canada, there will be workshops on green funerals, funeral co-ops and their many services and products, using the media and the role and challenges of the funeral co-operatives network in Canada. It now has 36 member co-operatives spread out over three countries and in five provinces of Canada. Registration deadline is today, Sept 30. Contact Annie Normandin at normandin.fcfq@reseaucoop.com
- On June 20, **Bayview Credit Union**, Saint John, NB participated in the Rally of Hope for the Saint John Regional Hospital. This was the final Rally of Hope after 24 years, and all proceeds in 2009 will be used to support the Neonatal ICU, which is in serious need of a major updating, not having changed since its inception in 1983.
<http://www.bayviewnb.com>
- **Bayview Credit Union**, Saint John, NB, has announced its 7 WORDS campaign. <http://www.bayviewnb.com> Share how you feel about Bayview or how Bayview makes you feel in seven words or less. You could win \$100! Bayview will publish as many as it can for Credit Union Day 2009 to tell the world about the Bayview difference...in members’ words!
- **Community Credit Union** has announced its Student Bursary Awards Program for 2009. For the 2009 graduating class, there will be a \$1,000 bursary available to an eligible graduate at each high school. This program is being offered to any Grade 12 student who is graduating from a provincially recognized high school in Cumberland County, Colchester County or from Tantramar Regional High School in Sackville, NB. <http://www.communitycreditunion.ns.ca/?service=album/8795> The student should complete the application and submit it to the Principal or Guidance Counselor at his or her school before the May 15, 2009 deadline.
- The Canadian Co-operative Association has a new committee on **Environmental Sustainability**. It will be self-funded with teleconferences and one face to face meeting to be held before or at the next CCA annual meeting in June 2010 (in Vancouver). Membership in the Committee will consist of 8-12 individuals who will be drawn from CCA members and other interested members of members. A CCA director will also sit on the Committee. The purpose of the committee is “to address critical environmental sustainability issues and provide advice and guidance to the

CCA Board of Directors". The final terms of reference of the Committee, as well as a list of Committee members, will be approved by the CCA Board at its November meeting. The deadline to receive expressions of interest to sit on the Ad Hoc Environmental Sustainability Committee is: October 16, 2009. Please send interested name(s) to:Christa McMillin, Manager, Member Services, christa.mcmillin@coopscanada.coop

- The **2009 Canadian Worker Co-op Federation AGM/Conference** will take place from November 19-21 in Moncton, NB. The theme is: From Crisis to Recovery!: how worker co-ops are a critical response to times of economic and environmental crisis. The keynote speaker is Elizabeth May, Leader of the Green Party of Canada, an inspiring speaker who is dedicated not only to the environment but also to the co-operative values and principles. The program will include a live video feed from the CICOPA Conference taking place in Geneva, Switzerland. There will be many workshops of practical use to worker co-operators: from dealing with retirement of worker-owners, to financial models, worker co-op basics, co-operation among co-ops, carbon accounting -- and more! As usual, there will be great opportunities for sharing and networking with other co-operators. The full program is now available at: www.coopzone.coop/CWCF_Conf09 There are two seats up for election at this AGM on the CWCF Board of Directors: BC, and Ontario. If any members of a worker co-op member in either of these provinces is interested in running, or would like to nominate another candidate, please contact one of the members of the Nominating Committee, CWCF Board President, April Bourgeois, coopventures@sasktel.net, or outgoing BC Director Marty Frost, martyfrost@can.rogers.com.
- **Wayne McLeod**, President and CEO of Westoba Credit Union in Manitoba, has been re-elected President of the Co-operative Development Foundation of Canada (CDF). McLeod and Heather McLachlin, Vice-President, Business Development and Partnerships for The CUMIS Group Limited, were both re-elected to the CDF Board at the foundation's Annual General Meeting earlier this month. They were the only two CDF directors whose positions were up for re-election this year. CDF also said goodbye to Norma Tomiczek of Co-op Atlantic, who had been a representative of the Canadian Co-operative Association (CCA) on the CDF Board. Sandy Wallace of Credit Union Central of Manitoba was appointed to take her place. "CDF would like to thank **Norma Tomiczek** for her many years of service as a Director on the CDF Board. Norma's tireless efforts to promote CDF have greatly benefited the organization," Mr. McLeod said. "CDF would like to welcome Sandy Wallace and looks forward to his contribution to our Board in the future."
- Applicants to the **Co-operative Development Initiative's (CDI) Innovative Co-operative Projects** component (ICP) will likely know within the next month whether their project proposals will receive CDI funding. Over the past four weeks, CDI's staff team evaluated the 194 projects submitted by the July 31 deadline. CDI is co-managed by the Canadian Co-operative Association and the Conseil canadien de la coopération et de la mutualité. On September 29-30, the seven-member ICP selection committee met in Ottawa to review the 60 highest-scoring proposals. The committee drew up a list of recommended projects to be submitted to the Hon. Jean-Pierre Blackburn, Minister of National Revenue and Minister of State (Agriculture and Agri-Food), who is responsible for the federal government's Co-operatives Secretariat. It is expected that

the results will be announced by Minister Blackburn in October. The second call for applications, for projects beginning on April 1, 2010, will be launched in October with a deadline of December 31, 2009. There will be \$2 million in funding available for innovative co-operative projects in four priority areas: agriculture; rural and northern community development; innovative goods and services; and capacity building and sustainability. More information will be posted shortly on the CCA website.

- If you missed the deadline to order **Co-op Week materials**, you can still download this year's Co-op Week posters from the Canadian Co-operative Association (CCA) website. High-resolution PDFs of the posters, available in English and French, can be downloaded at www.coopscanada.coop/en/orphan/Co-op-Week-2009. While there are no more printed versions of the Co-op Week posters and leaflets available, International Credit Union Day posters and leaflets can still be purchased from Credit Union Central of Canada by contacting Magda Stec at stecm@cucentral.com. Co-op Week will take place from October 11-17, 2009, with International Credit Union Day on Thursday, October 15. Please let CCA know of any activities your co-op or credit union is planning for Co-op Week by contacting Donna Balkan at donna.balkan@coopscanada.coop.
- **Eric Bowes** of Miramichi, New Brunswick and **William Andrew West** of Clifton, Nova Scotia are the winners of this year's **McEwen Scholarships**, awarded by the Co-operative Development Foundation of Canada (CDF) in partnership with Co-op Atlantic. Since W.H. McEwen's initial gift to CDF in 1973, the scholarship fund has been able to grow each year to provide two scholarships annually to Co-op Atlantic staff and members to improve understanding and knowledge about co-operative issues and co-operative organizations. The value of each scholarship is \$4,000. This year Co-op Atlantic received a total of 31 applications: 11 in the staff category and 20 in the member category. Bowes was this year's recipient in the staff category, while Mr. West was awarded the scholarship in the member category.
- The **Co-operative Development Foundation of Canada** (CDF) will be holding an **online auction** in honour of Co-op Week, but you don't have to wait that long to find out what's up for grabs. A sneak preview of the 40 auction items, ranging from a Sri Lankan tiger eye pendant to a basket of Cocoa Camino chocolate, is available at <http://realauction.ca/cdfc/en/>. Bidding will open on October 8 and will remain open until October 20.



Trends - Well, wouldn't you know it: you talk about something in Co-op Circles and everyone jumps on the bandwagon. I am referring of course to last week's Trends article about flashmobs. No sooner had it appeared – actually it was the Saturday prior to the Trends article – that a flashmob organized at one of Chancellor Angela Merkel's stump speeches leading up to Sunday's election in Germany. A group of internet citizens assembled as a flashmob at the speech and yelled (what was supposed to be an ironic) 'Yeaaaah!' whenever Merkel spoke. The rest is history – though the flashmob had little effect as Merkel was re-elected – but it gained an impressive Youtube following. See here: http://www.youtube.com/watch?v=-Od2DTV_PCK –
Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - The 2nd International Research Conference on the Social Economy is taking place this week (October 1-2) in Östersund, Sweden. The theme "The Social Economy in a world facing a global crisis" explores the question of stability in the

marketplace and social enterprises, social capital, sustainability, governance and different models found in the social economy in different areas of the world among other themes. Although you might not be so lucky to attend the conference, you may find the papers presented at http://socek.se/ciriec_research_2009/docs - *Erin Hancock*



Co-op Ed 101 - Last week I was in St John's, NL, to attend the annual meeting of the **Newfoundland-Labrador Federation of Co-operatives (NLFC)** <http://www.nlfc.coop/> Several innovative things have been accomplished by the Federation in the past 12 months. A new Website will soon be launched, the board is reviewing its structure and as a result of a motion passes at the AGM, a youth seat will be created. The NLFC is the central agency representing the collective interests of the co-operative business sector in the province. The NLFC promotes the co-operative business model and supports the growth and development of co-op enterprise. Service delivery is undertaken in partnership with existing co-ops, community development agencies, industry associations and government. — *Maureen MacLean*



Co-op Community Bulletin Board

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- Oct. 21, 2009 – Annual Wine and Cheese Reception, Nova Scotia Co-op Council at Windows, World Trade and Convention Centre, Halifax. Space is limited. Please RSVP to andrea@nsco-opcouncil.ca or (902) 893-8966.
- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB
- Nov 25, 2009 NBTA Credit Union Annual General Meeting / Call for Board of Directors takes place at 650 Montgomery Street, Fredericton. Details at <http://www.nbtacu.nb.ca/>



Contest of the Week – Last week's contest: First in was Marsha Long, Bayview CU, Saint John, NB, Good to hear from you all **Answer:** 1. third of add + 3/4 of over - dove 2. 1/2 of thread + 5/6 of bottle - throttle 3. 2/5 of fresh + 3/4 of game - frame 4. 5/6 of sprint =- print 5. half of then + all of ere – there **This week's contest:** I will sell you four CDs for \$15 or 7 CDs for \$24. I don't mind which as I make the same profit on either deal. Today I sold 26 CDs. How much profit did I make? Please keep those entries coming! 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.



Co-op Cooking – This is a delicious vegetarian option to se in place of beef burgers since grilled portabellas have a meat-like texture and flavour. Enjoy one at your next barbecue.

Marinated Portabella Burgers

4 large fresh portabella mushroom caps
1/2 cup red dry wine or balsamic vinegar
2 tsp minced garlic
1/4 cup olive oil
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp each salt and pepper

1/4 cup honey Dijon mustard
4 whole wheat or multigrain hamburger or Kaiser buns
2 medium roasted red sweet peppers, halved
4 small lettuce leaves

Place mushrooms in re-sealable plastic bag. In a measuring cup or small bowl, mix wine, garlic, oil, thyme, rosemary, salt and pepper. Pour over mushrooms and seal the bag. Marinate at room temperature for 1 to 2 hours, turning occasionally. Remove from marinade and broil or cook on hot barbecue for 3 to 5 minutes on each side or until warmed through and softened. Halve the buns and toast or warm on grill; spread cut side of buns with mustard; place lettuce on bottom half of buns, top with grilled mushrooms, roasted red pepper halves and top half of bun. Notes:

Roasted red peppers are available in jars or in some deli sections of supermarket or you can grill, peel and freeze them when peppers are in abundance. For a different taste, top each cooked mushroom cap with 1 tbsp chevre (soft goat cheese) and return to grill to warm cheese before placing it on the bun. - *Glenna Weagle*



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Wednesday, Oct. 7, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Oct. 4– Oct. 10, 2009, Vol. 4, No. 35

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Openings - Openings is a weekly feature of Co-op Circles. “*Change the story and you change perception; change perception and you change the world.*” – Jean Houston

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

- **John Campbell Chamard**, who was instrumental in establishing a Ph.D. program in Management and Master of Management in Cooperatives and Credit Unions, at St Mary’s University in Halifax, NS, passed away September 25, 2009, at the QEII Emergency Room. He was 67. This Masters program was the first of its kind in the world. John served as director of the MMCCU from 2003 to 2009. He had worked as a professor at Saint Mary’s University since 1974 and attained the rank of tenured full professor. He also held the CIBC Chair of Entrepreneurship. He taught for many years in the CMA and CMA/MBA program. He was active in the Faculty Union, serving as its president for a term and was involved in contract negotiations. His friend and colleague Tom Webb, says “John liked the idea of co-operatives and the purpose and values of co-ops resonated with him. He was thrilled when they found innovative ways of combining good business sense with making the world a better place and was chagrined when they fell short of the values in their performance. He absorbed information and ideas about them at a great pace as the program developed. What he found most exciting was the students attracted to the program. Interacting with mature students who had a values commitment to their idea of business gave him great pleasure. He waxed eloquent about the quality of discussion and the intensity and commitment he encountered in the MMCCU students.” Current and former students in the program remembered John fondly with warm accolades and fond memories.
- The **Clareville Area Co-op** - Clareville Lions Club 50/50 committee has announced a \$60,000 commitment to the local Vista School Board to purchase a SMART Board interactive white board for each of the eight schools in the district. This equipment is the latest technology that accommodates different learning styles and especially benefits children with special needs. The donation was announced during a teachers’ professional development conference on September 29th. This is the third special project since Clareville began the 50/50 program in April, 2007. \$36,000 was donated to furnish the Great Room in the new Dr. Albert O’Mahony long-term care facility and \$25,000 was donated to the Dr. G. B. Cross Memorial Hospital for an ultraviolet light treatment (UVB) machine. From April 1, 2007 to September 30, 2009, total proceeds of \$642,615 have been shared between winning members and local non-profit organizations through the 50/50 Charity Program.
- **Fredericton Co-op** recently hosted the 6th Annual “**Concern for Community**” **Golf Tournament** in support of the New Brunswick Association for Community Living.

This year's event included 101 golfers and raised over \$3,800 for NBACL. Special thanks to co-sponsor Northumberland Dairy and also a thank-you to Fredericton's fellow co-op organizations who supported the event including Co-op Atlantic, Co-op Fuels, Medicine Shoppe, Capital Credit Union and York Credit Union.

- Members of co-operatives and credit unions across Canada will be celebrating **Co-op Week** from **October 11-17**, a time to reflect on the contribution the co-operative sector has made to the lives of Canadians and their communities. Co-op Week has been proclaimed across Canada every October since 1982. International Credit Union Day, which will take place on Thursday, October 15, has been celebrated worldwide on the third Thursday of October since 1948. This year, Co-op Week will celebrate the advantages of co-operatives in an uncertain economic environment. Co-op Week 2009 is focusing on three main themes:
 - Co-operatives are...putting people first
 - Co-operatives are...creating sustainable jobs
 - Co-operatives are...investing in communities

For more information about Co-op Week 2009, visit

<http://www.coopscanada.coop/en/orphan/Co-op-Week-2009>. Other Co-op Week activities include an online fundraising auction organized by the Co-operative Development Foundation of Canada. A preview of the auction, which will accept bids as of October 8, can be viewed by clicking the online auction link at <http://www.cdfcanada.coop/>.

- Just in time for Co-op Week, check out this article just published in **Progress Magazine** about the success, resilience and versatility of Atlantic Canada's co-ops and credit unions <http://www.progressmedia.ca/article/2009/09/principles-and-profits>
- On September 26, 2009, **Typhoon Ketsana** caused widespread damage in the Philippines, killing at least 240 people and affecting more than 1.8 million. In the region of Cainta Rizal, east of Manila, the **Canadian Co-operative Association's** long-term partner, the National Federation of Co-operatives of Persons with Disability (NFCPWD), was seriously damaged by flash flooding, but still mobilized its twenty staff to assess the damage and provide assistance to its member co-operatives. Two of the federation's member co-operatives were identified as being catastrophically damaged, with their machinery, tools, and inventory they use to make school desks submerged under waist deep water. One community, where many of the members live, was completely submerged, with the water level two stories high. With assistance from CCA and the Co-op Development Foundation, the NFCPWD plans to provide 150 co-op members with fresh water, food, clothing, cooking utensils, mattresses, blankets, and medicine. To ensure members can get back to work as soon as possible, the NFCPWD also plans to provide replacement equipment and materials for the worker-owned co-operatives. To date, CCA has raised \$4,500, which is partly due to a considerable and generous donation from Gay Lea. If you are interested in being a donor to this cause, please send a cheque to CDF indicating the special designation on the cheque and e-mail Julie.Breuer@coopscanada.coop to let her know the cheque is coming, or **shortly**, you can make an on line donation by visiting www.cdfcanada.coop and select "Philippines Flood Relief" from the drop down menu under the tab "Donate To".

- Congratulations to Prince Edward Island resident **David Daughton** who has been awarded the Worker Co-op Merit Award from the Canadian Worker Co-op Federation www.canadianworker.coop David has over 30 years of experience in co-operative Community Economic Development. (For more about David See Co-op Ed 101 in this issue of Circles
- Check out the Atlantic Co-operative Youth Leadership Program's E-Newsletter <http://www.acyl.coop/english/newsletter.htm> Also, co-operatives and credit unions can post their **youth** events, activities, scholarships, bursaries on ACYL's website www.acyl.coop



Trends - Something happened in the UK last week that may have gone unnoticed in some quarters, but which really got a lot of attention in others. Reuters reported last week that ad spend on the internet (the amount of money spent on advertising) had grown 4.6 percent in the UK in the first half of 2009 – “making it the country’s biggest ad medium ahead of TV”. **Internet ad spend** accounted for 23.5 percent of all forms of advertising spending during the first six months of the year. It marked the first time in a developed market that internet ad spend had surpassed television, as well as all other forms of advertising spending – including radio, direct mail, and all types of press display ads. Analysts are not sure if the result is because of the recession – television ad spending has gone down significantly in the UK – making internet ad spend a sort of ‘leader by default’, but everyone concurs that at some point, the switch will be permanent. See <http://www.reuters.com/article/internetNews/idUSTRE58S4IL20090929> to read the whole story.

–Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - Natural Cycle Worker Co-op Limited in Winnipeg offers courier services throughout the city in all seasons ---considering the infamous winters in Winnipeg, these worker-owners are certainly keen. They’ve put together a very informative video of their operation available on YouTube at <http://www.youtube.com/watch?v=majIJneQUX0>. This is an excellent video to share the co-op model with people new to the movement and see an interesting Canadian example. The official website of this worker co-op is <http://naturalcycle.ca/>. Given that we are approaching Co-op Week, share the co-op model with people in your life ----especially the next generation of co-operators. - Erin Hancock



Co-op Ed 101 - This week Brenda and I want to send our congratulations to our long time friend, **David Daughton**, who has been awarded the Worker Co-op Merit Award. We worked with David through the transition years of the Regional Co-operative Development Centre and on several projects through our worker co-op. We know that many Circles readers have memories of David’s work and times with them. If you would like to send David personal congratulations at the upcoming Canadian Worker Co-op Federation AGM in November (where he will receive the award), send them along to us at news1@nbnet.nb.ca and we will see that they are delivered. After helping to start peer support co-operatives at university in the United Kingdom, David worked with natural food co-ops in Canada and then joined the housing arm of Co-op Atlantic, eventually moving on to the Regional Co-operative Development Centre where he led the development of an Atlantic Region youth internship program. He coordinated the MYDAS worker co-op, "Mobilizing Youth for the Delivery of (co-operative) Advisory

Services", and he played a key role in the creation of both the PEI Co-operative Council and the Community Enterprise Council of New Brunswick. David served on the volunteer CWCF Board from 2004 until 2008. He has worked as Atlantic Coordinator of the Canadian CED Network and has been an active research partner in the Atlantic Social Economy and Sustainability Research Network. David's consulting business, "Healthy Community Partners", focuses on personal and planetary health issues, and has assisted many worker co-ops over the years with all aspects of their development. David has served on the steering committee of the CoopZone Developers' Network, and he was recently elected chair of the first elected Board of CoopZone. David is also a poet, a writer and a chef (having 'either owned or cooked at half-a-dozen vegetarian restaurants'). David is well known on PEI, and beyond, for his commitment to the co-operative movement, his hard work and his sense of fun. He and his family live by the sea shore on PEI. — *Maureen MacLean*



Co-op Community Bulletin Board

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- Nov 19-21, 2009 Canadian Worker Co-op AGM and Conference, Moncton, NB
- Nov 25, 2009 NBTACU Credit Union Annual General Meeting / Call for Board of Directors takes place at 650 Montgomery Street, Fredericton. Details at <http://www.nbtacu.nb.ca/>



Contest of the Week – **Last week's contest:** We had only one entry from Pat Dempsey, Coastal Financial Credit Union. **Answer:** \$15. If you write your information out as an equation, i.e. $4CDs + profit = \$24$ - $3CDs + profit = \$15$ $3CDs = \$9$ so $4CDs$ cost \$12 and my profit is \$3. I said I make the same on either deal. The only way I can sell 26 CDs is by 5 deals (3@4CDs & 2@7CDs). Making \$3 on each means total profit is \$15. I guess it was a bit difficult. This week's contest is easier. **This week's contest:** What number should finish this sequence? 23, 14, 19, 6, 20, ? Please keep those entries coming! 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.



