



Week of Feb 21– Feb 27, 2010, Vol. 5, No. 1  
*Edited and Compiled for you, by the Rising Tide Collective\**

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**Openings** - Openings is a weekly feature of Co-op Circles. “*Always be on the lookout for the presence of wonder.*” - E.B. White Charlotte’s Web [en.wikipedia.org/wiki/E.\\_B.\\_White](http://en.wikipedia.org/wiki/E._B._White) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- An **East Coast Credit Union** meeting is being seen as a positive step toward preventing branch closures. Richmond County Councillor Malcolm Beaton, who represents areas from D’Escousse to Rocky Bay, said an afternoon session in Port Hawkesbury on Sunday, Feb. 21 allowed both the company and its members to express concerns over the economic challenges facing three of the company’s 13 branches. Citing financial concerns, the banking co-operative announced in November it would close branches in North East Margaree in Margaree Centre, North Isle Madame in D’Escousse, and Mulgrave. The closures and the loss of seven full-time jobs was expected to take place at the end of February, however, the credit union’s board of directors delayed the decision following a public outcry from members and community representatives. The board has decided to put together a working committee of financial experts, credit union board members and customers. A study on the operation of East Coast Credit Union is expected to take place over the next 12-18 months.
- The Province of Nova Scotia and the Nova Scotia Co-operative Council will take part in a special announcement via live Webcast today, February 24, 2010. Premier Darrell Dexter, Community Services Minister Denise Peterson-Rafuse, and NS Cooperative Council CEO Dianne Kelderman will launch **Target 100**, a new employment program. To watch the live Webcast from your computer, go to <http://gov.ns.ca/coms/target100>  
The broadcast will begin at 10a.m. from a downtown Halifax co-op location.
- The **Coastal Financial Credit Union** in Yarmouth is showing its support for Canadian Olympic athletes by making cash donations to the Yarmouth Food Bank every time Team Canada takes home a medal. Sonia Ryan, director of human resources, said the credit union will make the cash donation to the food bank, regardless of what colour the medal is. “We’re donating \$100 for gold, \$75 for silver and \$50 for bronze.” Ryan said the idea for the credit union’s Olympic Fever, came about during a managers’ meeting. “We were all brain storming on ideas of how to help our community, when the general manager threw out the idea of Olympic Fever. From there we have all worked with it and have come up with what we have now.” She said, as part of the co-operative movement, the credit union is guided under the co-operative principles – one of which is serving the community. “That is more or less the spirit of where the discussion came from to enrich our community and what we can do, and we thought this would be a great idea to support the local community.” This promotion will last throughout the Olympic Games.



**The New Trends** – Reading and writing have always gone together. What we read or how we read, what we write or how we write, seem to be changing. For many, reading means emails, blogs or social networks rather than letters, books, newspapers or magazines. The Internet is not a trend anymore. It is the way we live, communicate and many like myself, even purchase items online. Businesses would be hard pressed to do away with it. Many of the **new communication methods** are being used very powerfully and profitably. Co-operative businesses need to take a serious approach to these new media communications. They can't afford to let lack of insight or lack of understanding get in the way. Are you taking advantage of all the Internet has to offer or are you sitting back and watching? - *Steve MacDowall*, Publisher of *The Thursday File*  
Subscribe. It's FREE <http://www.thursdayfile.ca>



**Co-op Ed 101** – This week Co-op Ed is thinking about co-ops that will keep you warm in the middle of winter. **Northern Star Worker Co-operative** is owned and operated by a multicultural blend of artisans, including First Nations and Metis women, who sew traditional and contemporary Star Blankets of exceptional craftsmanship and remarkable beauty within the heart of Canada's largest urban Aboriginal community. See their star blankets <http://www.northernstar.coop/> and click on "Products". The history of Star Blankets dates back before European contact, with variations of the star design stretching across North and Central America. - *Maureen MacLean*



**This Week's Smile** – Duct tape is like the force. It has a light side, a dark side, and it holds the universe together.



**Young Co-operators: The Buds on the Co-op Tree** - The **Association for Non-Profit and Social Economy Research** will be holding their 3rd Annual Conference as part of the Congress of Humanities and Social Sciences at Concordia University in Montreal from June 2-4, 2010. This conference showcases research related to non-profits, the voluntary sector, co-ops, charities, and other elements of the social economy. You can learn more about the conference and register at <http://www.anser-ares.ca/files/en/Conference%20notice%202010%20Eng.pdf>. Congratulations to the 2 graduate students who were recently awarded scholarships to attend the conference; Paulo Roberto Filho (Doctoral Candidate at UQAM) and Normand Landry (Doctoral Candidate at McGill University). - *Erin Hancock*



**Contest of the Week - Winner:** Stephanie Christie, NB **Answers:** He waits until night time and goes through the first door. We had some interesting answers, including one which used a co-operatively made shoe. I think February is wearing people down! **This week's contest:** How many Fs can you count? FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS. 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](mailto:contest1@nbnet.nb.ca)



***Co-op Cooking*** - The hotness of curry powder varies dramatically depending on the blend of up to 20 different spices that can be used. Most commercially available curry powder is quite mild. If you would like a little more heat with your seafood, look for curry powder labeled “hot” or “Madras-style.”

***Curried Seafood with Linguine***

4 oz medium shrimp, peeled  
4 oz sea scallops (halve large scallops)  
6 oz dried linguine  
1/3 cup apricot nectar  
1 tbsp soy sauce  
1 tsp cornstarch  
¼ tsp ground ginger  
2 tbsp olive oil, divided  
1 cup sliced fresh mushrooms  
½ cup thinly sliced carrots  
3 cups coarsely chopped bok choy  
2 green onions, sliced into 1-inch pieces  
1 ½ to 2 tsp curry powder

Rinse shrimp and scallops; pat dry with paper towels; set aside. Cook pasta according to package directions; drain. Cover and keep warm. Meanwhile, in a small bowl, stir together apricot nectar, soy sauce, cornstarch, and ginger; set aside. In a large skillet or wok, heat 1 tablespoon of the oil over medium-high heat. Add mushrooms and carrots; stir-fry for 2 minutes. Add bok choy and green onions; stir-fry for 2 minutes more. Remove vegetables with a slotted spoon. In a medium bowl, toss shrimp and scallops with curry powder. Add the remaining 1 tablespoon oil and the seafood to skillet. Cook and stir for 2 to 3 minutes or until seafood is opaque; push from center of skillet. Stir apricot nectar mixture; add to center of skillet. Cook and stir until thickened and bubbly. Return vegetables to skillet. Stir all ingredients together to coat with sauce; heat through. To serve, spoon seafood mixture over hot cooked pasta. – *Glenna Weagle*



***Co-op Community Bulletin Board***

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- Apr 15-17, 2010 – Credit Union Central of Nova Scotia Annual General Meeting
- Apr 23-24, 2010 - Credit Union Central of New Brunswick holds its 2010 Tradeshow, being held in conjunction with its Annual General Meeting on April 23/24 in Saint John, NB
- Mar 24-25, 2010 - Social Enterprise in Rural and Urban Development: A Learning Event Waterfront Campus – Nova Scotia Community College Dartmouth, NS If you are involved in community development in Atlantic Canada or if your work involves non profit organizations or co-ops that serve marginalized communities, then these workshops and presentations will be informative and useful. Registration fee- \$145 (includes ticket to Thursday evening’s gala event). Please note: Financial assistance for travel and accommodations may be available to community groups who wish to send members. Please apply soon as funds are limited. Write to

[patricia.beaton@cbdc.ca](mailto:patricia.beaton@cbdc.ca) for more information. Find out more information about the event at <http://www.facebook.com/#!/event.php?eid=343773985927&ref=mf>

- May 28, 2010 Co-operative Enterprise Council of NB's AGM, Moncton, NB
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
- June 9 – 12 – Co-op Housing Federation Annual General Meeting, London, ON
- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC
- June 23, 2010 – Nova Scotia Co-operative Council Annual General Meeting, Halifax, NS



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Wednesday, Mar 3, 2010

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



Week of Feb 28– Mar 6, 2010, Vol. 5, No. 2  
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**Openings** - Openings is a weekly feature of Co-op Circles. *“It’s a mistake to think it is the small things we control and not the large; it’s the other way around. We cannot stop the small accident, the tiny detail that conspires into fate: the extra moment you run back for something forgotten, a moment that saves you from an accident - or causes one. But we can assert the largest order, the large human values daily, the only order large enough to see.”* – Anne Michaels, Fugitive Pieces [www.theglobeandmail.com/...ask-anne-michaels.../article793672/](http://www.theglobeandmail.com/...ask-anne-michaels.../article793672/)  
Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- Tomorrow, Thursday, March 4, Atlantic Co-operative Publishers is inviting co-operators to **The Atlantic Co-operator Magazine launch party**. Join staff members Rayanne Brennan, Leandre Landry and Cecile Wheaton as they launch the new magazine format of this publication. Celebrations begin at 2:30 p.m., McEwen Cafeteria, Co-op Atlantic, 123 Halifax Street, Moncton, NB. Cake, refreshments will be served. Everyone is welcomed to celebrate.
- Each year **Advance Savings Credit Union** in New Brunswick recognizes the achievements of one **Community Champion** at its Annual General Meeting in April. From all nominations received, one deserving person (people who go above and beyond to make their community a better place, community champions exhibit their spirit by channeling their commitment, desire and zeal into whatever they do) will be chosen to receive the Advance Savings Community Champion award plus a \$500 donation to the charity of their choice. Nominations are being accepted for the 2010 Community Champion until March 12, 2010. [http://www.advancesavings.ca/community\\_community\\_champion.htm](http://www.advancesavings.ca/community_community_champion.htm)
- When the devastating earthquake hit Haiti on January 12<sup>th</sup>, **La Caisse Populaire Acadienne in Chéticamp** immediately started accepting donations for the Red Cross, which were matched by the Canadian government up to the 12<sup>th</sup> of February. The co-op movement started the ball rolling with a donation of \$2,750. Confident in its members’ generosity, La Caisse set up a target of \$10,000.00, and installed a big thermometer to inform the membership as the amount steadily climbed. Needless to say, the target was met and exceeded. Last week, with the government matching, the sum of \$19, 587.50 has been collected, and the donations are still trickling in. La Caisse Populaire Acadienne says **THANK YOU** to all its members. – *Laurette Deveau*
- Co-operatives and credit unions are being urged to sponsor a youth (aged 14 to 18 years) to participate at the next **Atlantic Co-operative Youth Leadership (ACYL) youth leadership seminar at Canoe Cove, PE** on April 15-18, 2010. It is a co-operative learning experience for youth living in Atlantic Canada. A sponsorship of \$300 will enable a youth to learn and live the co-operative values at a regional, provincial, national and international level. In return, ACYL encourages sponsored youth to become engaged in their sponsoring co-operative by securing summer or part time employment, joining a youth committee or