Co-op Cooking – The prolific zucchini is still producing in my garden and so this salad may be seen on my table for yet another encore.

Mediterranean Marinated Vegetable Salad

- 2 large tomatoes cut in wedges
- 1 each green and yellow pepper, coarsely chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1/4 cup red onion wedges
- 1/2 cup Italian-style dressing
- 2 tbsp chopped fresh basil
- 2 cloves garlic, minced

1 cup crumbled feta cheese

In large bowl, toss together tomatoes, peppers, zucchini and onion. Combine dressing, basil and garlic; add to vegetables and toss to coat. Add cheese; mixing lightly. Refrigerate at least 1 hour to develop flavour. - *Glenna Weagle*



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Wednesday, Oct. 14, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Oct. 11– Oct. 18, 2009, Vol. 4, No. 36
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Openings - Openings is a weekly feature of Co-op Circles. “*Life is given to us, we earn it by giving it.*” – Rabindranath Tagore nobelprize.org/nobel_prizes/literature/.../tagore-bio.html Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



Happy Co-op Week, everyone! This is our fifth year publishing *Co-op Circles*. We want to thank all of our readers. Please celebrate Co-op Week by forwarding this e-mail to a fellow co-operator and suggest they subscribe! Co-op Week is a time for co-operators across the country to celebrate the achievements of the co-op sector, to reflect on the contribution of co-operatives and credit unions to Canadian society and to spread the word about the power of co-operation. For more information, go to <http://www.coopscanada.coop/>



This Week in Co-op Circles

- The Nova Scotia Co-op Council wants to advise members that **Fred Pierce** has returned to work, on a contractual basis, providing co-op development support to the central and northern regions out of the Council’s Truro office. <http://www.nsko-opcouncil.ca/> Fred was the inspector of co-operatives for more than 30 years. He has a wealth of co-op knowledge, expertise and experience and he will be putting that to work for the benefit of NSCC’s members.
- The first **Mountain Equipment Co-op-brand bikes** are rolling into MEC stores in Vancouver, Calgary, Winnipeg, Toronto, and Longueuil. Some bikes will also be available in MEC’s Burlington and Montreal (Marché central) locations. The bikes are built to MEC specifications. There are twelve models in four categories: mountain, urban, road, and specialty (including a kids’ model). The line was designed to appeal to members who ride for recreation, who commute to work and around town, as well as those who cycle tour or ride off-road. Complete details about the bikes will be added to the website in November 2009
http://www.mec.ca/Main/content_text.jsp?FOLDER%3C%3Efolder_id=2534374302886210&bmUID=1255489713100
- **Pumpkins** are a seasonal fixture but anyone who misses out on finding a giant gourd this fall may be able to blame it on the bees. As a rule, if you look at the honeybees, they’re not going to work as hard during inclement weather and this spring was very wet in some areas. Buzz Harvey, a farmer in Maugerville, N.B., just outside Fredericton, runs a popular roadside vegetable stand that is normally overflowing with pumpkins at this time of year. However, Harvey is now trying to ripen pumpkins in his greenhouse and the few pumpkins he does have are smaller than usual. Normally, Harvey hauls 30 wagon loads of pumpkins out of his field, but this year he was able to harvest just two. He had to buy about 3,000 pumpkins from areas like Bouctouche and Sussex. Go to your local Co-op or farmers’

market early to get your pumpkin Read more at <http://www.cbc.ca/canada/new-brunswick/story/2009/10/06/nb-pumpkin-shortage-650.html>

- **Caisse populaire de Clare** has been honoured for Excellence in Community Development with an award at the 2009 Celebrating Communities Conference and Awards. The Clare-based caisse populaire was nominated and selected as a result of its support of more than 60 community initiatives, including the establishment of a \$50,000 Community Development Fund and a \$2,000 grant to École Stella-Maris. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=545>
- **College of the North Atlantic's** (CNA) Alumni and Advancement department has announced the formation of the **Credit Unions of Newfoundland and Labrador Bursary Program**. The Nova Scotia Credit Unions Charitable Foundation administers the bursary program on behalf of Newfoundland and Labrador credit unions. The \$3,500 program will consist of seven awards of \$500 each, which includes an individual bursary of \$500 provided by **Public Service Credit Union**. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=551>
- Congratulations to the winners of the **1st Annual Credit Union Photo Contest**. These photos will be showcased in the 2010 Atlantic Provinces Credit Union Calendar Have a look at the 12 winners. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=549>
- Thursday, Oct. 15, is **International Credit Union Day** and Credit Union Central of Nova Scotia, League Savings and Mortgage and League Data will celebrate the credit union system and honour Nova Scotia credit unions and the great community work they are doing. Credit Union Central of Nova Scotia is also celebrating the final few months of its 75th anniversary year. Along with participating credit unions, CUCNS, LS&M and League Data are holding a food drive for FEED NOVA SCOTIA. Staff will also view a movie about the history of cooperatives and credit unions created by the Antigonish Movement Multimedia Cooperative. Community work staff participates in will also be celebrated. There will be a presentation from Early Intervention Nova Scotia, the primary recipient of the Nova Scotia Credit Unions Charitable Foundation. Staff will dress in yellow and blue and enjoy cake and coffee. For more information, go to www.nscreditunions.ca
- CORRECTION to item which appeared in last issue: The **Clareville Area Co-op - Clareville Lions Club 50/50 committee** has announced a \$60,000 commitment to the local Vista School Board to purchase a SMART Board interactive white board for each of the 15 schools in the district. This equipment is the latest technology that accommodates different learning styles and especially benefits children with special needs. The donation was announced during a teacher's professional development conference on September 29th. This is the third "special project" since Clareville began the 50/50 program in April, 2007. \$36,000 was donated to furnish the Great Room in the new Dr. Albert O'Mahony long-term care facility and \$25,000 was donated to the Dr. G. B. Cross Memorial Hospital for an Ultraviolet light treatment (UVB) machine. From April 1, 2007 to September 30, 2009, total proceeds of \$642,614 have been shared between winning members and local non-profit organizations through the 50/50 Charity Program.
- The **Canadian CED Network** has issued a Request for Proposals for immigrant social enterprises that are ready to scale up their business. **ISISE Social Enterprise Business Plan Grant Application** – Submission Deadline: October 23. Letter of Intent by October 16th This grant will support six social enterprises in different provinces to develop business

plans outlining how they plan to increase the number of immigrants they work with and broaden the range of immigrant supports they provide. For more information, go to www.ccednec-rcdec.ca

- The community of **Chéticamp** is celebrating **Co-op Week** all week long, starting with a community brunch this past Sunday. The co-operative radio CKJM (106.1) is holding its radiothon during the week with music from local artists highlighting festivities. As well, there will be co-op trivia games and prizes, educational vignettes from Vieux Grégoire. Thanks to Laurette Deveau and to the work of Le Conseil Coopératif Acadien, there will be fun for everyone.
- **À Chéticamp, on célèbre La Semaine de la Coopération.** Il y a plein d'activités qui font preuve des efforts déployés par les membres à tous les niveaux.
- Pour lancer La Semaine, Le Conseil Coopératif Acadien de la N.-É. parraine un Brunch communautaire, le dimanche 11 octobre de 10h30 à 13h00. Les coûts de la nourriture seront défrayés par le mouvement coopératif de la région. Toutes les recettes de la porte seront versées au comité de la salle paroissiale. Les coûts d'entrée sont de 7,\$ la personne, 4,\$ pour les 12 ans et moins.
- La même après-midi, La coopérative de radio CKJM (106,1 à Chéticamp, 92,5 à Pomquet et au www.ckjm.ca sur la toile) organise un radiothon, qui sera diffusé sur les ondes à partir de 14h00. La musique est assurée par des artistes locaux. Les personnes qui veulent faire un don sont priées d'appeler le numéro (902) 224-1242.
- Au cours de la Semaine, Le Conseil Coopératif Acadien de la N.-É. invite les gens à remplir un questionnaire sur le mouvement coopératif. Les prix à gagner sont les suivants : 1^e prix (certificat-cadeau d'une valeur de 200, \$ du magasin coop) 2^e prix (cadeau de La Caisse Populaire Acadienne d'une valeur de 100, \$), 3^e prix (certificat-cadeau du restaurant Acadien et un CD de Gérard Romard d'une valeur de 75, \$). Tirage sur les ondes de CKJM le 19 octobre.
- Pendant toute la Semaine, on diffusera sur les ondes de CKJM, des capsules sur le mouvement coopératif, rédigées et animées par Melvin Doiron du N.-B., dans le personnage du Vieux Grégoire.
- Le magasin coopératif célèbre cette année son 72 anniversaire de fondation et au courant de la semaine, il y aura des aubaines, des concours et des prix à gagner. La Caisse Populaire Acadienne aura portes ouvertes le jeudi avec thé, café et beignes, ainsi que des prix pour les membres et les élèves à l'école.
- On invite les membres à venir s'amuser!



Trends - Everyone knows it: we live in a world wrapped up in complex supply chains that put small farmers who wish to sell their goods in a difficult situation: do they sell to the supermarkets and get less cash for their carrots, or do they spend a lot more time and effort trying to sell directly to customers? Customers, meanwhile, are torn between loyalty to local businesses and the convenience of supermarkets. Well, in Germany, there are now farmers who **sell milk, eggs, butter, cheese, potatoes and sausages from...vending machines!** The specially designed Regiomat machines have been used elsewhere to sell fresh goods (some solar powered machines are apparently used along hiking trails) but this is one of the first to focus on locally and freshly produced goods. You can find out more about the machines here:

<http://www.stuewer.de/automaten/regiomat/index.html>. (Note: the site is in German so if your German is not quite up to speed, use Google Translate to get a good English approximation.) I

could certainly see this concept applied to crowded urban settings, but also at campgrounds, hotels with suites, and apartment buildings, to name a few. –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - The **BC Institute for Co-operative Studies at the University of Victoria** is now accepting applications for 2010-2011 fellowships. These fellowships provide funding and institutional support for co-op-related research. These include faculty, graduate student and community-based fellowships. Learn more at <http://www.bcics.coop/content/201011-fellowships-available-bc-institute-cooperative-studies>
Applications due November 5, 2009. - *Erin Hancock*



Co-op Ed 101 - Happy Co-op Week to all our subscribers at Co-op Circles! Sometimes when I am wandering around on the Web I see things I would like to explore or visit or attend. Tonight, Oct. 14, I would like to be in Ontario to attend **OnCo-op's Gala** Co-op Week event. Have a look at OnCo-op's Web site and see how some provincial associations celebrate Co-op Week. Congratulations OnCo-op!! Well done!! http://www.ontario.coop/pages/index.php?main_id=114
— *Maureen MacLean*



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Contest of the Week – **Last week's contest:** Last week we had no entries which is strange but the contest email account had at least 10 spam messages. If you sent an answer, we apologize that it wasn't received. Maybe it was a bit difficult. This week's contest is easier **Answer:** What number should finish this sequence? 23, 14, 19, 6, 20, ? ANSWER 19. Take the first letter of each word in the question (W, N, S, F, T, S). If A = 1, B = 2, C = 3, D = 4 etc, then this sequence is the value of the letters in the question. **This week's contest:** You are a prisoner sentenced to death. The Emperor offers you a chance to live by playing a simple game. He gives you 50 black marbles, 50 white marbles and 2 empty bowls. He then says, "Divide these 100 marbles into these 2 bowls. You can divide them any way you like as long as you use all the marbles. Then I will blindfold you and mix the bowls around. You then can choose one bowl and remove ONE marble. If the marble is WHITE you will live, but if the marble is BLACK... you will die." How do you divide the marbles up so that you have the greatest probability of choosing a WHITE marble? Please keep those entries coming! 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.



Co-op Cooking – After the holidays we all look for alternatives to the turkey which sometimes seems to go on forever. And we are all looking for ways to eat healthier these days. Here's a grown up lasagna dish which features smoked salmon.

Savoury Salmon Lasagna

8 lasagna noodles, cooked and drained

8-oz cream cheese, softened

1/3 lb. smoked salmon, thinly sliced

1/2 cup pasta sauce

1 cup shredded Mozzarella cheese

Fresh dill sprigs (optional)

Spread cooked noodles with cream cheese and top with salmon. Beginning at narrow end of noodle, roll up in jelly-roll fashion. Place seam sides down in greased 13x 9-inch baking pan.

Cover with pasta sauce and sprinkle with cheese. Cover with foil. Bake at 400F 15 minutes.

Remove foil and bake an additional 10 minutes (or until heated through). Garnish with fresh dill sprigs if desired. - *Glenna Weagle*



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Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Oct. 25– Oct. 31, 2009, Vol. 4, No. 38
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Openings - Openings is a weekly feature of Co-op Circles. “*Take more time, cover less ground.*” – Thomas Merton www.merton.ca 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

- In partnership with local area **credit unions in Moncton**, C103’s Tim Cormier went 80 feet in the air to help raise money for the Food Depot Alimentaire. Tim went up at 7:30 am and was brought down with the final donation from the Oxygen Night Club at 8:30 pm, spending over 12 hours in the air and raising \$4200. See details and pictures at <http://www.c103.com/index.asp?mn=4&id=3227&cc=8>
- **Prince Edward Island’s credit unions** now have their social audits on line at <http://peicreditunions.com/page.php?pg=36>
- Nova Scotia credit unions gave back on International Credit Union Day <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.122&sfield=content.id&search=552> They celebrated by taking part in a **province-wide food drive**. This is the fourth year credit unions collected food in support of FEED NOVA SCOTIA and local food banks. In 2008, Nova Scotia credit unions collected more than four thousand pounds (1847 kilograms) of food, quadrupling the 429 kilograms donated in 2007.
- To cap off this year’s Co-op Week celebrations, the **Co-operative Development Foundation of Canada** (CDF) announced that more than \$30,000 will be available for a co-op development project in Canada this year through the **Robert Owen-Henri Lasserre Fund**. This is the first time that CDF will award a grant from the revenue generated by this endowment fund, in what will likely become a Canadian co-operative development funding opportunity every three to four years. The Robert Owen Foundation was established in 1932 to encourage co-operative living. The original source of the funds was a donation from Swiss industrialist Henri Lasserre, intended to assist with the start-up and expansion of co-operatively owned businesses. In 2003, the Robert Owen Foundation and CDF signed an agreement to establish a long-term fund for co-operative development. Interested applicants are encouraged to contact their provincial co-operative association, Arctic Co-operatives Limited or the Canadian Worker Co-operative Federation, who will administer the application process and submit worthy applications to CDF. Preference will be given to a co-operative development project involving a worker or multi-stakeholder co-operative that benefits marginalized groups and aids in the reduction of poverty. The deadline for applications is December 1, 2009 and funds will be made available by January 2010. For general inquiries, contact: Kate Wetherow, Foundation Administrator, Co-operative Development Foundation of Canada (CDF), Phone: 613 238-6711 ext. 226 Toll Free: 1-866-266-7677 Fax: 613-567-0658, Email: kate.wetherow@coopscanada.coop Website: www.cdfcanada.coop

- **Co-operative Development Initiative's** Innovative Co-op Projects program will be accepting applications for its second intake round; the new deadline is December 31st, 2009, for projects in federal year 2010-2011. The information is available at: <http://cccm.coopscanada.coop/en> , or en français at: <http://cccm.coopscanada.coop/fr>.



Trends - I have written in the past about how YouTube is supplanting regular television for 'share of eyeballs' and most people who have been on the Internet are familiar with YouTube. Often childish, sometimes interesting, YouTube plays a huge role in shaping what global citizens see on the internet. But if you are looking for something more serious, if not a little more grownup, check out **Vimeo**. "Vimeo was created by filmmakers and video creators who wanted to share their creative work, along with intimate personal moments of their everyday life" states the website at vimeo.com. Founded in 2004, the site now includes over 2.1 million members with over 16,000 videos updated daily. Like YouTube you can search for videos, but you can also explore by categories, groups, staff picks and other criteria that will usually bring a better viewing experience than that of the dog knocking someone into the mud puddle. You will find co-operatives on Vimeo too – simply 'search videos' for the word co-op. –*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - The NB Media co-op reports the establishment of a new social justice group in Fredericton, the **New Brunswick Public Interest Research Group (NBPIRG)**. The article explains: "A PIRG facilitates connections between people organizing around a wide variety of social, environmental and economic justice issues on campus and in the community." Establishing this organization is thought to offer a long lasting social justice structure, providing a continuous stream of social action where often student initiatives come in waves as students come and go. Read more at http://nbmediacoop.org/index.php?option=com_content&view=article&id=491:new-social-justice-group-makes-campus-debut&catid=96:politics&Itemid=197 - *Erin Hancock*



Co-op Ed 101 - I was doing some research for World Food Day and I found a link to the Hunger Mountain Co-operative. It is a community-based, member-owned, not-for-profit cooperative whose resources are dedicated to providing healthy foods and ecologically sound goods and services at the lowest possible real cost, acknowledging that monetary cost frequently does not include all of the costs of production, distribution and use. <http://www.hungermountain.com/about.cfm> The cooperative supports local enterprises, and works to educate the community about good health, and environmentally sound practices. Nestled on the banks of the Winooski River in Montpelier, Vermont, Hunger Mountain Co-op, offers a wide selection of natural foods and products, as well as a full service deli-cafe. By laws are available at <http://www.hungermountain.com/pdf/bylaws.pdf>— *Maureen MacLean*



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- Apr 15-17, 2010 – Credit Union Central of Nova Scotia Annual General Meeting
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting



Contest of the Week – **Last week's contest:** The first entry was from Dennis Williams, General Manager, York Credit Union, Fredericton, NB, followed closely by Dave Emery, Pathways Housing. **Answer:** Place one white marble in one bowl, and the other 99 marbles in the other bowl. That way I would have a 50/50 chance of getting the bowl with only the white marble, and if I got the wrong bowl, I would still have almost a 50/50 chance of picking a white marble. **This week's contest:** Which confectionary items are suggested by these: 1 wobbly infants 2 arias 3 seen at a race track 4 wee willy winky? Please keep those entries coming! 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.



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*



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

Wednesday, Nov. 4, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Nov. 1– Nov. 7, 2009, Vol. 4, No. 39
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Openings - Openings is a weekly feature of Co-op Circles. “*Nothing is a waste of time if you use your experience wisely.*” – Auguste Rodin en.wikipedia.org/wiki/Auguste_Rodin 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 owners of **Advance Savings Credit Union** and **PSE Credit Union** will vote at their special ownership and annual meetings to determine if the two credit unions will amalgamate into one larger credit union serving Moncton, Petitcodiac, Port Elgin, Rexton, Riverview and Salisbury in New Brunswick. The goal of amalgamation is to improve efficiency while providing enhanced services to owners and the communities in which they live. With these objectives in mind, the new credit union would maintain all existing branches and staff, as well as expanded services offered to small business. The Boards of both credit unions have unanimously endorsed the proposed amalgamation, and are recommending approval of the merger to their respective owners. Should both credit unions give their approval, the amalgamation would be effective January 1st under the name Advance Savings Credit Union. Advance Savings Credit Union’s special ownership meeting is scheduled for 7:00 p.m. on Tuesday, November 17th at the Holiday Inn Express, 2515 Mountain Road, Moncton. “The aim of amalgamation is to create a stronger, more viable credit union presence in southeast New Brunswick which will focus more resources on owner service, relationship building and business development,” says Advance Savings Credit Union President and CEO, Don Roper. “As the credit union business grows, so too will the opportunities for staff to develop their careers within a larger organization.”
http://www.advancesavings.ca/news_pages/community_ascu_AmmalgAnnouncement_PSE_ASCU.htm PSE members will vote Monday, Nov. 16.
- The **Canadian Worker Co-op Federation** has announced its new, bilingual **Web site**: www.canadianworker.coop The new site is user-friendly and useful; and there are still a few more improvements to come. If you have any suggestions for improvement, comments, etc., please do not hesitate to share them with hazel@canadianworker.coop. Also, please register as soon as possible if you will be attending the CWCF Conference. To register, please go to: http://www.surveymonkey.com/s.aspx?sm=0Z13IJrcQQwiUyIbnzIITw_3d_3d. This year’s **AGM/Conference** will take place Nov. 19-21 in Memramcook, NB. The theme is: From Crisis to Recovery!: How Worker Co-ops are a Critical Response to Times of Economic and Environmental Crisis. The program will include a live video feed from the CICOPA Conference taking place in Geneva, Switzerland.
- Retail co-ops, credit unions and their members in Moncton, Sussex, Fredericton and Florenceville, NB, gave more than 4,600 pounds of food to the **Farm Credit Canada**

food drive last week. This sixth food donation drive toured the Moncton area, and then headed for the northwestern communities of the province.