becoming a non-voting member of its board of directors. For more information about the ACYL program contact Trevor MacDougall, Program Coordinator at leadership@acyl.coop or (506) 862-0737.



**The New Trends** – Today, as never before, we are flooded with and bombarded by an **ever-increasing amount of data and information**. This trend is not going away. If anything, it will get worse. It is impossible to read everything that is published in print or online, so just how do we keep up with what is new and important? What do we read and what do we let go? How do we sort it all out? Conan Doyle, the author of Sherlock Holmes, had a wonderful way for us to look at this dilemma. Holmes tells Watson in the book ‘Study in Scarlet’, “*I consider that a man’s brain originally is like a little empty attic, and you have to stock it with such furniture as you choose . . . Depend upon it there comes a time when for every addition of knowledge you forget something that you knew before. It is of the highest importance, therefore, not to have useless facts elbowing out the useful ones.*” It does take a great deal of discipline to focus on only what we need, since we are a society of “wanters”. I find it very hard to do this. I want to know more and more about everything I come across. This makes it hard to get things done. At times I find myself all over the place. I have to remind myself, to focus and let go of those things I really do not need. How do you control the data and information that comes at you? - *Steve MacDowall*, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



**Co-op Ed 101** – Just back from a Florida vacation. It is hard to face the price of oranges after buying them at great prices direct from the producers and at the farmers markets. For anyone who hasn’t seen them being picked and shipped have a look at this Web site <http://www.floridasnatural.com/co-op/history> . **Florida’s Natural Growers** was the first co-operative ever of its kind, organized in 1933 by growers who had a personal interest in bringing the best possible citrus products to the market. Today, it is one of the largest Florida citrus co-operatives of growers, 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 citrus groves in the heart of central Florida. Next year I plan to visit the facility. - *Maureen MacLean*



**This Week’s Smile** – Hockey captures the essence of Canadian experience in the New World. In a land so inescapably and inhospitably cold, hockey is the chance of life, and an affirmation that despite the deathly chill of winter we are alive. - *Stephen Leacock*



**Young Co-operators: The Buds on the Co-op Tree** - The Canadian Co-operative Association’s National Youth Caucus is meeting for the first time this week, comprised of 12 young co-operators from across Canada. They come from various co-op associations, youth programs, co-ops and credit unions. Learn more about the beginnings of the caucus at [http://www.coopscanada.coop/en/info\\_resources/Young-Co-operators](http://www.coopscanada.coop/en/info_resources/Young-Co-operators)  
- *Erin Hancock*



**Contest of the Week** – **Winner:** Garth Lawson, NB **Answer:** There are six “F’s” in FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS. **This week’s contest:** The following words all have something in common. What is unusual about the following words? Assess, banana, dresser, grammar, potato, revive, uneven, voodoo 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](mailto:contest1@nbnet.nb.ca) The monthly winners for the past four months are: February - Kathy Day, NS, January - Deidre Amirault, NS, December - Lorraine Perry, NB, November - Glenna Weagle, NS. A small gift is on the way to each of you. Congratulations!



***Co-op Cooking*** - Here is a quick and easy chicken dish which can be featured with a salad for lunch or added to a plate of cooked veggies for dinner. Skinless, boneless chicken breast can be substituted for the tenderloins.

***Basil-Tomato Chicken Skillet***

1 lb chicken breast tenderloins

1 tbsp cooking oil

1/8 tsp salt

1/8 tsp ground black pepper

1 14-oz can diced tomatoes, drained

¼ cup snipped fresh basil

1 package pre-washed spinach

2 tbsp finely shredded Parmesan cheese

Cut any large chicken tenderloins in half lengthwise. Over medium-high heat, add oil to 12-inch skillet. Cook and stir chicken in hot skillet about 5 minutes or until done. Sprinkle with salt and pepper. Add tomatoes and basil; heat through. Remove from heat. Add spinach; toss until wilted. Divide among 4 plates. Sprinkle with cheese. – *Glenna Weagle*



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Wednesday, Mar 10, 2010

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





Week of Mar. 7– Mar. 13, 2010, Vol. 5, No. 3  
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**Openings** - Openings is a weekly feature of Co-op Circles. “*Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.*” - Helen Keller [en.wikipedia.org/wiki/Helen\\_Keller](http://en.wikipedia.org/wiki/Helen_Keller) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- **Beaubear Credit Union** [www.beaubear.ca](http://www.beaubear.ca) is the winner of the 22nd Annual National Credit Union Award for Community Economic Development for their submission: Miramichi Transit System. Over the past two years George Greenwood, CEO of Beaubear Credit Union has taken a lead role in the inauguration of a city wide transit system for the city on Miramichi, NB. In August, 2009 Miramichi City Transit was officially launched. George said of winning this award, “Beaubear Credit Union is proud to have contributed to the creation and ultimate success of the Miramichi Transit System. To be recognized for our contribution to this necessary community service is an honour. It’s through co-operation and compassion that we can all return the great city of Miramichi back to better times.” George will be attending the Credit Union Central of Canada’s Gala Banquet and Awards Ceremony on Wednesday, May 5 in Winnipeg to receive this award.
- **Community Credit Union** in Nova Scotia is seeking nominations for its board of directors. <http://www.communitycreditunion.ns.ca/> Nominations deadline is Thursday, March 11, 2010. Elections to be held in April.
- The **Canadian Worker Co-op Federation** is hosting a **tele-learning session** in March. The first session on March 24 is “Presenting for Financing” – preparing your case, knowing your business plan, building relationships and structuring financing. Presenters will be Peter Hough, CWCF, and John Brouwer, Planet Bean Coffee. This session is for CWCF members only. To register, contact David Wilson by e-mail: [david@canadianworker.coop](mailto:david@canadianworker.coop) or phone (403) 276-8250. Future sessions on other topics will also be held. Again, contact David for more information.
- Ted Lomond, executive director, **Newfoundland and Labrador Regional Economic Development Association**, is looking for best practices, success stories and training materials that can be placed on the NLREDA Web site ([www.nlreda.ca](http://www.nlreda.ca)) for use by community groups. If you have any information to provide to NLREDA or if you would like to have your Web site linked to NLREDA, contact [tlomond@nlreda.ca](mailto:tlomond@nlreda.ca) or phone (709) 576-1052
- **Acadian Credit Union** is accepting nominations for three 3-year term positions on its Board of Directors <http://www.acadiancreditunion.ca/> One (1) Board member will be elected from the community of Grand-Etang / St. Joseph du Moine and two (2) from the community of Cheticamp. Two (2) of the current board members representing Grand-Etang / St. Joseph du Moine and Cheticamp have indicated they will be reoffering. The role and responsibilities

associated with a directorship position as well as nomination forms / applications are available at any one of the two branch locations or by clicking [www.acadiancredit.ca](http://www.acadiancredit.ca)

- Credit Union Central of Canada welcomes the federal government's announcement of intent to proceed with **federal credit union legislation**. Finance Minister Jim Flaherty made an historic announcement for the evolution of the credit union system in Canada by stating the federal government's intention to proceed with federal credit union legislation. <http://www.ns-creditunions.com/default.asp?mn=1.21.42.131&sfield=content.id&search=601>  
The main purpose of a federal credit union charter is to accommodate growth and expansion of the Canadian credit union system. It will enable those credit unions that so choose to reach beyond provincial boundaries and pursue business strategies that are not constrained by provincial incorporation.
- Credit unions are participating in the “**March is Fraud Prevention Month**” program <http://www.ns-creditunions.com/default.asp?mn=1.21.42.131&sfield=content.id&search=603> The Competition Bureau is launching the 7<sup>th</sup> annual Fraud Prevention Month. Whether it's Internet or mail fraud, deceptive telemarketing or identity theft, fraud is a serious problem.



**Co-op Ed 101** – These past few week I have been watching the “coffee wars” between Tim Horton's and McDonalds with their free coffee program, none of which will benefit the farmers, I am sure. Instead people should be changing to Fair Trade coffee. Most of us in Atlantic Canada know JustUs!Coffee [www.justuscoffee.com](http://www.justuscoffee.com) in Wolfville, NS. However, we have several in Canada and US. **Planet Bean Coffee Roastery** <http://www.sumac.coop/> is owned by a worker co-op located in Guelph, ON. It produces a great-tasting coffee and, through fair trade, it links producers and consumers in a meaningful way. Planet Bean believes its success as a business is measured not only by its financial earnings but also its ability to reduce its environmental footprint, improve the health of the planet and advance organic production. Its coffee is shade grown, bird and butterfly friendly and fresh roasted daily. It supplies wholesale throughout Ontario and has two retail cafes. Planet Bean is a division of Sumac Worker Co-op <http://www.sumac.coop/> - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - Young Co-operatives in the UK provide youth (19 years and under) the opportunity to show short films as part of The Co-operative Film Festival at the National Media Museum in Bradford, UK (<http://www.youngco-operatives.coop/News/Latest-News/The-Co-operative-Film-Festival>). The deadline for entering your film is May 28 and the event runs from October 7-8. Learn more about the program and how to submit at <http://filmfestival.co-operative.coop/> - *Erin Hancock*



**Contest of the Week** – **Last week's winner:** Marsha Long, NB **Answer:** The following words all have something in common. What is unusual about the following words? Assess, banana, dresser, grammar, potato, revive, uneven, voodoo **Answer:** You can take the first letter of each word and put it on the end of the word and it spells the same word backwards. **This week's contest:** What row of numbers comes next? This is a tough one!