<http://www.coopatlantic.ca/htm.aspx?id=617>

- Area credit unions, **Advance Savings, OMISTA, and PSE, in Moncton, NB** have been busy in their communities. They sponsored the **Atlantic Hockey Tournament** for youth. Every player on the winning team received a Credit Union toque

http://omista.com/news_detail.aspx?news_id=79 They also supported Mobile **One Community Service**, which operates Moncton's mobile soup kitchen bus and five mobile food pantries serving people as far away as Harcourt and Bass River.

Representatives from Advance Savings Credit Union, OMISTA Credit Union, and PSE Credit Union gathered with Mobile One to present a cheque for \$1500.

http://omista.com/news_detail.aspx?news_id=77



Trends - I've been outside the Co-op movement (I still prefer to call it a movement and not a system) for about four weeks now. During that time, readers will know, Co-op Week has come and gone. For me, looking in from the outside for the first time in almost 15 years, it simply seemed like **Co-op Week didn't come at all**. I certainly didn't hear about Co-op Week from my new coworkers, and I didn't read about it in my local newspaper or even in my Co-op grocery flyer (because, apparently, I live too far away to receive a Co-op flyer anymore). My Credit Union has been silent about Credit Union day, preferring instead to inform me about yet another amalgamation meeting. On one hand, we have co-operators arguing that big food chains are bad; on the other hand, credit unions are trying to get bigger. Something is obviously lost in the balance. Think it's just me? If CCA's Co-op Week Blog

(<http://www.coopscanada.coop/blog/?p=18>) can only garner three comments from across Canada, you know something is wrong.—*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - The **Culture C.O-O.P** in Davis, California exists to promote diversity and cultural awareness for both adults and youth. They provide books, posters, educational seminars and a variety of other resources that promotes strength through diversity. If you would like to learn more or order products, visit <http://www.cultureco-op.com/> - *Erin Hancock*



Co-op Ed 101 - I have been thinking lately, as I help get the property ready for winter, how to get people involved in sharing bigger items we only use once or twice a year. A bit of research turned up this informative page <http://www.motherearthnews.com/Nature-Community/2004-04-01/Share-Tools.aspx> Anyone out there in Atlantic Canada want to share their story or experience on tool sharing? Write to us at circles1@nbnet.nb.ca

An excerpt from the article in *Mother Earth News*: "Some neighborhoods and communities across the country have discovered a better way—tool sharing. It's an idea that's alive and well, from small housing cooperatives in rural areas to lending programs in large cities. And many people are finding that, in addition to making economic sense, tool sharing offers a way to simplify life and create community, pulling together neighbors to exchange ideas, skills and a helping hand." — *Maureen MacLean*



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Contest of the Week – **Last week's contest:** There were no responses. **Answer:** Which confectionary items are suggested by these: 1 wobbly infants 2 arias 3 seen at a race track 4 wee willy winky **Answers:** Jelly Babies, Tunes, Tic Tacs, After Eight **This week's contest:** The Co-op visitors went to the zoo. The day was rainy but still an interesting day to spend at the zoo. The Co-op Board had a great time and the monkeys were voted the favorites. The zoo had four monkeys - two males and two females. It was lunchtime for the monkeys and as the board watched, each one ate a different fruit in its favorite resting place. Can you determine the name of each monkey, what kind of fruit each monkey ate, and where its favorite resting place was? 1. Gerry, who doesn't like bananas, likes sitting on the grass. 2. The monkey who sat on the rock ate the apple. The monkey who ate the pear didn't sit on the tree branch. 3. Kathy sat by the stream but she didn't eat the pear. 4. Carole didn't sit on the tree branch. David doesn't like oranges. Please keep those entries coming! 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.



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's a Recipe for Diabetics 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 or 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*



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- *“Just a little love note to say how much I appreciate you and the Rising Tide Collective. As a result of your work I also feel much closer to all of you way over there on the east coast. Take care of your wonderful selves.”* – MC, BC



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Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



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This Week in Co-op Circles

- Crops grown on Prince Edward Island will feed up to 700 people for the year, <http://www.atlanticfarmfocus.ca/index.cfm?sid=298604&sc=586> On Sunday, Oct. 25, Zion Presbyterian Church in Charlottetown honoured the people who helped grow crops which were donated to the **Canadian Foodgrains Bank**. It all begins with a landowner setting aside land, about 20 acres, for use by the bank. Congregations provide the money for seed, planting and harvesting through donations. The harvested crops are then sold to the Foodgrains Bank. The profits are then matched 4-1 by the Canadian International Development Agency.
- Canadian credit union and co-operative members enable millions of men, women and children to forge a better future. They do this by channelling their knowledge and volunteer services to the International Development Program of the Canadian Co-operative Association (CCA) and by giving generously to its fundraising arm, the Co-operative Development Foundation. CCA invites you to become part of a development education team that will learn firsthand about co-operatives and credit unions in Nicaragua who will then share their stories upon return to Canada. **CCA’s Development Education Study Mission to Nicaragua** will take place from January 31st to February 10th, 2010. Participants will learn about CCA’s work in Central America, visit a number of co-operatives in Nicaragua (agricultural, fishing and credit unions) and participate in a development education workshop before returning to Canada. During the limited free time, optional learning tours will also be available. The study mission delegation will be accompanied by CCA staff and a language interpreter. Cost of participating in this study mission is approximately \$2,000. Deadline for applications is Friday, November 27th, 2009. Applications for this study mission can be found at www.coopsCanada.coop or by contacting Lise Boissonneault, CCA Project Assistant, lise.boissonneault@coopscanada.coop. For more information please contact Karen Timoshuk, CCA Development Education Coordinator, at ktimoshuk@xplornet.com.
- The United Steelworkers of America (USWA) and MONDRAGON Internacional -- the world’s largest worker co-op -- have announced that they will work together to create worker co-operatives in the U.S. and Canadian manufacturing sector. At a joint news conference on Oct. 27, leaders of USW and MONDRAGON announced an [agreement](#) to increase employee ownership of businesses through understanding, adopting and practicing the MONDRAGON Corp. model in companies represented by USW. Started in 1956 in the Basque region of Spain, MONDRAGON now has more

than 100,000 members in co-operative enterprises in some 40 countries. It is the seventh largest business in Spain. The USWA is North America's largest industrial union, with over 1.2 million members, 260,000 of them in Canada. "We see today's agreement as a historic first step towards making union co-ops a viable business model that can create good jobs, empower workers, and support communities in the United States and Canada," said USW International President Leo W. Gerard. "We need a new business model that invests in workers and invests in communities." For more information on the announcement, go to http://www.usw.org/media_center/releases_advisories?id=0234.



Trends - You have heard of Red Bull, now get to know **Slow Cow**. It is the opposite of those energy drinks that are turning well intentioned humans into production machines. Slow Cow is an anti-energy drink (or relaxation drink) that contains L-Theanine (a relaxation ingredient that does not cause sleepiness), chamomile, passion flower, and hops, among other ingredients that will let you wind down rather than wind up. Now, I am not a doctor, so do not take any of this too seriously – but I am intrigued by the concept of a relaxation drink, and hardly surprised it is a Canadian product. I actually like that it is a Canadian product and hope it does develop into a trend. See more here: http://www.slowcowdrink.com/slowcow_en.asp?no=258 –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - I was pleased to have attended the **Education and Training Institute of the North American Students of Co-operation (NASCO)** last weekend in Ann Arbor, Michigan. There were over 300 participants from the US and Canada--- focused on developing their understanding and skills to contribute to their co-ops. I have been serving on their Education Board since June and it was very exciting to be involved in our largest annual event. There were nearly 70 workshops along with a variety of working groups and special events. Learn more about Institute at <http://www.nasco.coop/institute/> - Erin Hancock



Co-op Ed 101 - The **Grainery Food Co-Operative**, Halifax, NS, <http://thegrainery.wikispaces.com/> is a non-profit, volunteer run organization dedicated to making local and organic food affordable and available to Halifax communities. It strives for a membership that includes people of diverse backgrounds. It supports other non-profit action groups. There is no fee for membership in the Grainery. Each member works a minimum of 6 hours per month. These hours are spent in a variety of ways: shifts at the Saturday Market or at the Agricola street store, bagging, cleaning, maintenance or communications work. Members receive a 15% discount on all purchases from the Grainery. To learn more you can visit the Agricola store at 2385 Agricola St., Tuesday and Wednesday 4:00 - 6:30 PM and Thursday, Friday, and Saturday 1:30 - 7:00 PM. The store is staffed by volunteer members, so you may wish to call ahead at (902) 446-3301 to confirm it is open. — Maureen MacLean



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Contest of the Week – **Last week's contest:** Last week's first entry was from Brian Murray, Moncton, NB, followed closely 10 more entries. Thanks to all who write and chat to us each week.

Answer: Last week's contest was about the animals at the zoo being visited by the co-op board members. Answer:

Gerry - Grass - Pear

Kathy - Stream - Orange

Carole - Rock - Apple

David - Tree – Banana

This week's contest: Do you like math? In this special sequence of numbers which can be added multiplied, subtracted or maybe divided, what number comes next? and if you are really good what 2 numbers come after that? 8, 5, 4, 9? Please keep those entries coming! 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.



Co-op Cooking – If you are looking for an elegant dessert to finish off a meal, here is one that is bound to fill the bill. It uses the apples which are so abundant this time of year and it is very easy to prepare which is an added bonus in my house.

Vanilla-Apple Phyllo Crisps

2 frozen phyllo pastry sheets

1 ½ cups sliced cooking apples (Granny Smith, Cortland, Gravenstein)

3 tbsp maple syrup

1 ½ cups cold skim milk

1 pkg (4-serving size) instant vanilla pudding

3 tbsp whipped topping or whipped cream

Place a phyllo sheet on work surface; spray with cooking spray or brush with melted butter. Cut into three crosswise strips with kitchen shears; fold each strip into thirds to form square. Repeat

with second phyllo sheet. Use shears to round off corners of each square. Press each square into a cup of medium muffin tin. Bake 5 minutes or until golden brown. Cool. Cook apples in syrup in skillet on medium-high heat for 5 minutes, or until apples are tender, stirring frequently. Cool. Add milk to pudding mix; beat with wire whisk for 2 minutes. Refrigerate for at least 5 minutes. When ready to serve, fill phyllo cups evenly with pudding; top with apple mixture and dollop with whipped topping or cream. - *Glenna Weagle*



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- *Okay, I've been missing my contests. Hope everyone's well. I also hope I may see you at the AGM in Memramcook. I'll be stepping down from the board this year after these 16 years of continued directorship. Then, I will have even more time for the contests of the week!* – MF, BC
- *Just to let you know I read "Co-op Circles". I read it with interest and enjoy it. Merci beaucoup,* - LR, NB



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Week of Nov. 15– Nov. 21, 2009, Vol. 4, No. 41

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This Week in Co-op Circles

- The Canadian Co-operative Association is seeking expressions of interest from co-operative volunteers for a **four week placement in Kigali, Rwanda** to support the Agriculture Co-operative Development project. CCA’s Rwandan partners UGAMA, the Centre for Co-operative Services (Gitarama) and IWACU (Kigali) have requested assistance to help their member co-operatives to find ways to supplement or increase the income capacity of households based on limited landholdings. This mission will take place in the early part of 2010. Three or four days will be spent conducting local market research and two weeks will be spent conducting the workshops at the four project co-operatives. One week will be required to create reports and present summaries of the workshops to the co-operatives. A strong back ground in marketing and value added agriculture production, agricultural co-operative experience, experience with group facilitation, training or adult education are required. Although the Rwandan official language is English much of the rural population speaks only Kinyarwanda or French. Closing date for applications is Nov. 27. If you are interested, contact Colleen Berrigan, Volunteer Administrator, colleen.berrigan@coopscanada.coop
- The holiday season is a time when people create memories by enjoying the company of family and friends – and good food plays an important part in creating those memories. Co-op believes that **choosing food from our region** can only make those events better. In the month leading up to Christmas, Co-op Atlantic will be engaging visitors on how they can **choose Atlantic first** to make their holiday even more special. At www.eatatlantic.ca stories from shoppers about why Atlantic food is important to them at this time of year will be featured. If you organization has any messages about Atlantic food choices that you would like to get out, please send them to Annie LaPlante, Co-op Difference Manager/Directrice de la promotion de la distinction cooperative, annie.laplante@coopatlantic.ca, (506) 858-6054
- This holiday season, the **Co-operative Development Foundation of Canada (CDF)** is holding '*Tis the Season*, an **online auction** that features a selection of items suitable for presents. The auction will attract Canadians, and will specifically target key leaders from the co-operative and credit union system across Canada. It will provide you with an excellent opportunity to profile your co-op as a valued supporter of the national and international co-operative movement. CDF is the charity of choice for Canadian co-ops and credit unions. It is a charitable organization that creates awareness of and raises the money for the Canadian Co-operative Association’s (CCA) International Development programs. Our mission is to mobilize resources to equip people with the co-operative tools to change their lives for the

better. Set up like eBay, the online auction will allow anyone with Internet access to bid on exciting items – with all of the proceeds going towards CDF. It will also allow people and organizations to donate items to bid on – showing their commitment to CDF’s good work in a new and innovative way. The first online CDF auction was launched in correspondence to Co-op week 2009. The site received 10,000 hits and raised \$5,500. *‘Tis the Season*, to be launched on November 24, 2009. The Auction will run from November 24th until December 8, 2009. Please check out <http://realauction.ca/cdfc/en/> to view the last auction. There are also opportunities for sponsorship. Please contact Sarah Richardson at sarah.richardson@coopscanada.coop to donate an item or for more information.

- **Visit Fair Trade and organic coffee farmers** in Oaxaca, Mexico. Explore ancient indigenous ruins, try your hand at harvesting Fair Trade coffee, hike, enjoy spectacular vistas, relax and enjoy the tranquility, and experience the delights of authentic cuisine. Join this small-group guided travel experience that celebrates local peoples and the environment. Two departures: February 20 - 28, 2010 or March 6-14, 2010. For more information, please visit www.judesfairtrade.ca/activities/mexico. or email: satya@judesfairtrade.ca

Trends - To reduce the number of plastic water bottles that end up in landfills, consumers are encouraged to buy reusable bottles. Since those can be bulky to carry along, a company in Thousand Oaks, California designed an alternative. **Vapur** is a reusable water bottle that flattens when empty. Like a regular bottle, it stands upright when full. But when it is empty, users can fold or roll it up to stick it in a pocket or a purse. Made of ultra-durable three-ply, BPA-free polymer, Vapur bottles can be cleaned in a dishwasher’s top rack and can be frozen to keep water cool. Vapur’s green characteristics are not limited to their day-to-day use: since the bottles can be shipped flat, they are also greener to ship from manufacturer to distributors and consumers. All in all, it is an innovative way to make it more convenient for consumers to drink and carry tap water. See more at [vapour.us](http://vapur.us) –*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - I was very fortunate to be able to visit the **Grand House Student Co-op Inc.** in Cambridge, ON last week. The Grand House is a co-op built by architecture students at the University of Waterloo, Cambridge Campus. The project is a very innovative, eco design made from collected, recycled, repurposed and donated materials. I was impressed to see some of their flooring was actually old gym floor. They also collect rainwater to flush their toilets. Visit their website to learn more and to “buy a bale” to support them <http://www.wacsa.org/grandhouse/Frameset.htm> . They used some straw bale construction and as a fundraiser you can “buy a bale” to support their project.- *Erin Hancock*



Co-op Ed 101 - This week Co-op Ed 101 features the **Canadian Worker Co-op Federation** (<http://www.canadianworker.coop/>) The Federation will be in Memramcook NB this weekend for its annual meeting. I had the privilege of volunteering on this board for eight years beginning in the late 1990’s. During that time CWCF was putting in place the groundwork for the federal government’s Co-operative Development Initiative (CDI) <http://www.canadianworker.coop/funding/cdi> A second phase of CDI has been approved to start April 1, 2009. The program is providing \$19.1 million investment over the next four years aimed at the creation of new co-operatives, support for existing co-operatives and the promotion of innovative ways to apply the co-operative model to meet social and economic challenges. Both start-ups and existing co-ops are eligible to apply for support.

Celebrating 17 years, the Canadian Worker Co-operative Federation is a national, bilingual grassroots membership organization of and for worker co-operatives, related types of co-operatives (multi-stakeholder co-ops and worker-shareholder co-ops), and organizations that support the growth and development of worker cooperatives. CWCF was incorporated in 1992. Visit CWCF's Web site there is a wealth of information on worker co-ops and co-op start-up information there. — *Maureen MacLean*



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- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting



Contest of the Week – **Last week's contest:** We had no correct entries. Thanks to all who tried
Answer: In this special sequence of numbers which can be added multiplied, subtracted or maybe divided, what number comes next? If you are really good, what 2 numbers come after that? 8,5,4,9,? The answer: 4,4,8,...**Answer:** add them $8 + 5 = 13$ $(1+3) = 4$, $5 + 4 = 9$, $4 + 9 = 13$ $(1+3) = 4$ so the next number in sequence is 4 followed by another 4 and then an eight. **This week's contest:** Brendan and three of his friends were part of the school yard improvement group that decided to plant several new trees. The new trees would each be put in a different area of the front yard .Each friend sold tickets and bought a different kind of tree and planted their tree on a different day of the week at lunch time while the rest of the students and teachers watched. From the clues below, determine the full names of each friend, what kind of tree each bought, where in the yard it was planted, and on what day of the week each tree was planted. Annie, whose last name wasn't Frost, didn't plant her spruce tree by the patio. Kathy planted her tree before Student Dart but after the student who planted the ash tree. Student Best, whose first name wasn't Sally, planted their tree in the front yard, but not on Friday. Robert didn't plant his tree on Monday. Student Grand planted their tree before the student who planted a tree in the back yard. Robert didn't plant the cherry tree. The trees were planted, in chronological order, as follows: Student Frost, in the garden, Annie, the maple tree. Please keep those entries coming! 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.



Co-op Cooking – It is hard to believe that winter is really just around the corner. Some areas in our region have already experienced their first snowfall. This time of year cranberries are in every farm market and I look for new ways to serve them. Here is a recipe we recently enjoyed.