1  
11  
21

1211  
111221  
312211  
13112221

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***Co-op Cooking*** - We often hear pork being described as “the other white meat” and it is being promoted quite well these days. Lamb on the other hand seems not to be so well promoted. It is one of the healthier meats and I try to include it in my meal plans. Here’s a recipe for lamb chops that has great flavour and also looks too good to be healthy.

***Spice Rubbed Lamb Chops***

1 tsp. finely shredded orange peel  
1 tsp. ground cinnamon  
1/4 tsp. ground cumin  
1/8 tsp. salt  
8 lamb rib chops, cut 1 inch thick, frenched if desired  
2 tsp. olive oil  
1 medium carrot, halved lengthwise and sliced  
1/2 cup chopped onion  
1/2 cup water  
1 can diced tomatoes  
3/4 cup canned chickpeas (garbanzo beans), rinsed and drained  
1/2 cup whole-wheat couscous  
1/4 cup snipped fresh Italian (flat-leaf) parsley  
Orange wedges

In a bowl combine orange peel, cinnamon, cumin, and salt. Trim fat from lamb chops. Rub orange peel mixture over both sides of chops. In 12-inch nonstick skillet, heat oil over medium-high heat. Add lamb chops. Reduce heat to medium. Cook for 9 to 11 minutes for medium doneness, turning halfway through. Remove from skillet. Keep warm. Add carrots and onion to skillet; cook and stir 3 minute. Slowly add water, add un-drained tomatoes, and chickpeas. Bring to boiling; stir in couscous. Top with chops. Remove from heat. Let stand 5 minutes. Transfer lamb chops to platter. Fluff couscous with fork, place in serving dish; sprinkle with parsley. Serve garnished with orange wedges. – *Glenna Weagle*



***Co-op Community Bulletin Board***

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- Apr 15-17, 2010 – Credit Union Central of Nova Scotia Annual General Meeting
  - Apr 23-24, 2010 - Credit Union Central of New Brunswick holds its 2010 Tradeshow, being held in conjunction with it Annual General Meeting on April 23/24 in Saint John, NB
  - Mar 24-25, 2010 - Social Enterprise in Rural and Urban Development: A Learning Event Waterfront Campus – Nova Scotia Community College

Dartmouth, NS If you are involved in community development in Atlantic Canada or if your work involves non profit organizations or co-ops that serve marginalized communities, then these workshops and presentations will be informative and useful. Registration fee- \$145 (includes ticket to Thursday evening's gala event). Please note: Financial assistance for travel and accommodations may be available to community groups who wish to send members.

Please apply soon as funds are limited. Write to [patricia.beaton@cbdc.ca](mailto:patricia.beaton@cbdc.ca) for more information. Find out more information about the event at

<http://www.facebook.com/#!/event.php?eid=343773985927&ref=mf>

- May 28, 2010 Co-operative Enterprise Council of NB's AGM, Moncton, NB
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
- June 9 – 12 – Co-op Housing Federation Annual General Meeting, London, ON
- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC
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- *"I have found a few great solutions to information retention. With the popularity of wikis on the Internet, there is the ability for anyone to create their own wiki for personal information. Google sites has a free service for this. If I get a recipe or information on taking care of my pets or just a great Web page, I can enter it in on the wiki and forget about it. Often it is fun just to spend a lazy weekend browsing the wiki to rediscover forgotten information. I also have a mobile database application that backs itself up to a free online Website. I can enter or edit or retrieve my information from any computer in the world with Internet or from my cell phone. I wonder how Sherlock Holmes would use computers and all the information we have now. Yes, I know he is a fictional character."* – NM, 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](mailto:circles1@nbnet.nb.ca) or to unsubscribe: [circles2@nbnet.nb.ca](mailto:circles2@nbnet.nb.ca) Tell your friends about it. Please e-mail us with your questions, suggestions and memories at [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)

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



Week of Mar. 14– Mar. 20, 2010, Vol. 5, No. 4  
*Edited and Compiled for you, by the Rising Tide Collective\**

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**Openings** - Openings is a weekly feature of Co-op Circles. “*Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.*” – Vince Lombardi Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)

**Editor’s Note:** This week’s quote is dedicated to Don Morton who died last week at the age of 66. Don’s individual commitment to co-operatives (especially his years as president of Consumers Community Co-operative), credit unions, high school sports teams, his students, his golfing buddies, the community organizations he chose to get involved in, and particularly to his family, made the group effort successful. God speed, Don. Your commitment won’t be forgotten! – Brenda and Maureen



### **This Week in Co-op Circles**

- **Donald Bruce Morton**, 66, of Moncton, passed away peacefully after a year long battle with brain cancer, at the Moncton Hospital on Thursday, March 11, 2010. Don taught school for 31 years, 29 of which were at Harrison Trimble High School. During his teaching career, he was greatly involved in school activities, including the Annual Teachers Variety Show and coaching both the men’s and women’s volleyball and basketball teams. He was an active member of the NB Basketball Referees Association for over 20 years, with the highlight being officiating the Bronze Medal Game of the National Wheelchair Championship in 1996. Don was former President and Board Member of MCRI (Moncton Community Residences), Past President of the Board of Directors for Co-op Centre, **President of the Board of Directors of CCC (Consumers Community Co-operative)** former Chair of the Local Council of CCC–Co-op Centre. **President of the Board of Directors of PSE Credit Union and a member of the Board of Directors of Credit Union Central of New Brunswick.** Don was an avid golf enthusiast and was a member of Pine Needles Golf Club. Online condolences can be sent to [www.fergusonknowlesfh.com](http://www.fergusonknowlesfh.com)
- **Farmers Co-operative Dairy Ltd** will no longer make **Beep**. One time Beep was a staple in children’s lunch boxes but sales have been declining in recent years. It was introduced in NS in 1961. It comes in one-liter containers and single-serving bags. Nova Scotia is last province to still sell it. Farmers is doing a major overhaul of its packaging facilities and Beep’s low sales didn’t warrant it being included. <http://www.farmersdairy.ca/lifeOnTheFarm.php#2010-03-02>
- **Farmers Co-operative Dairy Ltd** has corporately donated 3,600L of UHT milk to Haiti. In addition to this corporate donation, the employee social committee recently held a pancake breakfast to help raise funds and numerous employees have made their own individual contributions.
- A filmmakers co-operative in St. John's, NL will be able to upgrade its equipment and expand its sound editing facilities as a result of \$76,500 in funding from the provincial government. Established in 1975, the **Newfoundland Independent Filmmakers Co-**

**operative (NIFCO)** is an association of independent filmmakers who are dedicated to the development of media arts in Newfoundland and Labrador. The co-op provides expertise, resources, equipment and space to entry-level, emerging, and established artists and technicians. “With this funding, NIFCO is now on the leading edge in Canada for film post-production,” said Jean Smith, the co-op’s executive director. The funding was provided through the government's Regional/Sectoral Diversification Fund, administered by the provincial Department of Innovation, Trade and Rural Development.

- The Canadian Co-operative Association (CCA) is seeking 14 credit unions across Canada to host women credit union professionals from developing countries this June. The visitors will be in Canada as part of the tenth annual **Giving Credit Where Credit Is Due women's mentorship program**, which provides overseas staff of financial co-operatives with a professional development opportunity. From June 9 to 19, 14 women from credit unions in the developing world will spend 10 days with Canadian credit unions receiving leadership training and learning the ins and outs of managing a loans program. If your credit union is interested in acting as a host for this year's program, contact Kati Clark at 613-238-6711, ext. 208 or at [katherine.clark@coopscanada.coop](mailto:katherine.clark@coopscanada.coop).
- **Leocadio Juracan, Mayan Community Leader** and coffee farmer with the CCDA (Campesino Committee of the Highland) will be in Nova Scotia over the next few days as a guest of JUDES. Dates: Friday, March 19, 2010: 12 noon, Al Whittle Theatre, Main Street, Wolfville; Friday, March 19, 2010: 7:30 pm, Just Us! Spring Garden Coffeehouse, 5896 Spring Garden Rd, Halifax; Sunday, March 21, 2010: 7:30 pm, Fables (Main St), Tatmagouche; Monday, March 22, 2010: TBA (check local listings) He is sponsored by Just Us! ([www.justuscoffee.com](http://www.justuscoffee.com)) and Breaking the Silence ([www.breaking-the-silence.ca](http://www.breaking-the-silence.ca)). Satya Ramen is Development Coordinator with JUDES. Email: [satya@judesfairtrade.ca](mailto:satya@judesfairtrade.ca) JUDES develops public awareness of fair trade and responsible purchasing. By providing educational resources and facilitating partnerships, JUDES builds solidarity between consumers and small producers across the hemispheres with respect to social, environmental, and economic justice.
- **Heritage Credit Union staff** participated in the annual LIVE RED event in mid-February to help raise funds for the Heart and Stroke Foundation of Nova Scotia. Funds raised help the Heart and Stroke Foundation ensure they can fulfill their vision “Towards generations free of heart disease and stroke.”  
<https://www.heritagecu.com/SharedContent/documents/newsletter.pdf>
- The provincial government and the **Nova Scotia Co-operative Council** kicked-off a new partnership Feb. 24 that will connect unemployed or under-employed Nova Scotians with jobs that meet today’s labour market needs. Premier Darrell Dexter and Community Services Minister Denise Peterson-Rafuse launched the **Target 100** employment program. **Mountain Equipment Co-op**, a member of the Nova Scotia Co-operative Council, hosted the event, which was broadcast live via a government webcast. [http://www.nscouncil.ca/news\\_inthenews.php#target](http://www.nscouncil.ca/news_inthenews.php#target)
- The **Nova Scotia Co-op Council has a Facebook group** you can join. <http://www.facebook.com/group.php?gid=25323877954> It celebrates 60 years of Nova Scotia co-operatives through a collection of stories and photo memories of co-operatives strengthening communities.