Pork Medallions with Cranberry Stuffing

1 pork tenderloin

1/4 cup sun-dried tomato and oregano dressing

1 tbsp Dijon mustard

1 pkg stuffing mix for chicken

1/2 cup dried cranberries

Cut meat crosswise into eight slices. Pound the meat slices, cut side up, with meat mallet to 1/2-inch thickness. Add to large, nonstick skillet which is lightly oiled or sprayed. Cook on medium-high heat for 3 minutes on each side (until browned on both sides). Reduce heat to low. Combine dressing and mustard; pour over meat. Continue cooking for 3 minutes on each side (until cooked through and sauce is thickened). Prepare stuffing as directed on package, reducing margarine to 1 tbsp., adding cranberries to the water. Spoon the stuffing onto serving plates. Add meat and drizzle with 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

- *“As a member of the board of directors of the Canadian Foodgrains Bank, I want to thank Rising Tide for the announcement about the growing project on PEI. I was there to speak on the day they gathered to prepare the land for planting. My parish is involved in a growing project (albeit smaller one) where children plant a garden at the rectory, adults contribute veggies they grew to raise money for the Canadian Foodgrains Bank. This year, we had an urban partner, St George’s Church in Saint John that is selling our squash to raise money for CFGB, we hosted a visitor from Bangladesh for a week who spoke, and the kids made pickles from the cucumbers grown to sell to raise money (can you tell that I’m proud of them?) and in the end, we raised hundreds of dollars that with the matching turns into thousands of dollars to assist people overseas. I also wanted to tell you about the new project at Midland Baptist Church, where they have a coffee drive through (in the middle of nowhere), that not only raises money for CFGB, but also uses JustUs Coffee. Marvelous isn’t it? We are now looking at teaching our kids more about traditional agriculture and co-op principles taking them through the process of raising sheep, processing and using the wool to make products to sell to raise money for CFGB. That project begins Friday night. After the announcement in Co-op Circles I am interested in suggesting that someone (or more) from our parish look at the CCA Study Tour. Will advertise it in my parish Enews.” – M L-J, NB*
- *“Thanks for another good newsletter. Please tell Erin that Andrew from NASCO says hello. In cooperation, Andrew”*
- *“Thanks, Merci. I read with interest the piece about Mondragon coops and USW.” – LR, NB*



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.mystfx.ca/coady-library/coop_circles/index.htm Next *Co-op Circles*:
Wednesday, Nov. 25, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Nov. 22– Nov. 28, 2009, Vol. 4, No. 42

*Edited and Compiled for you, by the Rising Tide Collective**

To subscribe: circles1@nbnet.nb.ca

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Openings - Openings is a weekly feature of Co-op Circles. “Everybody needs a hug. It changes your metabolism.” - Leo Buscaglia www.buscaglia.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

- **Nova Credit Union** has been honoured with a **Maritime Business Ethics Award** presented by the Better Business Bureau of The Maritime Provinces Inc. iNova won in the “fewer than 15 employees” category. “We wish to congratulate the Better Business Bureau for the Maritime Provinces for having this award and feel we have just begun to make a difference in promoting ethical business practices in everything we do,” says iNova General Manager Willy Robinson. The Halifax-based credit union was nominated and selected as a result of its ability to demonstrate that it is a responsible and sustainable organization that has ethical leadership, programs and practices. Steve Scanlan, Chair of the iNova Credit Union Board and Willy Robinson, GM accepted the award at the 5th Annual Maritime Ethics Dinner held November 18, 2009. Three staff members also attended; Sharon MacLeod, Office Manager, Angie Fong and Nick Franklin, Financial Services Representatives. “It was like the Academy Awards... it was most exciting and I was very proud,” iNova Office Manager Sharon MacLeod commented. To find out more about iNova Credit Union, please refer to its web-site: www.inovacreditunion.coop
- A reception to launch the film **You CAN Do It!** will be held at Bethany Center in Antigonish, NS, on Thursday, November 26, between 3 and 5 pm. There will be an opportunity to view some of the film and chat with the creators of this documentary. You CAN Do It! tells the story of the Antigonish Movement. The film relates parallel stories of life in rural Nova Scotia in the 1920’s and 1930’s and life in the developing world today. Through the use of primary source interviews, archival video, still photos, and the insights of academics who have studied The Antigonish Movement, this production recounts the experiences of the pioneers in the movement, and the impact on Canadian Society and its continuing influence throughout the developing world. You CAN Do It! was originally edited as a high school teaching resource. This edition has been remastered for general distribution and contains bonus interviews with a number of people whose lives were directly touched by the Antigonish Movement. This film is a production of **Bergengren Credit Union**
<https://www.bergengrencu.com/Home/YourCreditUnion/AboutUs/History/YouCanDoIt/index.jsp> and The Tompkins/Coady Multimedia Committee and produced by SeaBright Productions. DVD copies of this film will be available for \$25.00 soon at Bergengren Credit Union branches. For more information please contact: Cathy MacDonald at cmacdonald@nsbcu.ca or (902) 867-5759. Copies for educational use and public viewing are available from: McNabb Connolly 1-866-722-1522 / (905) 278-0566
info@mcnabbconnolly.ca / www.mcnabbconnolly.ca

- **East Coast Credit Union** is implementing a branch re-structuring plan in response to the economic downturn and business conditions. This restructure will see its existing 13 branch network reduced to 10. East Coast Credit Union will cease operations of its North Isle Madame, Mulgrave and North East Margaree branches effective February 28, 2010. “The decision to reduce our branch network has been a very difficult one,” says East Coast Credit Union President and CEO, Doug Hastings. “The reality of the situation is that we must improve our level of efficiency in order to remain competitive and ensure sustainability. The branch re-structuring plan enables us to remain competitive on deposit and loan products, while continuing to provide the professional service our customer-owners expect from us.” The closure of these three branches will also reduce East Coast’s employee complement by seven full-time positions. “Over the next three to four months all impacted customer-owners will be contacted to ensure they are well informed on the process and that their accounts are located at the East Coast branch of their choice,” says Hastings. “There will be no disruption of service and the credit union will make every effort to ensure transitions are smooth.”
<http://www.eastcoastcreditunion.ca/?service=vpag/3433>
- **The Chronicle Herald’s Newspaper in Education Program, Nova Scotia Credit Unions** and the **Nova Scotia Securities Commission** have collaborated to produce a special education feature in today’s issue (Nov.25) of The Chronicle Herald. The focus is to educate students to make good choices in money management. For more information go to www.nscreditunions.ca Nova Scotia credit unions are providing high schools with a comprehensive financial literacy program, YOUR Everything Money Guide. Also the Canadian Securities Administrators Web site <http://www2.makeitcountonline.ca/csa/parents/> has a parents and teachers’ guide to youth money management <http://www.securities-administrators.ca/>
- This holiday season, the **Co-operative Development Foundation of Canada (CDF)** www.cdfcanada.coop is encouraging you to give a gift that keeps on giving. From Nov. 24 to Dec. 8, check out the 70 items featured in ‘Tis the Season, an online auction. From stocking stuffers to stone carvings from a Canadian artist, there is something for everyone. Go to <http://realauction.ca/cdfc/en/> to begin bidding. By participating in the online auction, you help children, women and men in the developing world build pathways out of poverty. All auction proceeds support the Co-operative Development Foundation. Growmark, Inc is sponsoring the auction.
- **OMISTA Credit Union** http://omista.com/news_detail.aspx?news_id=81 has once again sponsored the Greater Moncton Progress Club Annual Antler Breakfast as a Gold Level sponsor. The breakfast will be taking place on November 27, 2009 at the Delta Beausejour, Grand Salon from 6:30am to 9:30am.
- The latest issue of the **Co-operative Management Advantage**, Volume 4, Issue 1 October 2009 is now available at www.mmccu.coop . The newsletter is a publication of the Masters Program, Co-op and Credit Union Management, and contains items on the Co-operative Fund of New England, Managing Change, Dr. John Chamard Remembered, Speaking Up for US Co-ops and Credit Unions, Bob Dylan and co-operation, and Co-ops that ROCK. The Masters program’s goal is 20 students at orientation 2010.
- **Nova Scotia Co-operative Council** was the 2008 winner of the Canadian Co-operative Association’s Leadership in Co-operative Governance Award in the small co-op category. The awards 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. Nova Scotia Co-operative Council (NSCC) undertook a board-led, comprehensive governance review built on significant research and best practices. The result was a comprehensive and sound governance framework and manual that is considered their guide for all of their actions and decisions. To learn more about the Council, go to www.nscouncil.ca

Trends - Sometimes the simplest ideas are the best. Most readers are probably familiar with the Segway – a two-wheeled human transporter that can carry a grown man and some luggage across town or in a designated traveling lane. A Segway keeps its rider balanced using a gyroscope that compensates for extreme movements and brings the rider back into balance. A company has taken the concept a step further (or back, depending on your point of view), **incorporating the gyroscope technology** into specially designed front wheel for a child’s bicycle, in effect making that bike very stable. The wheel’s gyroscope has three speeds to help the bike maintain balance or gradually eliminating it so that when your little tike has learned to ride, he or she is simply riding with a cool front wheel. You can try the experiment at home with a bicycle wheel – hold it at the axle when it is spinning and see how difficult it is to ‘sway’ the wheel. See more here: www.thegyrobike.com –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - The **Courier Co-op Toronto** is focused on providing a fair working environment for the worker-owners. They state: “Our mission is to change the employment standards for couriers.” Visit their website to learn more about their philosophy, how they operate and view their photos at <http://www.couriercoop.ca/>. - Erin Hancock



Co-op Ed 101 - Canadian Organic Maple Co. Ltd.

<http://canadianorganicmaple.com/about.cfm> produces 100 per cent organic maple syrup. The family-run sugary is located in the heart of the Appalachian Hardwood Forest in New Brunswick, at a place called Divide, so called because this location divides the watershed between two of New Brunswick’s greatest rivers, the St. John River and the Miramichi River. The sugary consists of approximately 90,000 taps nestled in a natural and pristine forest, producing approximately 22,000 gallons of organic maple syrup annually. Recently the co-op was part of a group that mounted an impressive display at Grocery Innovations trade show in Toronto <http://www.atlanticfarmfocus.ca/index.cfm?sid=304515&sc=586> — Maureen MacLean



Co-op Community Bulletin Board

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- Nov 25, 2009 Heritage Credit Union invites people for a Lunch-n-Learn session focusing on the benefits of group retirement solutions. 12 Noon, Heritage Credit Union’s Corporate Office, Suite 102-238A Brownlow Ave, Dartmouth, NS. RSVP is required by Nov. 13 to Susan Peterson (464-7106) or e-mail susan.peterson@heritagecu.com
- Nov 25, 2009 NBTA Credit Union Annual General Meeting / Call for Board of Directors takes place at 650 Montgomery Street, Fredericton. Details at <http://www.nbtacu.nb.ca/>
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Contest of the Week - Last week's only correct answer came from Falon Owen, Coastal Financial Credit Union, Yarmouth, NS. He sent his answer in a chart form which is the easiest method to use when figuring out these types of contests. **This week's contest:** The kids on the street set up a secret club. Bobby wanted to get into the club so he hid and watched the leader at the door of the club house. The leader said a number to each member as they approached, and the member would respond with a number of their own. One member came up to the door, the guard said twelve, and the member responded with six and was let in. Another member came to the door, the guard said six and the member responded with three and was let in. Believing he had the code Bobby went up to the leader. The leader said ten, and the Bobby said five, but was not let in. What was the secret answer? Thanks to all who tried. Please keep those entries coming! 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.



Co-op Cooking – Fall is the time of year when Shepherd's Pie, accompanied by a great salad, seems to be a good choice for a main meal. This one has the added bonus of being made with sweet potato or yams. Occasionally when I have no cream cheese in the house, I substitute plain yogurt, some favourite herbs and a bit of garlic or garlic powder.

Sweet Potato Shepherd's Pie

- 1 sweet potato or yam, peeled, cut into 2-inch chunks
- 2 tbsp herb & garlic cream cheese
- 1/2 lb extra lean ground beef
- 1 cup sliced fresh mushrooms
- 1 green onion, chopped
- 2 tbsp sundried tomato and oregano dressing
- 2 tsp flour
- 1/4 cup water
- 1 cup frozen green beans

Microwave potatoes in small bowl until tender (approx 4 minutes on high). Mash until smooth; gradually adding cream cheese and mix until well blended. Set aside. Cook meat with mushrooms and onions in dressing until meat is browned, stirring occasionally. Drain. Mix flour and water until well blended; add to meat mixture; cook until slightly thickened, stirring constantly. Add beans; mix lightly. Spoon meat mixture into ramekins or casserole dish. Spread sweet potato over top. Bake at 375 degrees F for 15 minutes or until casserole is heated through.

- *Glenna Weagle*



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- *Please add me to your circulation list at this address. I have left MAFRI -a department of the Province of Manitoba which was responsible for cooperative development - and I would like to stay connected. Now that I am connected to the internet, I look forward to a regular co-op "fix" from you. – DK, MB*



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Thanks to the **Marie Michael Library, Coady International Institute**, for archiving *Co-op Circles*. http://www.mystfx.ca/coady-library/coop_circles/index.htm Next *Co-op Circles*:
Wednesday, Dec. 2, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Nov. 22– Nov. 28, 2009, Vol. 4, No. 43

*Edited and Compiled for you, by the Rising Tide Collective**

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Openings - Openings is a weekly feature of Co-op Circles. *“Everyday, think as you wake up: Today I am fortunate to have woken up. I am alive. I have a precious human life. I am not going to waste it. I am going to use all my energies to develop myself to expand my heart out to others for the benefit of all beings.”* – His Holiness the XIVth Dalai Lama www.dalailama.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

- Respected union leader and community activist **Gerald A. Yetman**, age 83, died on Friday, November 27, 2009, in Taigh Na Mara in Glace Bay, surrounded by his loving family. Born in Montreal, Que., Gerald was a veteran of the Second World War, serving with the Merchant Marines. He came to North Sydney in 1948, became active with the Carpenters Union in the 1960s, President of the North Sydney Local, served five years as President of the Cape Breton District Labour Council. He joined CUPE as a National Representative in 1975 and worked for CUPE in Halifax, New Glasgow and Sydney for 15 years. He was the first full time elected president of Nova Scotia Federation of Labour. Gerald worked as a contractor in Cape Breton, served as president of the North Sydney Credit Union, the Bras d’Or Co-op Society, and on the executive of Branch No. 19 Royal Canadian Legion. He was presented a Commemorative Medal for 125th anniversary of Canada by the Governor General in 1993. He was president of the Cape Breton Branch of the Merchant Navy Association and served as first vice-president, National Association of Merchant Mariners. He was also a former councillor and deputy warden of Victoria County. He was a long time proud member of the NDP and CCF. A funeral mass was celebrated on Tuesday in St. Joseph Church, North Sydney. For more details, go to www.inmemoriam.ca/announcement-27073-Gerald-A-Yetman.html
- Nova Scotia poultry processor **ACA Co-operative Ltd.** in New Minas, NS, is laying off 110 workers and managers. Ninety-six unionized workers and 14 supervisors and managers at its plant in New Minas will be affected. ACA Co-operative Ltd., which processes chicken and turkey under the Eden Valley brand, blamed financial losses for the decision. CEO Ian Blenkharn says the layoffs “are painful but necessary” if ACA hopes to make the plant sustainable over the long term. ACA says the New Minas operation lost \$6 million in 2008, prompting the closure on the company’s Eastern Protein Foods plant in Kentville and earlier layoffs in New Minas. Blenkharn says those changes improved the company’s financial position but not enough to ensure its future. ACA Co-operative has been in operation since 1943 and is owned by 63 poultry producers in Nova Scotia.
<http://www.novanewsnow.com/article-295033-Major-changes-job-losses-at-ACA-Coop.html>
- The **caisse populaire in Clare** is currently selling tickets at its branches for a chance to win 3 great prizes: 1st Prize: Christmas Grocery Basket courtesy of Caisse populaire de Clare

Staff, 2nd Prize: Office desk chair courtesy of Cassa Business Equipment Ltd, 3rd Prize: 10 lbs of lobsters courtesy of Cimalo Fisheries Ltd. Tickets are on sale for \$2 or 5 tickets for \$5 (License # AGA-227236-09) and the draw date is on Wednesday December 23, 2009.

<https://www.caissepopclare.com/Home/> Staff is also holding a bake sale on Tuesday, December 22, 2009 at all four branches. Proceeds will go for staff fundraising for the **Canadian Cancer Society's Relay for Life**.

- There will be a special meeting of the **York Credit Union** membership to discuss and vote on a proposed amalgamation between it and OMISTA Credit Union from Moncton. York and OMISTA Credit Union have been in merger talks for almost a year and the suggested merger date is January 1st, 2010. **The meeting and vote will be held at the Fredericton Inn, tonight at 6pm, December 2nd, 2009.** Two-thirds of the owners attending the meeting must vote yes, to go ahead. OMISTA is a large credit union with three branches in Moncton. It has 7400 owners and about three times the assets of York Credit Union. Together with York it would be the second largest credit union in New Brunswick. The head office would be in Moncton and York would become two branches of OMISTA. The initial board of directors of the amalgamated credit union would consist of 14 directors -12 selected from the current OMISTA board and two selected from York's board. The by-laws allow for two regional directors from the York CU area from then on. The amalgamated credit union would have standard pricing on all of its products and services.
- **Caisses populaires acadiennes** contributed \$100,000 to **Théâtre populaire d'Acadie's** (TPA) major fundraising campaign. <http://www.acadie.com/en/communiquer/affiche.cfm?id=757> The news was announced Nov. 24th in the foyer of the Centre culturel de Caraquet by Camille Thériault, President and CEO of the Mouvement des Caisses populaires acadiennes.
- The three **Moncton area credit unions, Advance Savings, OMISTA, and PSE** have pooled resources to purchase one tank of oil at \$233.33 each to help heat Harvest House. http://omista.com/news_detail.aspx?news_id=82 Mission Possible, an initiative for the Chamber of Commerce, is focused on raising funds for Harvest House, an organization that provides services and shelter for the homeless and less fortunate in downtown Moncton. The campaign involved a team of people camping out in a giant cardboard box for 54 hours from November 12-14 in an attempt to raise awareness about homelessness and the services that Harvest House provides. The campaign called **Help Heat Harvest House** had a goal to raise enough money to fill the 20 tanks of oil that it takes to keep Harvest House heated for the winter months. It costs them roughly \$700 per tank so the goal was to raise \$14,000.
- **Paul Innes and Tammy Christopher, OMISTA Credit Union, Gary Forsey, Steel Centre Credit Union and Jeanette Holmden, PSE Credit Union** will be returning to **Ghana in early 2010** as part of the Canadian Co-operative Association's **Coaching Program** in that country. The Canadian Co-operative Association is sending this group of credit union professionals to Africa to mentor credit union personnel there as their systems develop. In addition to those going to Ghana, **Laurie Gallant, Malpeque Bay Credit Union, and Eric Smith, formerly with Carleton Pioneer Credit Union and now retired, will be going to Uganda and Malawi.** CA's Coaching Program offers opportunities for Canadian credit union professionals to share their skills and advice directly with individual credit unions in Africa. Working in teams of two, coaches spend two weeks sharing their knowledge and expertise with credit unions in Uganda, Malawi and Ghana. This hands-on approach enables coaches to get to know the credit union, its members and the community.

This familiarity allowing them to work with the credit union staff to understand the issues and discuss concrete solutions. If you are interested in a coaching opportunity in the future, please keep checking the CCA's Web site for future programs. www.coopsCanada.coop

- Following its AGM, Conference in Moncton, New Brunswick, the **Canadian Worker Co-operative Federation (CWCF)** elected a new President. **Alain Bridault**, who represents Region Federation member Le Réseau de la coopération du travail du Québec. Alain, who is also President of his worker co-op, La Coopérative Orion in Quebec City, is the first CWCF President from Quebec. A co-founder of the Bachelor's degree in Co-operative Administration at Laurentian University in the 1980's, and a lecturer for many years at the Masters in Management of Co-operatives at the University of Sherbrooke, Alain brings strong governance, co-operative and organizational development skills to the position. The other board executive members elected are: vice-president Yuill Herbert of Sustainability Solutions Group in Nova Scotia, and treasurer Colin MacDougall of La Siembra Co-op in Ontario. Acclaimed to the board were Colin MacDougall (incumbent) and a new Board member, Lee Fuge of the International Women's Catering Co-op in Victoria, BC. Continuing Board members rounding out the 7-person Board include: April Bourgeois of Co-op Ventures Worker Co-op in Regina, Tigist Dafla of Multicultural Health Brokers Co-op in Edmonton, and Eric Tusz-King of EnerGreen Builders' Co-op in Sackville, NB. Outgoing BC Director Marty Frost. Marty left the Board after 16 years of service. See: www.canadianworker.coop/news/worker-co-op-news/cwcf-conference-2009. The 2010 CWCF Conference will be held on Bowen Island, BC, October 28th-30th.
- **Beaubear Credit Union** in Miramichi, NB, has just recently launched its Annual Food Bank Fundraising Campaign called "Share the Magic of Christmas". Last year Beaubear successfully raised over \$3200 for the Miramichi Community Food bank. This year it hopes to surpass that amount. In conversation with June Somers, the Director of the food Bank, she indicated the number of families that use the food bank has increased 25% over last year. Beaubear invites all Miramichiers to support the Miramichi Community Food bank by contributing to its fundraiser. With every \$2 donation members will receive a ballot for a chance to win a \$400 grocery card in a draw to be held on Friday, December 18th. Each Friday leading up to the grand Prize draw, a draw will be made for a \$25 grocery card. Donations may be made at either the Water St branch or the Newcastle Boulevard branch of Beaubear Credit Union. On Wednesday, November 25th **Beaubear Credit Union, Beaubear Co-op and Northumberland Dairy** joined forces and made a donation with a retail value of \$5000 to the Miramichi Community Food Bank. This donation consisted of 271 cases of food that were delivered by employees from all three organizations. This is the fourth year for Beaubear Co-op and Beaubear Credit Union to participate in this food bank donation. This is Northumberland Dairy's first year and they are certainly a welcomed addition to this partnership in providing help to a much needed community service and showing the strength of co-operatives. www.beaubear.ca



Trends - You will agree that Time magazine is a mainstream American publication. So it was quite surprising last Friday – Black Friday, the holiest of shopping days – when an article titled “Why Big Shopping Bargains Are Bad News For America” appeared on its website. In the article, author Barbara Kiviat argues what most cooperators (though I am less certain about cooperative retailers) have known for years – that **the race to the bottom...eventually gets you to the bottom** and all that it entails – child labour, exploitation, intensive farming, and more.