**The New Trends** - When a business does not see change or does, and does not leap at it to be first, it will lose out in more ways than one. Seth Godin, in his Sunday blog, looks at bookstores and highlights The Montague Bookmill in Montague, Massachusetts.

“This is the bookstore of the future, because it’s not a business trying to maximize growth and ROI. No, it’s a place, an attitude, an approach to an afternoon. They don’t sell every book, they don’t even pretend to. Just as vinyl records persist, an object of joy for some listeners and a profitable cottage business for some sellers, bookstores are going to become like gift stores. The goal isn’t a commodity transaction with maximum selection at minimum price. The goal is an experience worth seeking out and paying for. We are going to see more and more of these newly archaic industries turn into lifestyle businesses, which is what they used to be before Wall Street showed up.” – excerpted from Seth Godin’s Blog. Co-op business should strive to be like a co-operative, a credit union rather than a bank, a Co-op grocery store rather than one of the big chains, doing so not in their own minds but in the minds of the marketplace. It should be a place, an attitude, an approach: to people. See photos of this wonderful bookstore:

[http://www.publishersweekly.com/blog/ShelfTalker\\_A\\_Children\\_s\\_Bookseller\\_s\\_Blog/28758-A\\_Photo\\_Tour\\_of\\_the\\_Montague\\_Bookmill.php](http://www.publishersweekly.com/blog/ShelfTalker_A_Children_s_Bookseller_s_Blog/28758-A_Photo_Tour_of_the_Montague_Bookmill.php) - Steve MacDowall, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



**Co-op Ed 101** – Are you thinking about a cruise this year? Here is a co-operative option. The **Co-operative Travel Cruises** <http://www.co-operativecruises.co.uk/about-us/> is a specialist web division of The Co-operative Travel, part of Europe’s largest consumer co-operative. Based in Barrow In Furness, The Co-operative Travel Cruises is a subsidiary company of the award winning cruise specialist Cumbria Cruises (Cumbria Cruises is a trading name of Co-operative Travel Group Limited). Read about their sustainability strategy and commitment to corporate responsibility - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - For fun this week I thought I would Google “cool co-ops” to see what I found. It turns out there is an education Christian co-op in Florida called just that, Home’s Cool Co-op. They exist to offer high quality, low cost classes to children (K-8) with consideration of prayer and Christian values. Read more at <http://homescoolcoop.tripod.com/index.html> The co-op movement has long had ties with religious movements, so this is an example of how co-ops, youth and religious themes can work together when addressing a need. - *Erin Hancock*



**Contest of the Week** – **Last week’s winner:** Bob Gregory, PEI **Answer:** What row of numbers comes next? This is a tough one! 1 -11-21-1211-111221-312211-13112221. The next row is 1113213211 Starting with the second line, every line describes the line before it. In writing, it is: One One Two Ones One Two One One **This week’s contest:** This week, a bit of word fun A Tom Swifty is a sentence ending in an adverb that both tells how or when Tom said something and applies to the meaning of his statement. Here’s an example:

“Don’t sit in the back of the boat,” said Tom sternly. Sternly describes Tom’s tone of voice. In addition, stern is another word for “back of the boat.” Make a Tom Swifty out of each of the following sentences. The first letter of each adverb appears as a hint.

1. “Does anyone have a hammer?” asked Tom s\_\_\_\_\_.
2. “I hope you like the gift I brought,” said Tom p\_\_\_\_\_.
3. “This poison ivy is making me itch!” exclaimed Tom r\_\_\_\_\_.
4. “I got first prize,” reported Tom w\_\_\_\_\_.

5. "I wish I had written down the things I need at the store," said Tom 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](mailto:contest1@nbnet.nb.ca) Congratulations!



***Today's Smile*** - Happy St Paddy's Day to all our Irish readers. Father Murphy walks into a pub in Donegal, and says to the first man he meets, "Do you want to go to heaven?" The man said, "I do, Father." The priest said, "Then stand over there against the wall." Then the priest asked the second man, "Do you want to go to heaven?" "Certainly, Father," was the man's reply. "Then stand over there against the wall," said the priest. Then Father Murphy walked up to O'Toole and said, "Do you want to go to heaven?" O'Toole said, "No, I don't Father." The priest said, "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?" O'Toole said, "Oh, when I die, yes. I thought you were getting a group together to go right now."



***Co-op Cooking*** - Hot chili powder, cumin, and cayenne pepper all enhance the flavor of this lively citrus marinade for pork. Steam zucchini and yellow summer squash strips to serve with the succulent grilled chops.