We've pretty much hit the bottom. As Kiviat says: "Cheap simply means cheap" and while some may marvel at the amount of money they 'saved' on Black Friday (or the Canadian equivalent, 'Boxing Day'), the lustre is gone almost as soon as the discounted item crosses the threshold or at least when the credit card bill is finally ripped out of the envelope. If that does not do it, perhaps when the item is carted off to the dumpster 'because it is cheaper to buy another than to fix it'. Read Kiviat's article here: <http://www.time.com/time/printout/0,8816,1943252,00.html> – *Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - A couple of years ago Jean-François Draperi, Director of the Centre d'économie sociale du Conservatoire national des arts et métiers, **created curriculum to provide a week of education on economic co-operation for schools** throughout Europe. The curriculum, entitled "semaine de la coopération de l'école" exposes young people to co-operative governance, sustainable development and fair trade. If you are an educator or want to consider advocating for such a unit within your local social science programs, visit the website at <http://www.semaine.coop/> (website in French). - *Erin Hancock*



Co-op Ed 101 - I was looking for interesting examples of co-op pre schools and I found **Prospect Cooperative Nursery School**, 646 Prospect Street, Maplewood, New Jersey <http://www.prospectpreschool.org/Start.htm> Prospect is a non-sectarian nursery school, located in a beautiful stone Prospect Presbyterian Church. Designed for families who wish to share in the early education of their young children, Prospect offers parents the opportunity to become an integral part of their child's early learning experience. Here, parents assist in designing and implementing curriculum, share in administrative decision-making, and, are an intrinsic part of the day-to-day classroom experience.— *Maureen MacLean*



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- Apr 15-17, 2010 – Credit Union Central of Nova Scotia Annual General Meeting
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting



Contest of the Week – **Last week's winner:** Last week's only correct answer came from Randi Alexander, Marketing Coordinator, Leading Edge Credit Union, P.O. Box 680, Grand Bay East, NL. **Answer:** The kids on the street set up a secret club. Bobby wanted to get into the club so he hid and watched the leader at the door of the club house. The leader said a number to each member as they approached, and the member would respond with a number of their own. . One member came up to the door, the guard said twelve, and the member responded with six and was let in. Another member came to the door, the guard said six and the member responded with three and was let in. Believing he had the code Bobby went up to the leader. The leader said ten, and the Bobby said five, but was not let in. What was the secret answer? Answer: three, the number of letters in the number the guard said. **This week's contest:** Some cats were at the local Kitty Palace Day Care while their owners were working. Each cat was in a separate cage, all in a single row. One of the employees left the cages unlocked and the seven cats have all gotten out into the play area. She needs to put each of them back in the right cage, but this is all she remembers. Help her get them in the right cages before anyone arrives to pick them up. Cats: Butterscotch, Snuggles, Fluffy, Lady, Princess, Miss Mew, and Dusty
1. Dusty doesn't like other cats much, so he was on one of the ends. 2. Princess was somewhere to the left of Butterscotch. 3. Miss Mew was in the third run from the right. 4. The only cat

between Fluffy and Lady was Princess. 5. Snuggles was directly to the left of Lady. Please keep those entries coming! 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.



Co-op Cooking – Here is a stew that is perfect for this time of year. Not only does it combine many of the wonderful flavours available locally from farms and farm markets, but it goes into a slow cooker and cooks on your counter while you are enjoying the wonderful weather.

Autumn Harvest Stew

1 lb boneless pork shoulder
2 cups cubed, peeled 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

Trim fat from meat. Cut pork into 1-inch cubes. 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. -

Glenna Weagle



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- *Thanks. To you and your team, congratulations for a good piece of work. I'm reading it from Africa where I'm working until Dec 4. Merci,- LR, NB*



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Wednesday, Dec. 9, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Dec. 6– Dec 12, 2009, Vol. 4, No. 44

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Openings - Openings is a weekly feature of Co-op Circles. *“The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them.”* - Ralph Nichols www.leadershipnow.com/listeningquotes.html 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

- Correction: Paul Innes and Tammy Christopher, OMISTA Credit Union, Gary Forsey, Steel Centre Credit Union and Jeanette Holmden, PSE Credit Union will be returning to Uganda and Malawi in early 2010 as part of the Canadian Co-operative Association’s Coaching Program in that country. The Canadian Co-operative Association is sending this group of credit union professionals to Africa to mentor credit union personnel there as their systems develop. In addition to those going to Ghana, Laurie Gallant, Malpeque Bay Credit Union, and Eric Smith, formerly with Carleton Pioneer Credit Union and now retired, will be going to Ghana again. CCA’s Coaching Program offers opportunities for Canadian credit union professionals to share their skills and advice directly with individual credit unions in Africa. Working in teams of two, coaches spend two weeks sharing their knowledge and expertise with credit unions in Uganda, Malawi and Ghana. This hands-on approach enables coaches to get to know the credit union, its members and the community. This familiarity allowing them to work with the credit union staff to understand the issues and discuss concrete solutions. If you are interested in a coaching opportunity in the future, please keep checking the CCA’s Web site for future programs. www.coopsCanada.coop
- Friday, Dec. 11 is the day that 96 unionized workers and 14 supervisors and managers at ACA Co-operative’s plant in New Minas will lose their jobs. ACA Co-operative Ltd., which processes chicken and turkey under the Eden Valley brand, says, “These changes are painful but necessary if we hope to make the plant sustainable, protect the remaining jobs and become better able to compete in today’s poultry processing industry.” CEO Ian Blenkharn made that comment. CAW Local 2216 spokesman Dean Tupper he believes the problem is that the New Minas plant is too old and not able to process chickens competitively. “We’re killing 8,000 birds an hour. A new facility would be capable of killing 12,000,” he said. “Our packing room is severely inefficient.” Poultry will continue to be killed and chilled at the plant, Tupper said, but it will be shipped to New Brunswick to be processed. For more on this story, go to <http://www.cbc.ca/canada/new-brunswick/story/2009/12/01/ns-aca-new-minas-layoffs.html#socialcomments>
- **Colchester** Co-operative’s members will be voting on Dec 17 to make a decision on the future of their co-operative food business. The co-op has seven full-time and 20 part-time employees. The Co-op Country Store attached to the food store will continue to operate. Stephen Nielsen, a board member, said “in order to liquidate the assets and pay off creditors, we need to pass a resolution to close unless the membership can come up with several

hundred thousands for us to carry on, and we don't see that happening." The store has been in operation for 53 years. For more information, go to

<http://www.trurodaily.com/index.cfm?sid=309114&sc=68>

- Is the board of your co-op or credit union doing a great job governing the organization's affairs? Does the board strive for excellence by adopting new practices to improve the way it works, fulfilling the co-operative principles, and sharing best practices with others? For the past two years, the **Canadian Co-operative Association (CCA)'s Leadership in Co-operative Governance Award** has recognized the best in co-operative board governance across the country. CCA and Brown Governance Inc. have now added a second award, the **Brown Governance Co-operative Award for Boardroom Culture**, which recognizes that the unwritten norms underlying governance power structures are crucial in ensuring organizational success. Individual personalities, personal relationships, decision-making processes, and the use of benchmarks and performance measurements are all factors in boardroom culture. The 2010 awards will be presented at CCA's National Congress in Vancouver on June 16. For more information on how to apply, go to <http://tinyurl.com/GovernanceAwards>.
- The Boards of **OMISTA and York Credit Unions** have announced the merger of their respective operations, effective January 1st, 2010. In keeping with the direction of credit unions throughout the Atlantic Provinces, the owners of OMISTA Credit Union and York Credit Union voted to approve this multi city merger at their respective meetings in Moncton and Fredericton on December 1st and 2nd. The two entities will merge into one larger five-branch credit union under the name OMISTA Credit Union www.OMISTA.com. The new credit union will maintain all existing branches and employees and serve the Moncton, Fredericton, Oromocto, and surrounding areas. "There have been a number of credit union amalgamations in New Brunswick, Nova Scotia and Newfoundland over the past ten years, and results clearly show that individual credit unions are better positioned to meet competitive challenges by combining their operations," says Credit Union Central of New Brunswick CEO Gerard Adams. "Amalgamation will better position us to focus resources on developing stronger owner relationships and increase service to small and medium-sized businesses." Having begun his credit union career at OMISTA in 1973 and after 34 years of service, York Credit Union General Manager Dennis Williams will be retiring as GM on December 31st, 2009 and from the credit union system in 2010. Under the leadership of current OMISTA Credit Union CEO Richard Vaillancourt, the combined organization will represent approximately 12,000 owners, while managing assets of \$230 million, with an employee base of 80.
- **Target 100** is a new initiative by the **Nova Scotia Co-operative Council**, in partnership with the **Nova Scotia Department of Community Services**, designed to help the co-operative and credit union sector meet its human resources needs, while contributing to poverty reduction in Nova Scotia. In June the Council surveyed co-ops and credit unions and determined that there are many organizations in the sector that have a difficult time finding workers in rural communities. The Department of Community Services has access to many individuals province-wide, primarily in rural areas, who are ready to work and are currently seeking meaningful work in their communities. Many of these individuals are graduating or have graduated from a post-secondary institution. This partnership will help connect these individuals with meaningful positions available in the co-operative and credit union sector. Those individuals who are identified as potential candidates for a position will

be provided with various supports that a person from outside of this project might not have access to; such as co-operative sector education, budgeting training, opening an account and building a relationship at their local credit union, as well as other supports provided by Community Services. For more information contact: Mark Sparrow, Business Development Officer, Nova Scotia Co-operative Council, phone (902) 564-8821 or email mark@nsco-opcouncil.ca

- When you make a purchase using a **Credit Union MasterCard** in Prince Edward Island, you make a contribution to **ICare** which helps support health care in your community. If you are currently a Credit Union MasterCard® cardholder, there's no need to do a thing. You are already signed up. To apply for a Credit Union MasterCard®, visit your Credit Union or apply online at www.cuets.ca . For every purchase you make, your Credit Union will make a donation to health care in your community.
- Tomorrow, Dec. 10, is the deadline to win **one of two \$1000 bursaries** from Credit Union Atlantic www.cua.com You need to **show your green side** and create a **holiday ornament using only recycled or reused materials**. All contestants must be between the ages of 12 and 15 and a resident of the Halifax Regional Municipality. You can drop it off at any Credit Union Atlantic branch. For further information, check Credit Union Atlantic's Web site.
- **ACYL** will be hosting its 1st co-operative youth leadership seminar of 2010 in Prince Edward Island. The **Atlantic Co-operative Youth Leadership (ACYL) program** will be hosting the seminar at the **Canoe Cove Camp** just outside of Charlottetown on **April 15 – 18, 2010**. ACYL is asking those who are members/employees at a co-operative or credit union here in Atlantic Canada and who enjoy working with youth to submit their names at the following address, leadership@acyl.coop if they wish to volunteer at the camp.



Trends - Every first Saturday of the month, Scouts from 1st Michael's Troop in Moncton have a bottle drive that culminates in a dozen or so youths and Leaders congregating at someone's garage to do the separation and counting before bringing it to the recyclers for cash. And so it was this past Saturday...all manner of bottles and recyclable containers were bagged and counted: pop cans and bottles, water bottles, beer and spirit containers, juice bottles, tin cans and milk containers. Whoa...milk containers? Unfortunately in New Brunswick, **milk containers (among a select few) are exempt from the requirements of the Beverage Containers Act. Milk jugs and cartons instead go into the dry garbage to be buried forever in landfills.** I have no idea why. But it is wrong. Given that a large volume of the milk is produced by dairy co-operatives, I would expect greater responsibility from these organizations. **If readers know why they are exempt, please share it with Co-op Circles.** –Ron Levesque



Young Co-operators: The Buds on the Co-op Tree - The Canadian Co-operative Association is upholding their commitment to engage the next generation of co-operators. During the 100th Anniversary of CCA earlier this year, they prioritized youth involvement in the movement and finding strategic directions to achieve greater involvement of youth. **Today (December 9th)** is the final date to indicate if you are interested in being part of a **Youth Caucus CCA** is establishing. If you are under 30 years of age, committed to the co-op movement and keen to help develop the National Youth Engagement Strategy, contact Tanya Gracie today at tanya.gracie@coopscanada.coop - Erin Hancock



Co-op Ed 101 - Located on Granville Island in the Net Loft, **Circle Craft Co-Operative** 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.

<http://circlecraft.net/sites/circlecraft2/files/homepage.htm>



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- Apr 15-17, 2010 – Credit Union Central of Nova Scotia Annual General Meeting
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting



Contest of the Week – **Last week's winner:** Last week's winner was Kathy Day, JustUs! Coffee Roasters Co-op. She was one of seven correct entries. **Answer:** Snuggles-Lady-Princess-Fluffy-Miss Mew-Butterscotch-Dusty **This week's contest:** Betty and Tracy planned a 5000km trip in an automobile with five tires, of which four are in use at any time. They plan to interchange them so that each tire is used the same number of kilometers. What is the number of kilometers each tire will be used?

Please keep those entries coming! 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.



Co-op Cooking – Crispy, hassle-free French toast makes everyone happy. Sweet orange-cinnamon syrup entices breakfast eaters, and the easy, one-batch prep pleases the cook. This could be called a win-win breakfast.

No-Fry French Toast

- 1 lightly beaten egg
- 1 lightly beaten egg white
- 3/4 cup fat-free milk
- 1 tsp vanilla
- 1/4 tsp ground cinnamon, divided
- 8 1/2-inch slices French bread
- 1/4 tsp finely shredded orange peel
- 1/2 cup orange juice
- 1 tbsp honey
- 1 tsp cornstarch
- 1 tbsp sifted powdered sugar (optional)

Coat a large, sided baking sheet with cooking spray; set aside. In a pie plate combine the egg, egg white, milk, vanilla, and 1/8 tsp cinnamon. Soak the bread slices in egg mixture about 1 minute on each side. Place on the prepared baking sheet. Bake at 450 degrees F about 6 minutes (until bread is lightly browned). Turn bread; bake for 5 to 8 minutes more (until golden brown). Meanwhile, in a small saucepan stir together the orange peel, orange juice, honey, cornstarch, and 1/8 tsp cinnamon. Cook and stir over medium heat until thickened and bubbly; reduce heat, cook and stir for 2 minutes more. If desired, sprinkle the French toast with powdered sugar. Serve with orange syrup.- *Glenna Weagle*



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Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



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Openings - Openings is a weekly feature of Co-op Circles. “*Never get tired of doing little things for others. Sometimes, those little things occupy the biggest part of their hearts.*” -Author Unknown 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

- Farmers Markets of Nova Scotia President **Jeremy Frith** died suddenly on Dec. 8 at his home, Mountain Meadow Farm, North River, St. Ann’s Bay, Cape Breton. Born June 3, 1945, in Bermuda, Jeremy lived around the world before settling to create his dream, Mountain Meadow Farm in North River, St. Ann’s Bay. He was a visionary and a maverick in all aspects of life with a remarkable sense of humour. Jeremy was a fixer and a thinker, a dreamer and a doer, a poet, musician and storyteller. He was a passionate farmer and a steward of the land since the age of two. Jeremy was a very generous community man, an elder at the St. Andrew’s Presbyterian Church and a man who felt strongly about the co-operative movement. He is survived by his wife, Sue; his two sons, Josiah and Alec; a stepdaughter, Laura Russell; and siblings, John, Michael and Wendy and their families. In lieu of flowers, donations may be made to the forestry program of the Ecology Action Centre in Halifax. For further details, see <http://www.inmemoriam.ca/announcement-28070-Jeremy-Frith.html> - Thanks to Don Black and Margaret Cornect for forwarding the information.
- New Wood Manufacturers of Centreville, Superior Waterproof Coatings of Gander, Blanchard’s Cabinet Doors of Bishop’s Falls and Platinum Builders, formerly Geange’s Manufacturing, of Glenwood have formed the **Central Newfoundland Manufacturing Co-operative**. The co-operative hopes to extend its membership base to include more manufacturing companies in central Newfoundland and Labrador. It hopes to reach 25 members for maximum advantages and solid lobbying power. <http://www.thetelegram.com/index.cfm?sid=49188&sc=82>
- **Scotsburn Dairy** board president Jim Burrows says that the co-op has “certainly fulfilled our goal of becoming quick and flexible in order to grab opportunities when they came along. Now that decision is paying dividends.” Today, the co-op is owned by approximately 120 dairy farmers, has more than \$250 million in annual sales, 700 employees, and 10 processing facilities and 31 distribution centers in Nova Scotia, New Brunswick and Newfoundland. For more on the Scotsburn growth see the Atlantic Farm Focus Web site <http://www.atlanticfarmfocus.ca/index.cfm?sid=293282&sc=589>
- Opposition is mounting to a decision to close three credit union branches of East Coast Credit Union. The board plans to shut down branches in North East Margaree, Mulgrave and D’Escousse, on Isle Madame, by the end of February. <http://www.porthawkesburyreporter.com/opinion.asp?id=802>
<http://www.cbc.ca/canada/nova-scotia/story/2009/12/11/ns-east-coast-credit-union.html>



Trends - This week's Trends will highlight the importance of researching your stories before you 'go to print', so to speak. A trend site I refer to often announced last week that Del Monte Foods and the 7-Eleven chain of convenience stores were working together to test innovative packaging that would extend bananas' shelf life to 27 days. Basically, individually wrapped bananas (I assume with an inert gas to prevent oxidation) would be sold in 7-Eleven stores in the Dallas area before rolling out the product across the U.S. It did not take long for environmentalists and consumer groups to cry foul (with good reason). When I tried to 'check the facts' by going to both the Del Monte and 7-Eleven websites, nothing could be found. Was the announcement a hoax or did both companies see the error of their ways? Who knows? Find out more (if you can) by Googling 'Del Monte 7-Eleven'—*Ron Levesque*



Young Co-operators: The Buds on the Co-op Tree - The **Co-operative Business Journal** included the section "**Young Co-operators Speak Up!**" in their September/October issue. Read about 5 youth in the movement: Gabe Riving (Co-operative Business Journal's Assistant Editor), Suzanne Perdue (communications intern for Maryland & Virginia Milk Producers Cooperative), Shannon Tubb (former Director of Member Services at the Inter-Cooperative Council at the University of Michigan from 2003-2008), Nick Mignanelli (member of the National Rural Electric Cooperative Association's Youth Leadership Council) and Mingwei Huang (coordinates educational programs and services for the North American Students of Co-operation). Read the article at http://www.nasco.coop/coopvoices/photos/CBJ_youthincoops.pdf - *Erin Hancock*



Co-op Ed 101 - I have talked about **Equal Exchange Co-op** many times in this column and had the chance to meet some of their members at various conferences in the eastern US a few years ago. This is a great co-op that demonstrates what a vision and three people can do. Read their story at <http://www.equalexchange.coop/our-co-op>. It all started with an idea: what if food could be traded in a way that is honest and fair, a way that empowers both farmers and consumers? What if trade supported family farms that use organic methods, rather than industrialized agribusinesses that rely on harmful chemicals? Equal Exchange's founders – Rink Dickinson, Jonathan Rosenthal and Michael Rozyne – asked these questions as they envisioned a trade model that values the farmers, consumers and the earth. So they took a big risk and plunged full-force into changing a broken food system. In 1986, they started with fairly traded coffee from Nicaragua and didn't look back. I continue to watch their growth and this week I was reading about their new venture—"It's time to go beyond the peel". See what they are doing about Fair Trade bananas. <http://www.beyondthepeel.com/> - *Maureen MacLean*



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- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC



Contest of the Week – **Last week's winner:** Last week the correct answer came from David Kerr and we thank him for his inclusion of the carbon footprint information. Well done!
Answer: The car will always have 4 tires on it so the total tire distance will be 4 X 5,000 or 20,000. Each of the tires will travel 4,000, 1/5 of 20,000. The carbon footprint, assuming a 15

centimeter wide tire will be .15 X 20,000 or 3,000 square kilometers Thanks to all who tried.

This week's contest: This week's contest is a fill in the Christmas riddle. Have fun.

Q. What do snowmen wear on their heads?

Q. How do sheep say Merry Christmas in Mexico?

Q. What is a snowman's favorite lunch?

Q. What do vampires put on their Christmas turkey?

Q. What did Elvis's ghost say to Santa Claus?

Q. What do you call a snowman party?

Please keep those entries coming! 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.



Co-op Cooking – Christmas at our house is a mixture of quiet and bustling times. We have a family dinner with 10 to 12 people on Christmas Day. Then on Boxing Day we hold a pot-luck for the extended family which can see as few as 20 or as many as 30 people filling our home. As there are more people than seats, it is eat where you feel comfortable. A number of people usually find their way to the staircase in the living-room where they can eat and watch at the same time. Along with the usual casseroles, salads, leftover turkey, and special desserts, some of the more popular items are Coffee Nog, mulled apple cider, and a wonderful seafood chowder prepared by my husband. One dish that always makes an appearance and is always enjoyed is the Pecan Baked Squash brought by my daughter. It is a dish that can make you love squash even when you thought you hated it.

Pecan Baked Squash

1 good size Butternut or Hubbard squash (approx. 4 cups)

1/2 cup butter, melted, divided

2 large eggs

1 tsp salt

1/2 cup brown sugar

1/4 cup flour

1/2 cup chopped pecans

Cut squash lengthwise, remove seeds and place cut-side down on a greased baking sheet. Bake at 350F for 50 minutes. Let cool until you can handle it. Scoop the pulp out of skins into a medium bowl. Mash pulp with a fork; add 1/4 cup butter, eggs and salt, mixing well. Turn into 3 qt ungreased casserole or 9-inch square pan, spreading evenly. Stir together: remaining butter, brown sugar, flour and pecans. Spread evenly over top of squash. Bake at 350F for 30 minutes.-

Glenna Weagle



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- *“Many thanks to Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean and Glenna Weagle for the production and circulation of Co-op Circles.”* – DK, MB
- *“Hi Glenna et Al, This is a repeat recipe I'm sure. But that's OK. Anybody who hadn't tried it the first time ought to this time. I tried it the first time and it makes a delicious meal!!!!”* – YG, NB



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Wednesday, Dec. 23, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



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This Week Sharing Christmas Memories

- What was my favourite Christmas present? To put myself in the reflective mood, I went and dug out a Christmas idea scrapbook I keep from year to year and made a cup of tea, in a green holly mug from a stash of Second Cup Christmas tea bags I keep in a can in the pantry. I had to remind myself this was not a question about my favourite Christmas but instead about a gift. Was it the transistor radio I got at age 8 complete with the earphone that I could use to listen late at night to WPTR in Albany, NY with the transistor hidden under my pillow? Was it the popsicle stick lamp my daughter made me at school, or the snow globe my other daughter bought me? Then I remembered what I would choose. In our family, Christmas trees don't have a theme or a color. Instead they are a wonderful eclectic collection of bought, handmade and passed down ornaments. Growing up, one ornament which hung on my parent's tree was a red metallic half moon cradling an elf I had named Tommy. It was my job to hang this ornament. Well, the very first Christmas I was married I opened a beautiful box and inside was Tommy. Mom had added a note saying “I guess Tommy belongs on your tree now.” And today more than three decades later I remember that present every time I unwrap Tommy (who is probably now 50 years old) and place him gently on the tree. - *Maureen MacLean*
- One of my favourite family traditions emerged without us even realizing. My family home is rarely quiet; often there is a different kind of music blaring from each different room...the juke box in the living room, cd player downstairs, etc. Naturally, when we were all sitting around opening gifts on Christmas morning, my dad thought we needed the background noise of some type of music. When I was a child in the 80s my dad used to record music videos and on one Christmas morning a number of years ago he felt that was just what we needed to add to our Christmas morning so he found the old tapes and popped them in the VCR. The videos are just wonderful with all the bright colours, techno-influences, hairdos, etc. Now we all insist that Christmas isn't Christmas until we have our 80s music videos playing on the side of things. - *Erin Hancock*
- Looking for a fun spot for your children or grandchildren to have a little Christmas fun. Google “Santa's Secret Village” for a visit to Northpole.com. Visit Santa's Workshop, the Reindeer Barn and other village buildings for games and activities. Or visit Mrs. Santa in the Kitchen where in addition to activities to do, you can sneak a peek at Mrs. Santa's Cookbook for great Christmas recipies. - *Glenna Weagle*
- The slow leisurely pace of Christmas morning with loved ones gathered, dogs and cats included...good coffee, phone greetings from family near and far, conversations, reminiscences and memories, delicious chocolate and thoughtful unwinding: this is the

goodness Christmas brings. The winter solstice is behind us. The days are beginning to lengthen! Merry Christmas everyone! – *Brenda MacKinnon*

- *Thanks for being part of our Co-op Circles this week and throughout the year! You can treat us to a Christmas gift by forwarding an edition of this e-newsletter to a friend and suggesting they subscribe at circles@nbnet.nb.ca*



This Week in Co-op Circles

- The Atlantic Council for International Co-operation wants people to know about their "**Active-8" project for International Development Week (IDW)**. This IDW, ACIC wants to recognize youth leaders who promote global social justice and environmental sustainability in their everyday lives. Do you know someone between the ages of 15-30 who stands out as an active leader for a better world? Nominate them to become a part of ACIC's ACTIVE-8 TEAM! As a member of the Atlantic ACTIVE-8 TEAM, their commitment and efforts to build a better future will be recognized through multi-media profiles on its IDW website, representation at municipal proclamation ceremonies, and interviews with local media. More importantly, as ACIC showcases their leadership, these eight Atlantic youth will also inspire the commitment of their peers and others to take action. This year's IDW campaign challenges all to commit to actions for positive change for the world this International Development Week, and beyond. How can you help? Nominate a youth leader active in global issues, from your area. They must be between 15-30 and live in the Atlantic Region. To submit a nomination, please complete the attached form with your nominee, and send it to us by January 7th at 4pm. Do you have questions about the ACTIVE-8 Campaign? Please contact Abena Amoako Tuffour AT intern@acic-caci.org or call 902 431-2311
- Canada's co-operative sector is celebrating a decision by the United Nations General Assembly to proclaim **2012 the International Year of Co-operatives**. The proclamation of the International Year was included in a resolution entitled "Co-operatives in Social Development", which was adopted by the General Assembly at today's session in New York. The full text of the resolution can be downloaded from <http://tinyurl.com/InternationalYear>.



Co-op Community Bulletin Board

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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.mystfx.ca/coady-library/coop_circles/index.htm Next *Co-op Circles*:
Wednesday, Dec. 30, 2009

Rising Tide Collective* - Erin Hancock, Ron Levesque, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Jan 10 – Jan 16, 2010, Vol. 4, No. 47
*Edited and Compiled for you, by the Rising Tide Collective**

To subscribe or unsubscribe: circles1@nbnet.nb.ca



Openings - Openings is a weekly feature of Co-op Circles. *“Treat everyone you meet as if he or she were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do so with no thought of reward. Your life will never be the same.”* – Og Mandino www.ogmandino.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

- The **Dandelion Community Investment Co-op** is holding an information session January 12 at the Acadia Cinema in Wolfville. The two-hour session, which begins at 7 p.m., is scheduled for the “Little Whittle Community Room.” The public is invited to learn more about community investments, meet current clients and the board of directors and find out about the low-interest loan program for local entrepreneurs. Established last February, the Dandelion Co-op is designed to strengthen the local economy by providing funding for qualifying applicants, allowing financial investments to stay within the community. A lot of the research and writing of business plans and policy manuals and the paperwork associated with the co-op’s start-up is already in place. The province has an Equity Tax Credit, designed to assist Nova Scotia small businesses in obtaining equity financing by offering a personal income tax credit to individuals investing in eligible businesses. For every dollar invested, 30 per cent can be deducted from an individual’s provincial taxes. For information, contact info@thedandelion.ca or phone 670-8651.
- The **Acadia Cinema Cooperative Ltd. (ACC)** is a non-profit community cooperative, established in 2002, that was created for the purpose of purchasing and refurbishing the Acadia Cinema building on Main Street in Wolfville, NS. In partnership with Just Us! Coffee Roasters Co-op., and with the Fundy Film Society as anchor tenant, the facility has been available to patrons, presenters and shareholders since November 2004. To view upcoming events, go to <http://acadiacinema.coop/>
- **Sunset Funeral Co-operative** in Margaree Valley, NS, had a busy year in 2009 and would like investors to know that by investing they are eligible for the Nova Scotia Equity Tax Credit. The tax credit is calculated at 30 per cent of the investment made by the individual to a maximum investment of \$1000 per year. Also, people can buy more shares in the co-op through monthly installments which can be arranged by contacting the funeral co-operative’s office at 248-2991. For more information, you can e-mail co-op directors at sfuneralcoop@ns.aliantzinc.ca
- **OMISTA, Advance Savings, PSE Credit Unions, and League Savings and Mortgage** along with C103/XL96 accepted donations of non-perishable food, new clothes, new toys, cash or gift certificates for the less fortunate in the greater Moncton area during the Christmas season. http://www.omista.com/news_detail.aspx?news_id=83 The donations went to the Salvation Army which distributed the items to families. Donations were also spread among different organizations who serve outlining areas. The totals for 2009 were Cash - \$3,832.77, Gift Cards - \$295.00, Toys – 437, Food – 271 and Clothing – 42

- **Victory Credit Union** in Nova Scotia <http://new.victorycreditunion.ca> has come up with another way to contribute to local non-profit organizations. **Casual for a Cause** is a program that Victory Credit Union staff participates in on Fridays by contributing a nominal donation to dress casual. <http://new.victorycreditunion.ca/web?service=direct/1/ViewPortalPage/PortalBlocks/dlinkArticle&sp=S1911&sp=3799> At the beginning of each quarter Victory Credit Union staff selects a worthwhile cause and work toward creating a donation for that cause. At present, the staff is collecting funds for New Boundaries, a local non-profit organization that has been providing services to adults in West Hants since 1975.
- **2010 Roy Mackin Memorial Scholarship** applications are available from Bayview Credit Union, Saint John, NB. Bayview presents a minimum of four scholarships of \$1,000 each to eligible students who are members or whose parents/guardians are members of Bayview Credit Union. These scholarships are non-renewable but winners may re-apply each year. They are contingent upon full-time enrollment in a post-secondary institution
<http://www.bayviewnb.com/index.cfm?method=pages.showPage&pageid=59f8a3c4-af74-6a7d-3375-b8fa12a4022a&CFID=28548098&CFTOKEN=706452fc3491d9a9-16479E9E-E465-542C-6D1E2FCE329AF156>
- The Youth Committee of **Acadian Credit Union** <http://new.acadiancreditunion.ca/web?service=direct/1/ViewArticlePage/dlinkFullArticle&sp=1923&sp=4001> has a new project with the Primary class of École NDA: Spend, Give & Grow. The project is to follow the students until they reach Grade 4. Each month Acadian Credit Union donates \$10 to the class and they decide what they want to do with the money.
- **Congratulations** go out this week to York Credit Union (Fredericton NB) **CEO Dennis Williams** who is retiring after 34 years of service. His final accomplishment was helping steer the merger between York and Omista Credit unions. Dennis was a good supporter of Circles and we hope he will continue to be part of our Circle in retirement.
- **The Island Media Arts Co-op** in Prince Edward Island is holding a **Historic Places Video Contest**. This is a contest to produce a short video (30-45 seconds in length) using the “This Place Matters” theme featuring a valued heritage place from any Island community. This contest gives young people the real-life opportunity to conceive, plan, shoot, edit and produce something that can make a contribution to their community and win some money. The winner will have the opportunity to work with media professionals from the Island Media Arts Coop (IMAC) on re-producing the video to broadcast standards. There is \$400 for the winning entry and the runner-up gets a \$100 cash award. This contest is open to residents of Prince Edward Island, aged 19 and under who are not owners or employees of any media company nor are employed by the Province of Prince Edward Island. Upload your video (post as a video response) to the Media Arts Co-op Youtube channel, TheIslandmediaarts, before February 7, 2010. You, your friends and family, and anyone else that wants to, can rate the favourite ones. The top 4 highest rated and most viewed videos will be selected from for the prizes. For more information, please call (902) 893-3131 or email director@imac.coop. Link to Youtube – <http://www.youtube.com/TheIslandmediaarts>
- **Credit Union Atlantic** in Halifax, NS, has established an **online advisory panel** which consists of Credit Union Atlantic members who provide their feedback to Credit Union

Atlantic (CUA) through online surveys. If you want to sign up and participate <https://www.cuapanel.com/join.php> As a panel member, you will have an opportunity to provide Credit Union Atlantic with invaluable feedback on CUA services and products - feedback which will help CUA improve their service to you.



Trends - Trends and Ron Levesque are taking a hiatus from *Circles*. Ron has started a new job and we at *Circles* wish him well. We and the readers have enjoyed having Ron on board. Perhaps he will rejoin us in the future. We certainly appreciate all his thought provoking contributions and we will miss him. Thanks, Ron!"



Co-op Ed 101 - This last week with two snow storms in Moncton I was thinking about co-ops in the North and a Web search came up with this interesting one: **Arctic Borderlands Ecological Knowledge Co-op**. The Borderlands Co-op <http://www.taiga.net/coop/index.html> monitors and assesses change in the range of the Porcupine Caribou Herd and adjacent Mackenzie Delta area . The Co-op is run by a non-profit society. Decisions on co-op programs are made by participants at annual gatherings. A board of directors is elected annually. Funding and support comes from Canadian, territorial and U.S. government agencies, co-management boards, and Inuvialuit and First Nation councils. Additional project funding is currently from Indian and Northern Affairs Canada, and the University of Alaska. Environment Canada provides in-kind support for overall program coordination. For more information go to <http://www.taiga.net/coop/business/constitution.html>



This Week's Smile - What do you call the Scottish dentist? Phil McCavity



Young Co-operators: The Buds on the Co-op Tree - The North American Students of Co-operation (NASCO) in partnership with the National Co-operative Business Association are hosting the **Emerging Co-op Leaders Program** from May 3-6 in Washington, DC. This event aims to bring together young leaders in the co-op movement as well as building the future for the movement. They have recently posted the "Save the Date" for the event at <http://www.nasco.coop/docs/emerging-leaders2010.pdf>



Contest of the Week - Winner: The most recent winner was Joanne Sheppard, NL. **Answer:**

This week's contest is a fill in the Christmas riddle. Have fun.

Q. What do snowmen wear on their heads? Ice Caps

Q. How do sheep say Merry Christmas in Mexico? Feliz Navidad

Q. What is a snowman's favorite lunch? An Iceberger!

Q. What do vampires put on their Christmas turkey? Grave-y.

Q. What did Elvis's ghost say to Santa Claus? I'll have a boo Christmas without you

Q. What do you call a snowman party? A Snowball!

This week's contest: A three-year-old girl, and a 100-year-old man have had exactly the same amount of birthdays. How many birthdays have they had? Please keep those entries coming!

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



Co-op Cooking - Leftover turkey is never a problem as long as you have a few good recipes which incorporate the cooked meat. Here is a very nice, day after the celebration, salad. These proportions will provide 4 servings, but it is easily doubled or tripled for a larger gathering.

Crunchy Holiday Turkey Salad

3/4 cup mayonnaise

1/4 cup finely chopped green onions

1/4 cup finely chopped celery

1/4 cup shredded carrots

2 tbsp dried cranberries

2 cups chopped, cooked turkey

Combine mayonnaise, vegetables and cranberries in a large bowl. Add turkey; mix lightly. Cover and refrigerate at least 30 minutes for flavours to blend. – *Glenna Weagle*



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- *"I just wanted to say how enjoyable this edition was. I really like the memories you folks shared – what a wonderful idea! Merry Christmas!"* – JJ, NB
- *"Merry Christmas everyone and thanks for all your hard work. I do a staff newsletter every week and I know how much work it can be."* – KD, NS



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Wednesday, Jan 20, 2010

Rising Tide Collective* - Erin Hancock, Brenda MacKinnon, Maureen MacLean, Glenna Weagle



Week of Jan 17 – Jan 23, 2010, Vol. 4, No. 48

*Edited and Compiled for you, by the Rising Tide Collective**

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Openings - Openings is a weekly feature of Co-op Circles. “*When I started counting my blessings, my whole life turned around.*” - Willie Nelson www.willienelson.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

- **Vance Bridges, Variety Tours, PEI, is co-ordinating a Gospel Singing Tour—“Gospel Sound Nashville Bound”** from Monday April 26- Thursday May 13, 2010. It is a tour to the Grand Ole Opry® and Graceland. Tour participants will be accompanied by James Bell, Irish gospel singer, and joined in North Carolina by George Hamilton IV. Departures are available from Charlottetown, Summerside, Aulac, Moncton, Fredericton and Woodstock. Eight Gospel Concerts will be arranged along the way. The tour will take in a number of special events including the premiere showing of “JOSEPH” at the Millennium Theatre in Strasburg, PA., the Amish region, Dollywood, Graceland, and a service at the Cowboy Church. It is “country gospel singing at its best”. For information or to register, call Vance at 1-800-503-8883. Vance invites his many co-op friends to come on board for this special tour.
- Spots for participants are still available in the **Atlantic Co-operative Youth Leadership** Canoe Cove seminar and the ACYL Wildwood seminar. Please find the applications at <http://acyl.coop/english/wall.htm> (left hand side bar). If you have any questions, please contact: Trevor MacDougall, Atlantic Co-operative Youth Leadership Program Coordinator, Ph: 506.862.0737 Fax: 506.858.6555 Cell: 506.381-2667, e-mail: Leadership@acyl.coop, Website: <http://acyl.coop/>
- Lunenburg County’s only drivethrough ATM service, part of **LaHave River Credit Union** has been upgraded to provide improved security to members of the Credit Union. The original ATM, installed in 1988, was replaced with one that included chip technology. <http://www.lahaverivercreditunion.ca/>
- The web site for **HealthConnex Nova Scotia Health Care - Family Doctor Information Services** - Take control of your healthcare <http://www.healthconnex.ca/content/home> is owned by the co-operative and credit union sector of Nova Scotia, through the Nova Scotia Co-operative Council and its affiliate co-operative partners. Nova Scotia’s cooperatives and credit unions, in partnership with the provincial government, have launched this medical service. As a co-operative organization, NSCC is focused on the needs of Nova Scotians and their communities – and the virtual health clinic is a logical extension of that by providing a range of products and services to its members in a web format that works for them
- The **Antigonish Heat Poverty Initiative** received a \$10,000 boost from the **Bergengren Credit Union** www.bergengrencu.com recently. Bergengren CEO Dan Hodgins said the Credit Union was founded on principles that promote helping one another. Through the initiative’s Emergency Fuel Fund, people in Antigonish, NS, town and county can apply for grants to help with home heating costs. The Home Winterization program provides

materials to prepare their homes for the winter. The Credit Union's donation is the first of what the initiative members hope to be many corporate donations. Bergengren also donated \$10,000 to last year's campaign. "We believe in supporting community initiatives, it is our way of giving something back to the community for all they do for us. Heating our homes is a basic need that we all have during the winter. We must do whatever we can to support those that are challenged in this regard," Hodgins said.

- Co-operatives and credit unions in Canada and around the world are raising funds in response to the massive earthquake that struck Haiti on January 12. The Co-operative Development Foundation of Canada (CDF) www.cdfcanada.coop is working in partnership with the World Council of Credit Unions (WOCCU) to provide relief to those affected by the disaster. "The people of Haiti already had difficult lives, and it's almost impossible to imagine the devastation the earthquake has brought them," said CDF President Wayne McLeod. CDF is now accepting donations to provide assistance to Haiti's 175 credit unions and the nearly half-million members they serve. You can make a donation online or mail your donation to Co-operative Development Foundation of Canada, Suite 400, 275 Bank Street, Ottawa ON K2P 2L6. In addition to CDF's efforts, Desjardins Group has announced that it will provide \$300,000 in immediate support to those in need as a result of the earthquake. Donations to the Haiti relief fund can also be made at any Desjardins caisse populaire.
- A Moncton program which helps low-income women establish co-operative businesses is receiving national attention and could be replicated in other parts of the country. Eighteen women were recently selected to become the first participants in the new **Co-operative Enterprise Development Program for Women**, co-sponsored by the Co-operative Enterprise Council of New Brunswick (CECNB) www.cecnb.ca and a local organization called Support to Single Parents Inc. The program is funded by Status of Women Canada. In addition to 150 hours of training, participants will have access to business mentors, coaches, microcredit, childcare and transportation, as well as space and a variety of other support services that will help them develop, launch and operate their new co-op businesses. "We have used a very structured, women-centered approach to the development of this program with more than two dozen professional women working in business and poverty reduction involved its design and implementation," says Wendy Keats, Executive Director of the CECNB. "It will offer marginalized women concrete opportunities to break free from cycles of poverty and violence and for 'being, becoming and belonging'." She said the program has already received national attention and is being closely watched by groups in other parts of Canada.
- Having just celebrated its 70th birthday, one of Canada's oldest co-op publications will soon have a new look. Beginning with its February 2010 edition, *The Atlantic Co-operator/Le Coopérateur* will convert from a two separate newspapers to a bilingual magazine format. "Our change in format presents exciting opportunities to make *The Atlantic Co-operator* an even stronger and more effective voice for the co-operative movement in Atlantic Canada," said Editor-in-Chief Rayanne Brennan. She said she wants to make the magazine "a thoroughly engaging and thought-provoking read that covers the news, views and issues that affect the co-operative movement in our region and beyond." Each issue of the magazine will include a special themed insert, starting with "Finance and Investing" in the February issue. The magazine will also be doubling its

readership to 25,000 and revamping its website. To subscribe, contact *The Atlantic Co-operator* at editor@theatlantico-operator.coop

- **The Co-operators** is cancelling approximately 1,600 home insurance policies in Cape Breton, N.S., because there are too many fire-related claims. Leonard Sharman of The Co-operators General Insurance Company said the company is sending letters to each of its policy holders in the Nova Scotia communities of Glace Bay, New Waterford, Dominion and Sydney Mines. The company is telling most policy holders they will have to reapply for coverage when their current coverage expires. “Certainly the fire frequency and intensity of fires in these areas is well beyond what would normally be the case, and arson is more than likely a contributing factor,” Sharman said Tuesday. He said Co-operators is taking steps to cut its losses. “There are a lot of insurance companies who will not sell home insurance in Cape Breton or northern New Brunswick,” said Sharman. “We are trying to not take that approach and so over the past few years, we’ve adjusted our rates and done some more home inspections, but we’ve found that it’s not enough.” Sharman said more than 60 per cent of the claims expenses on home incidents in the area have been related to fire, which he described as far higher compared with other regions of Canada. “We’ve had to take sort of more drastic action, so this is what we’re doing now by changing the policies,” he said. <http://www.cbc.ca/canada/nova-scotia/story/2010/01/19/ns-insurance-cancelled.html>
- The Canadian Co-operative Association (CCA) has put out a call for a **Credit Union Information Technology Specialist** for a one-year volunteer assignment in **Malawi**. The volunteer would provide guidance and technical support in setting up computerized banking systems in at least twenty credit unions, known in Malawi as Savings and Credit Co-operative Societies (SACCOs). Contact Monique Charron at monique.charron@coopscanada.coop. The deadline for applications is January 29, 2010.
- Check out this **Community Social and Economic Development** Blog by Canadian CSED consultant Jim Winter. <http://jimwinter.wordpress.com/>
- In the wake of the devastating earthquake that struck Haiti earlier this week, **credit unions across Nova Scotia and Newfoundland and Labrador** are accepting donations on behalf of the Canadian Red Cross. If you wish to support aid efforts through a financial contribution, you can do so at any of the more than 100 credit union locations throughout Nova Scotia and Newfoundland and Labrador. “We want to thank Atlantic Canadians and our many corporate sponsors for their generous donations to the Red Cross relief effort in Haiti. The Canadian Red Cross is committed to providing immediate and long-term support to the people of Haiti affected by this disaster,” says John L. Byrne, Director General of the Canadian Red Cross in Atlantic Canada. If you wish to donate directly to the Canadian Red Cross, you may do so online, by phone, or by visiting any Red Cross location. For more information, visit <http://www.redcross.ca>



The New Trends - Twitter, with all its new words - twittering, tweetminster, tweets, re-twitter, tweethearts - do I need to go on, is all the rage. Thousands are on twitter and even though many give up, there are more that stay on and many more joining each day. But is it a trend or is it something real and lasting, not only for personal use but for business? Good question? Did you know bookstores are gathering their faithful and newbies on Twitter to let them know what is on sale, what’s new, linking them back to their Web site for more information. Newspapers, radio and TV are updating their followers on the latest news, seconds after an event. Coffee houses,

grocery stores and even authors have been communicating with others. There seems to be no end in sight. For many, it is becoming more than a mere trend. It has become a way of life, a new tool in business, becoming a very important social corridor to grow in. If Twitter is new to you, please watch: Twitter in Plain English

<http://thursdayfile.ning.com/group/twittermethis/forum/topics/twitter-in-plain-english> -Steve

MacDowall **Editors' Notes:** Welcome to Steve! Here is a bit of an introduction from Steve: "I live on the east coast of Canada with my wife Beverly. We raised three kids... been blessed with two grand-children. I grew up in Scarborough, ON, with my sister Evelyn. Evelyn, my wiser and older sister lives in Scarborough, ON. She is the editor of *The Thursday File*. Our small family moved to the east coast in the autumn of 1988, where I worked at Co-op Atlantic as Art Director, for the next 13 years. I have been working on my own from an office/studio ever since, consulting, designing, and branding on projects with people I find interesting. I also teach English, Paint in Watercolours and publish *The Thursday File* each week. - Steve
MacDowall, Publisher of *The Thursday File* Subscribe. It's FREE <http://www.thursdayfile.ca>



Co-op Ed 101 –It's a bit cold in Atlantic Canada but it's really cold in the Arctic. This week we will visit a co-op in the cold - Arctic Co-operatives Limited <http://www.arcticco-op.com/about-acl-mission.htm> The mission of **Arctic Co-operatives Limited** is to be the vehicle for service to, and co-operation among the multi-purpose Co-operative businesses in Canada's north, by providing leadership and expertise to develop and safeguard the ownership participation of its member owners in the business and commerce of their country, to assure control over their own destiny. **Canadian Arctic Producers** was the first co-op federation established in the mid-60s. Originally located in Ottawa, this organization markets the art and craft products created by its members. Arts and craft production and distribution continues to be a major part of its business. The **Canadian Arctic Co-operative Federation** came next in 1972. This federation enabled local co-ops to consolidate their buying power for the purchase of products for their retail stores and it provided services such as accounting, audit, education and management support to help the co-operatives to improve the efficiency of their businesses. In 1981 Canadian Arctic Producers Co-operative Limited and The Canadian Arctic Co-operative Federation Limited joined together to form Arctic Co-operatives Limited. Wholesale Art Marketing Canadian Arctic Producers was formed in 1965 to serve the arts and crafts production side of Co-op business. It is the world's largest wholesale distributor of Inuit and Dene art. Aboriginal owned and controlled, Canadian Arctic Producers markets this unique art form that reflects the artists' connection to the land and its animals, folklore and contemporary imagery. Clients include gallery owners and art dealers throughout the world. - *Maureen MacLean*



This Week's Smile - The teacher noticed that little Johnny had arrived for school wearing only one glove. "Why have you only got one glove?" she asked. "Well, miss," explained Johnny, "I was watching the weather forecast on TV last night, and it said it was going to be sunny but on the other hand it could get quite cold."



Young Co-operators: The Buds on the Co-op Tree - The National Co-operative Grocers Association in Iowa City has developed an introductory website targeting youth at <http://www.go.coop/> This website offers a very accessible explanation of co-ops, various types, FAQs, etc. Send it to your young friends who haven't quite grasped what a co-op is. - *Erin Hancock*



Contest of the Week - Winner: The most recent winner was Kathy Day, NS. Also joining in the winning circle was Dennis Williams, NB, Joanne Sheppard, NL and Glenna Weagle, NS.

Answer: A three-year-old girl, and a 100-year-old man have had exactly the same amount of birthdays. How many birthdays have they had? **Answer:** One – you can only be born once. **This week's contest:** I am afraid of the Dark. One family wants to get through a tunnel. Dad can make it in 1 minute, Mama in 2 minutes, son in 4 and daughter in 5 minutes. Unfortunately, not more than two persons can go through the narrow tunnel at one time, moving at the speed of the slower one. Can they all make it to the other side if they have a torch that lasts only 12 minutes and they are afraid of the dark? Please keep those entries coming! 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



Co-op Cooking - When my children were in their teens they joined a 4H club. One of the projects they chose for a number of years was Foods. Near the end of their time in the Foods project they decided that the perfect Christmas gift would be a cookbook and so Exhibition Winners and Other Family Favourites was created, printed and gifted to family members and close friends. I recently discovered a copy of the cookbook languishing at the back of a shelf in my kitchen. Here is one of the favourite recipes.

Spare Ribs

3 lbs spare ribs, cut into 2 to 3 inch pieces

2 tbsp vinegar

2 onions, cut into large pieces

1 tbsp salt

4 tbsp soya sauce

2 garlic buds, chopped

2 tbsp brown sugar

2 tsp ketchup

1/2 tsp garlic powder

In large pot of water, boil spare ribs with vinegar, onions and salt until quite tender. Pour off water and place ribs and onion pieces in 9 x 13-inch pan. Mix remaining ingredients and pour over ribs. Stir to coat. Bake at 325F for 30 to 35 minutes, stirring every 10 minutes to coat with sauce. Serve with rice and vegetables or salad. – *Glenna Weagle*



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Wednesday, Jan 27, 2010

Rising Tide Collective* - Erin Hancock, Brenda MacKinnon, Maureen MacLean, Glenna Weagle, Steve MacDowall



Week of Jan 24 – Jan 30, 2010, Vol. 4, No. 49

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Openings - Openings is a weekly feature of Co-op Circles. “*Since I do not believe that there should be different recommendations for people living in the Bronx and people living in Manhattan, I am uncomfortable making different recommendations for my patients in Boston and in Haiti.*” - Dr. Paul Farmer www.npr.org/templates/story/story.php?storyId=1472188 Send your favourite quote about celebrating co-operatives, communities and a better world for all, to circles1@nbnet.nb.ca



This Week in Co-op Circles

- A surge in fire insurance claims in northern New Brunswick over the last five years is causing The Co-operators General Insurance Co. to enforce new rules that will limit the number of clients it will insure. The company’s decision to cut back clients and increase premiums in northern New Brunswick is drawing parallels to the 2003 auto insurance controversy in the province. The Co-operators is sending out letters to its clients in northern New Brunswick, between Bathurst and Edmundston, instructing them to reapply for their home insurance. The insurance company said it has been losing money for the last five years because of an increase in fire claims. Since 2005, 67 per cent of house insurance claims in northern New Brunswick have been due to fire, compared with 37 per cent for the rest of the province. For more, go to <http://www.cbc.ca/canada/new-brunswick/story/2010/01/25/nb-insurance-home-915.html>
- The **Masters in Management Co-operatives and Credit Unions Program**, St Mary’s University, Halifax, NS, has published its **first newsletter of 2010**. This issue includes an article on re-earning member loyalty plus profiles and news bits from the program and its personnel. It is now receiving applications for Masters candidates who would begin the program in the fall. For further information, go to http://www.mmccu.coop/news_letter.html
- For the past two years, the **Canadian Co-operative Association (CCA)’s Leadership in Co-operative Governance Award** has recognized the best in co-operative board governance across the country. CCA and Brown Governance Inc. have now added a second award -- the Brown Governance Co-operative Award for Boardroom Culture -- which recognizes that the unwritten norms underlying governance power structures are crucial in ensuring organizational success. Individual personalities, personal relationships, decision-making processes, and the use of benchmarks and performance measurements are all factors in boardroom culture. The 2010 awards will be presented at CCA’s National Congress in Vancouver on June 16. Entries will be accepted until February 26, 2010. Go to <http://tinyurl.com/GovernanceAwards> for more information and to download the Call for Entries.
- To date, more than \$51,000 has been collected at **credit unions through Nova Scotia and Newfoundland and Labrador**. Monies will be going to the Canadian Red Cross, and the

citizens of **Haiti for disaster relief**. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.131&sfield=content.id&search=582>

- The Mouvement des caisses populaires acadiennes is working together with the Canadian Red Cross to collect funds to help the victims of the earthquake that struck Haiti on January 12. The Caisses populaires acadiennes and the Fédération have donated \$50,000 for immediate disaster relief efforts
http://www.acadie.com/en/communiqu_e_affiche.cfm?id=1036 Nearly two weeks after the earthquake that devastated Haiti, the members of the Caisses populaires acadiennes have answered the call for help for the people of Haiti. Nearly \$110,000 in donations have been made to the Aide humanitaire Haïti - Caisses populaires acadiennes account so far, with \$60,000 in contributions by members, as well as the \$50,000 donation announced earlier by the Mouvement and its 25 caisses. As of January 21, members of the Caisses populaires acadiennes alone had in fact donated over \$58,858, which will be sent to the Canadian Red Cross. The Association des employés de la Fédération des caisses populaires acadiennes has solicited the staff at Édifice MARTIN-J.-LÉGÈRE, who raised a total of \$1,111. Therefore, along with contributions from members of the Caisses populaires acadiennes and employees of the Fédération, the Red Cross will receive nearly \$110,000 through the Mouvement, in donations for Haiti.



The New Trends - “Urbany”, yes Urban culture is the culture. Extreme urbanization, in 2010, 2011, 2012 and far beyond will lead to more sophisticated and demanding consumers around the world. The numbers speak for themselves: “Less than 5 per cent of the world’s population lived in cities a century ago. In 2008, for the first time in humanity, that figure exceeded 50 per cent. In the last two decades alone, the urban population of the developing world has grown by an average of 3 million people per week. By 2050, it will have reached 70 per cent, representing 6.4 billion people. Most of this growth will be taking place in developing regions; Asia will host 63 percent of the global urban population, or 3.3 billion people in 2050.” (Source: the Global Report on Human Settlements 2009, October 2009.) Where will this take us? What trends will emerge because of this change? Alex Steffen, editor of World Changing sums it up quite well. “I’m certainly not saying that all innovation is urban, or that the suburbs are brain dead or anything. I am saying that compact, wired and wealthy urban communities seem to me to be becoming the epicenters of innovation these days, and that is going to change what innovations emerge.” Your thoughts? Email us at: circles1@nbnet.nb.ca - Steve MacDowall, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



Co-op Ed 101 – With all the talk in the news these days about NB Power, I was wishing we had co-op power so the people would have true ownership and control. I went looking on the Web for co-op power companies. **Florida Keys Electric Cooperative Association (FKEC)** was founded in 1940 by local member-consumers and has been recognized as one of the most progressive electric systems in the U.S. FKEC serves the upper portion of a narrow string of tropical islands that extend southwestward into the Atlantic from mainland Florida. <http://www.fkec.com/> A power outage occurred in November when an osprey dropped a 3-foot-long barracuda across lines. In 2008, FKEC’s overall system reliability was 99.99% with an average of only 45 minutes out per customer for the year. This is four times more reliable than the national average of 202 minutes. - *Maureen MacLean*



This Week's Smile - How to have a bit of fun at the Credit Union – When the money comes out of the ATM, scream “I won! I won!”



Young Co-operators: The Buds on the Co-op Tree - The Canadian Social Economy Research Partnerships offered the Emerging Leaders Scholarships in 2009 to students involved in social economy research. Some recipients included Melissa Fong who is studying Canadian settlement houses in relation to anti-poverty work, Josina Vink looking into rural social enterprise development, David Thompson exploring labour movement in Sault Ste. Marie, ON and others. Learn about these emerging leaders in the recipient profiles, at

<http://voluntarygateway.ca/communities/files/active/1/EmergingLeadersWinners.pdf>

- Erin Hancock



Contest of the Week - Winner: Several people suggested different versions. The closest to the correct version was Glenna Weagle, NS. **Answer:** 12 minutes -First mom and dad – 2 minutes. Dad comes back – 3 minutes, both children go to Mom – 8 minutes. Mom comes to Dad – 10 minutes and they both get to their children – 12 minutes

This week's contest: Help Johnny find his new home. Johnny the Jock is a journalist who has landed a job somewhere in Canada. But he doesn't know where. All he knows is that it is in one of six cities lined up in a row in northern Canada: Eh Land, Hockeyville, Pond Hockey Village, Icecastle, Mont Jolie, and Canada City. However his employer has left clues.

1. Pond Hockey Village is 2 cities away from the job's location.
2. Hockeyville is 3 cities away from Icecastle.
3. Icecastle is on the right end.
4. Mont Jolie is not the location.
5. Eh Land is 3 cities from Pond Hockey Village.
6. Pond Hockey Village is 4 cities away from Icecastle.
7. Eh Land is next to the location and another place that isn't the location.

Johnny is lazy, so he is paying you to find out where he is working.

Please keep those entries coming! 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



Co-op Cooking - Although we grow all the potatoes that are eaten in my house each year, sweet potatoes from the market are replacing them in my meal plans ever more often. Here is a truly different lasagna recipe I recently found where sweet potatoes replace the meat we are used to using.

Sweet Potato Lasagna

- 3 lb sweet potatoes, sliced
- 5 tbsp vegetable or olive oil, divided
- 1 tsp salt
- 8 lasagna noodles, cooked according to directions
- 1/4 cup flour
- 4 cups hot milk
- 1 tsp salt
- 1/4 tsp pepper
- pinch of ground nutmeg
- pinch of Cajun spice

2 cups grated mozzarella cheese

¼ cup Parmesan cheese

Slice sweet potato; place on parchment-covered pan and roast at 400F for 30 minutes. Melt butter; whisk in flour and cook without browning for 2 to 3 minutes. Whisk in milk; cook 2 to 3 minutes without boiling (until thickened). Add spices. Layer the sauce, noodles, potatoes and cheese in 9-inch square pan, using half of each. Repeat layers. Bake at 350F for 25 to 30 minutes. Let stand 10 minutes before serving. – *Glenna Weagle*



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Wednesday, Feb 3, 2010

Rising Tide Collective* - Erin Hancock, Brenda MacKinnon, Maureen MacLean, Glenna Weagle, Steve MacDowall



Week of Jan 31– Feb 6, 2010, Vol. 4, No. 50

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Openings - Openings is a weekly feature of Co-op Circles. “*Once social change begins, it cannot be reversed. You cannot un-educate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore.*” – Cesar Chavez en.wikipedia.org/wiki/César_Chávez Send your favourite quote about celebrating co-operatives, communities and a better world for all, to circles1@nbnet.nb.ca



This Week in Co-op Circles

- **Prince Edward Island** will become the second Canadian province to establish a **Community Economic Development Investment Fund (CEDIF) program** to encourage investment in community-based businesses, including co-operatives. The Prince Edward Island Co-operative Council was instrumental in convincing the government to introduce this program. The concept of CEDIFs was introduced in Nova Scotia in 1999-2000. The Funds are ‘pools of capital formed through the sale of common shares to persons within a defined community.’ Since the program was established in Nova Scotia, 91 separate Funds have come to manage over \$32 million in assets thanks to investments by nearly 5,000 Nova Scotians. The PEI government is developing a made-in-PEI CEDIF model based on the Nova Scotia program, which will encourage investments in rural areas. The CEDIF program was part of PEI’s new Rural Action Plan, which was announced on January 26. For more information, go to www.gov.pe.ca/go/ruralactionplan.
- Hundreds of people living in co-operative housing in Halifax will soon have updated, more energy-efficient homes thanks to a \$3.1 million investment by the federal and Nova Scotia governments. The **North End United Housing Co-op**, created by the merger of four existing housing co-ops has received \$3.1 million from provincial and federal stimulus funds for capital repairs and energy-conserving modifications. The co-op was created by the merger of the Seaview Housing Co-op, the Jim MacDonald Housing Co-op, the Anathoth Housing Co-op and the Charles Court Housing Co-op. The co-op has a total of 131 units. “This \$3.1 million investment in co-operative housing by the federal and provincial governments is an excellent example of stimulus funding that works,” said Ken Elliott, President of the Co-operative Housing Federation of Canada. “The merger of four smaller co-ops into one larger organization created the capacity and community engagement to seek and win significant funding for essential repairs and renovations.”
- **Rayanne Brennan**, editor-in-chief of **The Atlantic Co-operator** is one of eleven Canadians in Nicaragua to learn first-hand about how co-operatives and credit unions, with the help of the Canadian Co-operative Association (CCA), are improving the lives of people in one of Central America’s poorest nations. Participants in CCA’s study mission to Nicaragua will visit a number of agricultural, fishing and financial co-operatives to learn how member owned enterprises are creating jobs, improving livelihoods and opening up new opportunities for poor communities. The participants, who defrayed the cost of their participation in the mission, will make presentations in their

communities when they return. Brennan is blogging about her experiences on the CCA website, www.coopscanada.coop.

- **Co-op food stores** across Atlantic Canada are urging consumers to consider donating to Haiti relief while doing their grocery shopping. Shopper can make a donation through their cashier. Donations will go to the Co-op Development Foundation of Canada.
- The Worker Co-op Fund, **Tenacity Works**, is an investment fund whose purpose is to create new or expand existing worker-owned co-operatives in all regions across Canada. Tenacity Works is owned and operated by the CWCF. As a revolving loan fund, Tenacity Works usually has funds available for making loans. Funds are used to invest in worker, multi-stakeholder and shareholder co-ops across Canada. To date, Tenacity Works has approved more than 35 loans that have supported over 200 jobs. If your co-op is seeking investment capital, you can apply to the Fund. For more information visit website at www.canadianworker.coop or contact Fund Manager Peter Hough at (902) 678-0473 or peter.cwcf@xcountry.tv. The Canadian Worker Co-op Federation recognizes Human Resources Development Canada (HRDC) in the establishment of the Worker Co-op Fund.
- Manitoba's **Northern Star Originals** has launched into the global market with its website and on-line ordering capacity. Members of the worker co-op that operate Northern Star Originals are ready for increased sales. "We've been providing blankets to the local community for years," says Viola Stevenson, a founding member of the co-op. "With our new website, we can much more easily send this unique cultural product to customers across Canada and beyond. Sharing our culture and history with these blankets is an honour for us." While off-site sales for Northern Star occur from time to time, the on-line capacity brings helpful tools that will facilitate the ordering experience. "Sales to customers who can't come down to our store to see and touch our blankets, and pick out their colours have been a challenge. Through our website, customers can now see very clearly what they are getting and learn about the deep cultural and historic significance that these blankets represent," says sales manager, John Loewen. A part of indigenous culture, Star Blankets have been used to bless and honour loved ones during times of celebration and of special milestones marking ones life since before European contact. The Northern Star Blankets, which possess remarkable precision, craftsmanship and beauty, are created in the same cultural tradition as they were hundreds of years ago. "Inspiration for the blankets comes from the heavens and to give a Star Blanket means to bless from an eternal perspective," shares Stevenson. If you would like to know more about Star Blankets and Northern Star's story, please visit www.northernstar.coop, or call (204) 944-1440.



The New Trends - People buying the 'no brands' over the past few years has been picking up. As Elizabeth O'Herron remarks, "I am not loyal to any grocery store or any brand. I am loyal to savings." A growing number of consumers like O'Herron are ditching their beloved Kellogg's Raisin Bran and Wonder Bread for less expensive versions without the familiar packaging. Unit sales of private label goods have jumped 8 percent since 2007, while brand names have declined roughly 4 percent, according to Nielsen Co. Despite the savings and the comparable quality offered by generic brands, some consumers have gone to great lengths to hide the change from their families. "I have resorted to buying things like ketchup, hot sauce, BBQ sauce, and package syrup in bulk or large containers from other vendors' labels and reusing the containers from

Heinz, Frank's Red Hot, Kraft, and Mrs. to mask the switch," said Kalixt Smith, of Wilmington. "My kids do not seem to notice the difference." The question this week: Do you still buy by the 'Brand'? I do. Well, most of the time. Your thoughts? Email us at: circles1@nbnet.nb.ca - Steve MacDowall, Publisher of *The Thursday File* Subscribe. It's FREE <http://www.thursdayfile.ca>



Co-op Ed 101 – The next two weeks Co-op Ed will feature a couple of co-operatives that are featured in Michael Moore's most recent film "Capitalism: A Love Story". These co-operatives are successfully challenging the traditional business model. **Alvarado Street Bakery** is located just north of San Francisco, in the rolling hills of California's wine country.

<http://www.alvaradostreetbakery.com/index.html> Alvarado Street Bakery's mission is to give superior service in providing the finest quality baked goods to its valued customers nationwide by utilizing a worker owned and managed co-operative business structure and to strive to use whole grain and organic ingredients, wherever possible, to support sustainable agricultural practices and healthy living. - *Maureen MacLean*



This Week's Smile - How many Labrador Retrievers does it take to change a light bulb? 1 "I'll be glad to change the light bulb for you, but first can't we play catch with the tennis ball, or Frisbee - and then I want to lick your face and rest my head in your lap and look up at you with my sad eyes. What, you're changing the light bulb yourself - you didn't have to do that - but I loooooove you so much for being my friend and doing that."



Young Co-operators: The Buds on the Co-op Tree - The **Co-operative Housing Federation of Toronto** is offering 10 Diversity Scholarships of \$5000 to students living in a housing co-op who will be attending a college or university in the fall of 2010. These scholarships are targeted at students who are active in promoting diversity in their community. To learn more, you may contact Angela Calderone at 416-465-8688, extension 206 or angela@coophousing.com or view the application on the website at

<http://www.coophousing.com/documents/2010ScholarshipApplication.pdf> - *Erin Hancock*



Contest of the Week - Winner: We didn't receive any correct answers to last week's contest.

Answer: Order: Pond Hockey Village, Canada City, Hockeyville, Eh Land, Mont Jolie, Icecastle. Location: Hockeyville **This week's contest:** A sundial is a timepiece that has the fewest number of moving parts. Which timepiece has the most moving parts? Please keep those entries coming! 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



Co-op Cooking - When my husband was working away from home and the children were still in school, lunch became a simple meal which often centered around a bowl of soup and dinner was served in the evening. Over the years this becomes habitual and we still share a light lunch and a hardier evening meal. This is one of the soups which are occasionally served at my table. The hint of lemon adds an interesting flavour twist.

Mushroom Soup Au Gratin

2 tbsp olive oil

6 cups sliced assorted fresh mushrooms

1 small onion, chopped

1 clove garlic, minced
6 cups chicken broth
1 tsp finely grated lemon rind
1/4 tsp ground nutmeg
1/4 tsp ground pepper
4 slices French bread, toasted
4 oz grated Swiss cheese
2 tbsp grated Parmesan cheese (optional)

In a large heavy saucepan, heat oil over medium-high heat. Saute mushrooms, onions and garlic 3 to 4 minutes (until lightly browned). Add chicken broth, lemon rind, nutmeg and pepper. Bring to a boil and simmer, covered for 20 to 30 minutes. Ladle soup into 4 deep ovenproof bowls. Float bread on top; sprinkle with cheeses. Place under broiler until bubbly and lightly browned. Note: If desired 1/4 cup white wine may be added with the chicken stock. – *Glenna Weagle*



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Wednesday, Feb 10, 2010

Rising Tide Collective* - Erin Hancock, Brenda MacKinnon, Maureen MacLean, Glenna Weagle, Steve MacDowall



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Openings - Openings is a weekly feature of Co-op Circles. “*We must not, in trying to think about how we can make a big difference, ignore the small daily difference we can make which, over time, add up to big differences that we often cannot foresee.*” - Marion Wright Edelman www.childrensdefense.org/who-is Send your favourite quote about celebrating co-operatives, communities and a better world for all, to circles1@nbnet.nb.ca



This Week in Co-op Circles

- The international federation of worker co-ops (known as “CICOPA”) is doing a survey on how the economic crisis is affecting worker co-ops around the world. Previous studies have shown that co-ops generally can weather an economic storm more effectively than other types of businesses. Canadian Worker Co-operative Federation’s role in this is to survey the worker co-ops in Canada. It would be best if the person with the most knowledge about your co-operative’s financial situation completed the survey. Responding to the survey will likely take about 10 minutes. The link to the survey is here: <http://www.surveymonkey.com/s/828CCHN> . CWCF has also added three questions of its own at the end. The deadline to complete it is February 17th, 2010.
- The Canadian Co-operative Association is calling for nominations for the following CCA awards: **Canadian Co-operative Achievement Award, Global Co-operator Award, and Canadian Co-operative Hall of Fame Pioneer Inductees.** The deadline for nominations for these three awards is Friday, April 9, 2010. The awards will be presented at CCA’s National Congress in Vancouver on June 15, 2010. For more information go to: www.coopscanada.coop
- The Halifax Local of the **Dominion News Co-operative** <http://halifax.mediacoop.ca/stories> is progressing toward the 50-sustainer mark. With 50 sustainers, it can commission four professional articles per month, and pay a part time organizer to keep things moving, and continue to grow this local news co-operative. The Dominion News Co-operative has published a special issue on the upcoming Winter Olympics. Check it out at <http://www.dominionpaper.ca/olympics/>



The New Trends – **Newspapers** have been on a steep decline over the past year or so. The trend has been to go online and the next step will be looking for online subscribers that will pay. Now we hear that the magazine industry in North America is under assault. There are nearly 600 consumer magazines in the U.S. and Canada. ABC, Audit Bureau of Circulation came out yesterday with their semi-annual report: 67 per cent saw their paid circulation drop. Ad revenue fell 18 per cent in the U.S. in 2009 compared to 2008, and ad pages dropped 25 per cent, according to the Publishers Information Bureau. Canadian data from earlier in the year suggested the industry here fared slightly better, but still saw a 21 percent decline in ad pages in the first nine months of the year, according to Nielsen LNA. Some periodicals will reduce the page count with each edition, some will have a reduction of frequency, say going from 12 issues to 10, others will cut down on their titles and yet others will go out of business unless they change.

Many are looking for an online presence. Question: How many magazines do you buy in a month and how many subscriptions do you have? Let us know at circles1@nbnet.nb.ca - *Steve MacDowall*, Publisher of *The Thursday File* Subscribe. It's FREE <http://www.thursdayfile.ca>



Co-op Ed 101 – This week Co-op Ed 101 features the second co-operative that is featured in Michael Moore's most recent film "Capitalism: A Love Story" - Isthmus **Engineering and Manufacturing**. From the beginning as an engineering partnership to incorporation as a workers' co-operative, Isthmus Engineering has evolved into a world-class builder of automated equipment. The company was started with the idea that quality designs and first-class manufacturing could be accomplished by a small collective of motivated individuals. <http://www.isthmuseng.com/home/home.aspx> Isthmus Engineering and Manufacturing is located in Madison, Wisconsin. - *Maureen MacLean*



This Week's Smile – Today, in honor of St Valentine's Day our smile: Love is a fire. But whether it is going to warm your heart or burn down your house, you can never tell. - Joan Crawford



Young Co-operators: The Buds on the Co-op Tree - I just got back from a trip to Berkeley, CA for a North American Students of Co-operation (<http://www.nasco.coop/>) Board Meeting. While I was there I was able to tour some great student housing co-ops and the central kitchen where the food for all 17 of the residence style co-ops organize their orders. I was impressed with how these large student co-ops built a close community and were able to keep themselves well-organized. You can view my photos from the trip at <http://www.facebook.com/photo.php?pid=3487717&l=bd66def3d5&id=503820804> You can also read more about the Berkeley Student Co-operative, which is the largest student co-op system in North America at <http://berkeleystudentcooperative.org/about-bsc> - *Erin Hancock*



Contest of the Week - Winner: Kathy Day, NS guessed "hourglass" and that's the answer we had. David Daughton, PEI, says an "atomic clock" is the answer and he is probably correct, so with Kathy's and David's agreement, we can call it a tie.

This week's contest: Can you play with these words and guess the animals?

1. hair-control foam
2. tellin' falsities
3. a lamenting cry
4. a precious or loved one
5. first you get a parking ticket, then you get this

Please keep those entries coming! 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



Co-op Cooking - With the Olympic Games about to occupy our television screens, you might want to consider how you can combine your favourite sports event with a family meal. Perhaps home-made TV dinners might be the answer you are looking for. The trick is to begin preparation of the next dish while waiting for something else to cook or reach the next step.

Home-Made TV Dinners

- 1 garlic bulb
- small amount cooking oil

2 medium Yukon Gold potatoes
2-3 tbsp buttermilk
salt and pepper to taste
finely chopped chives
2 skinless, boneless chicken breasts cut into strips
1 egg whisked with 1 tbsp cold water
1 cup dried bread crumbs
1 tbsp chopped fresh coriander
1 tsp Cajun spice
pinch salt
3 green onions, chopped
2 small zucchini, ends removed and cut into small cubes
1 tsp salt
1 tsp pepper
1 tsp oregano
1 cup frozen corn kernels
¼ cup apple juice
¼ cup peanut butter
2 tbsp apricot jam
1 clove garlic, finely minced
1 tbsp cider vinegar

Cut top from garlic bulb, drizzle with a small amount of cooking oil and package in tinfoil. Bake at 400F for 20 minutes. Remove from oven and let cool slightly.

When garlic is in the oven, peel potatoes, cut into chunks, place in saucepan and cover with water. Bring to boil and cook covered until done. Next step, add coriander, Cajun spice and salt to breadcrumbs. Dip chicken strips in egg mixture and roll in crumbs to cover. Place on sided baking sheet. Place in oven to bake. Now on to the side-dish, heat a skillet or wok over high heat. Add a small amount of cooking oil and green onion. Stir-fry 1 minute. Add zucchini, 1 tsp salt, pepper and oregano. Stir and cook until zucchini softens. Add frozen corn; stir occasionally until corn has heated through. While the corn is heating, mix apple juice, peanut butter, apricot jam, minced garlic and vinegar in a microwavable bowl. Warm through in microwave stirring to combine ingredients.

Final preparation; mash potato. Squeeze roasted garlic from skin into potato; add buttermilk, salt and pepper. Mix just until combined. Place on plates or into divided dishes; sprinkle with chives. Add cooked chicken fingers. Divide Zucchini/Corn salad between plates. Place sauce in small dishes for dipping. Hopefully everything finished at the same time. Enjoy the games and the meal. – *Glenna Weagle*



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Rising Tide Collective* - Erin Hancock, Brenda MacKinnon, Maureen MacLean, Glenna Weagle, Steve MacDowall



Week of Feb 14– Feb 20, 2010, Vol. 4, No. 52

*Edited and Compiled for you, by the Rising Tide Collective**

To subscribe or unsubscribe: circles1@nbnet.nb.ca



Openings - Openings is a weekly feature of Co-op Circles. “*The greatest distance in the world is the 14 inches from our minds to our hearts.*” - Agnes Baker Pilgrim

www.agnesbakerpilgrim.org Send your favourite quote about celebrating co-operatives, communities and a better world for all, to circles1@nbnet.nb.ca



This Week in Co-op Circles

- The **Caisses populaires acadiennes** are giving away **\$50,000 in scholarships** <http://www.acadie.com/en/communiquer/affiche.cfm?id=1037> NB students have a chance to win a scholarship from the Fondation des caisses populaires acadiennes. The Fondation pays \$50,000 in scholarships annually, divided into 50 scholarships of \$1,000 each. Registration forms are available to students online, on the Caisses populaires acadiennes website, www.acadie.com. Paper format registration forms will no longer be available. To enter, students must meet the eligibility requirements described on the website. All registration forms must be completed before March 31, 2010. The scholarship draw will take place in April, and the winners will receive their scholarship during Co-op Week, in October 2010.
- **Jim MacConnell**, retired president and CEO of Scotsburn Co-operative Services Limited, a major Nova Scotia-based dairy co-op, has been honoured with a Lifetime Achievement Award by the Pictou County Chamber of Commerce. In his 36-year career with Scotsburn, MacConnell saw it grow from a small dairy with 20 employees to the leading dairy operation in Atlantic Canada when he retired in 2004. He became Scotsburn’s CEO in 1972. In retirement, he still sits on Scotsburn’s advisory board.
- March 8 is International Women’s Day, and the Co-operative Development Foundation of Canada (CDF) is seeking donations for an online auction to celebrate the occasion. The auction will take place from March 8-18, and all proceeds will go to **CDF’s Global Women’s Fund**, which helps women in developing countries become leaders in their co-operatives. This will be CDF’s third online auction. To donate items or sponsor the auction, contact Sarah Richardson at sarah.richardson@coopscanada.coop.
- A recent CBC radio show touted **Fundy Funeral Home Co-op** in Saint John, NB, as the most successful funeral home in Atlantic Canada and the figures reported at their Annual General Meeting in October certainly supported this claim. In 2008 - 2009, Fundy Funeral Home increased the number of families it serves by 22 per cent and saw another hike in prearranged funerals, bringing the total revenue from this product to \$7 million. Six full time and six part time staff served 249 families last year, the largest number since it became established in 1992. Fundy Funeral Home Co-op’s healthy surplus made it an easy decision for members at their AGM to vote for the purchase of additional property to accommodate the growing need for parking space and a new reception area. <http://www.cecnb.ca/pdf/NovemberE-News.pdf>
- **Just Us! Coffee Roasters Co-op employees** have risen to the challenge and made huge contributions to a number of **Haiti fundraising efforts**.

<http://www.justuscoffee.com/Resources/Docs/haiti.pdf> Staff has contributed by bringing in donations of medical supplies, clothes and water, and organizing community donations of blankets. Coffeehouses have raised a total of \$2273.60 primarily by donating their tips, but including contributions from customers. Its Spring Garden location alone raised \$1226.67. All this money and the supplies were donated to the Salutory Angels in Halifax to help in Haiti.



The New Trends –Many business practitioners are making a lot of predictions for 2010. One trend for marketers that keeps popping up on blogs, twitters and books: **Value is the new black.** Consumer spending, even on sale items, will continue to be replaced by reason-to-buy at all. This spells trouble for brands with no authentic meaning, whether high-end or low. What makes goods and services valuable will increasingly be what is wrapped up in the brand and what it stands for. The unique meaning of a brand will increase in importance as generic features continue to plague the brand landscape. Awareness as a meaningful market force has long been obsolete, and differentiation will be critical for success, translating into sales and profitability. Do you have a ‘True Value’? Do you ‘stand for something’ that has value? How are you so different or do you blend in with the rest? Make sure you are on the outside looking in when you try to answer these questions. Let us know at: circles1@nbnet.nb.ca - Steve MacDowall, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



Co-op Ed 101 – Redeye is a 3-hour radio program broadcast live every Saturday morning on Vancouver Cooperative Radio, CFRO 102.7FM. It is produced by an independent media collective at the studios of Coop Radio in Vancouver’s downtown eastside. The show has been on the air for more than 30 years, providing high-quality public affairs and arts programming to listeners looking for a progressive take on current events. Have a look at the program’s Website <http://www.vcn.bc.ca/redeye/index.html> - Maureen MacLean



This Week’s Smile – Everyone has a photographic memory. Some just don’t have film.



Young Co-operators: The Buds on the Co-op Tree - In keeping with a commitment to education and to foster the next generation of co-operators, there are currently **three Canadian Association of Studies in Co-operation scholarships** being administered through the Canadian Co-operative Association. These scholarships are intended to support students who are pursuing co-op studies and research. Read more about the Alexander Fraser Laidlaw Fellowship (for graduate student), the Amy and Tim Dauphinee Scholarship (for graduate students) and the Lemaire Co-operative Studies Award (undergraduate or graduate students) at <http://www.coopscanada.coop/en/orphan/CASC-Scholarships> . All recipients of the above financial awards are provided free membership to the Canadian Association of Studies in Co-operation along with free admission to their annual conference (<http://www.coopresearch.coop/>). The deadline is March 31st, so apply soon! - Erin Hancock



Contest of the Week - Winner: Kathy Day, NS, was the winner again! **Answers:**1.Moose (Mousse) 2. Lion (Lyn') 3. Whale (Wail) 4. Deer (Dear) 5. Toad (Towed) **This week’s contest:** A man is trapped in a room. The room has only two possible exits: two doors. Through the first door there is a room constructed from magnifying glass. The blazing hot sun instantly fries anything or anyone that enters. Through the second door there is a fire-breathing dragon. How

does the man escape? Please keep those entries coming! 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



Co-op Cooking - A friend passed these around at Aquacize class a few days ago, promising that if you ate them before you got into the pool there was no affect from the calories consumed. Good excuse. If you are a chocoholic you are bound to love these and they are so simple to make that your children or grandchildren can easily help. Please make sure if you are serving these that everyone is aware that they contain peanuts as peanut allergies can be life threatening to those affected by them.

Chocolate Bites

2 cups chocolate chips
2 cups butterscotch chips
2 cups peanut butter chips
2 tsp vanilla extract

2 cups finely-chopped peanuts
2 cups finely-crushed potato chips (one large bag)

Place chocolate, butterscotch and peanut butter chips into a large, microwavable, mixing bowl. Heat for 2 minutes, stir and then heat for 1 minute periods, stirring between minutes, until mixture is melted and smooth. Add vanilla, mixing well. Add potato chips and peanuts, stirring until well combined. Place mini-muffin cups on two baking sheets with sides (approximately 30 to 35 to a sheet). Fill with teaspoonfuls of the chocolate mixture. Refrigerate until hardened. Store in tightly covered containers in the refrigerator. Note: You can change the mixture by using a different nut, Skor pieces, etc but the mixture should never exceed 4 cups total (including the potato chips). Peanut butter chips can be replaced by additional chocolate chips, white chocolate chips or butterscotch chips where peanut allergies are an issue. – *Glenna Weagle*



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- *Re the Trends article on newspapers and magazines, I subscribe to one free magazine (religious themed publication with absolutely no advertisements). I purchase monthly I magazine over the counter but I may as well subscribe because I buy it every month (an artistic themed publication with lots of advertisements), and on occasion I buy a professional cooking magazine (zero advertisements). At the newsstand I often look at Popular Mechanics or Popular Science. The featured article usually ends up being 2 pages with lots of advertisements. I have this notion that the cover story should be the major article and the meat and potatoes of the content. I think I last purchased a Popular Mechanics issue over a year ago. I'm always disappointed at the feature article size. Over 3 years ago I took all my hiking and fitness magazines and tore out only the articles I would read again or use as reference. I went from a 3 foot tall pile of magazines down to a 5-7 inch stack of articles. Then I went through the pile again and discovered what I didn't want was mostly advertisements with a few articles on vacations to places I would never visit. (surviving in a cave in the Amazon jungle while being attacked by pygmy headhunters during a hurricane.) Just my experience – NM, NB*
- *Finally, another contest that is not too clever for me. Keep up the good work, the weekly co-op fix keeps me informed and feeling connected. – DK, Out to pasture in Manitoba*



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