***Adobo Pork Chops***

6 boneless pork loin chops, cut ¾ inch thick

3 tbsp packed brown sugar

2 tbsp olive oil

2 tbsp orange juice

2 tbsp snipped fresh cilantro

1 tbsp red wine or cider vinegar

2 tsp hot chili powder

1 tsp ground cumin

1 tsp dried oregano, crushed

½ tsp salt

¼ tsp ground red pepper (optional)

¼ tsp ground cinnamon

2 cloves garlic, minced

Trim fat from chops. Place chops in a plastic bag set in a shallow dish. For marinade, in a small bowl combine brown sugar, oil, orange juice, cilantro, vinegar, chili powder, cumin, oregano, salt, red pepper (if desired), cinnamon, and garlic. Pour over chops; seal bag. Marinate in the refrigerator for 2 to 24 hours, turning occasionally.

Drain chops, discarding marinade. Grill chops for 12 to 15 minutes or until chops are done, turning once halfway through grilling. – *Glenna Weagle*



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- April 15-18, 2010 – Atlantic Co-operative Youth Leadership Camp Canoe Cove, Prince Edward Island. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.
- Apr 23-24, 2010 - Credit Union Central of New Brunswick holds its 2010 Tradeshow, being held in conjunction with it Annual General Meeting on April 23/24 in Saint John, NB



- Mar 24-25, 2010 - Social Enterprise in Rural and Urban Development: A Learning Event  
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- May 13-16, 2010 - Atlantic Co-operative Youth Leadership Camp Wildwood, Buctouche, NB. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.
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Wednesday, Mar 24, 2010

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



**Week of Mar. 21– Mar. 27, 2010, Vol. 5, No. 5**  
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**Openings** - Openings is a weekly feature of Co-op Circles. *“There are things known and there are things unknown, and in between are the doors of perception.”* – Aldous Huxley  
[en.wikipedia.org/wiki/Aldous\\_Huxley](http://en.wikipedia.org/wiki/Aldous_Huxley) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- **Sharon Duguay**, branch manager, Mountain Road location of OMISTA Credit Union, Moncton, NB, died this past week. She was 55 and had 35 years of service with the credit union movement.  
[http://www.inmemoriam.ca/announcement\\_view.php?noEvent=157701&lang=en](http://www.inmemoriam.ca/announcement_view.php?noEvent=157701&lang=en)
- You can now register on line for the **Canadian Co-operative Association Congress 2010**. The Canadian Co-operative Association and the British Columbia Co-operative Association invite co-operators to Vancouver from June 14-16, 2010 for learning and networking events for the Canadian co-operative sector. Go to: <http://tinyurl.com/CCACongress2010>.
- The **PEI Certified Organic Co-operative’s Annual General Meeting** is being held tonight (Wed, Mar 22) in Charlottetown at the Farm Centre, 420 University Ave, beginning at 7 pm. Stephen Cousins, President COPC will highlight plans for 2010. Two guest speakers Dr. James Kemp re: Sustainable Pollination and Ian Petrie re: Organic Industry and Consumers, the positive spin on farming organically today, Networking and Communication, will address the meeting. Student Bursary, Farmer of the Year, Farm Tours and a special report from the co-op’s Planning Committee on scheduled Workshops, Marketing & Promotions and Projects & Research planned for 2010 will be available.  
[http://www.organicpei.com/content/page/front\\_news/id/23](http://www.organicpei.com/content/page/front_news/id/23)
- **Carrot Cache** <http://www.carrotcache.com/> has launched its first ever Innovation Prize for organic farmers. The **\$500 Innovation Prize** will be awarded for best, innovative, low cost solution to planting, managing, harvesting, post harvest handling, or processing of food grown on small Canadian organic urban or rural farms. The first year’s prize will encourage organic farmers to share creative ways to build their farms’ balance sheet as well as the soil. It is open to anyone in Canada. To apply, submit photos, videos (not to exceed 5 minutes) and a brief description including cost of the project to: [marylou.morgan@sympatico.ca](mailto:marylou.morgan@sympatico.ca) Please type in e-mail subject field: Innovation Prize.
- The **Tignish Co-operative Association** will soon be extending its reach to Alberton and O’Leary. Membership voted 102 to 28 at a meeting recently to purchase the shares of Lewmac Company. Lewmac Limited operates the Home Hardware stores in Alberton and O’Leary. Co-op president Emmerson McMillan is thrilled with the way the vote went. “I think it’s great that a West Prince co-op thought it was good to keep the stores local,” he commented. He said the Co-operative had been in negotiations with Lewmac owners Arthur Lewis and Wayne MacNeill on and off for about two years.  
<http://www.journalpioneer.com/index.cfm?sid=333471&sc=118>

- The first year of a new three-year contract awarded to New Brunswick Power of Fredericton, NB, will lower the cost of electricity supply for **Eastern Maine Electric Co-operative** members from the existing rate of 9.15 cents per kilowatt-hour to 7.354 cents per kilowatt-hour. The decrease will bring a savings of 1.796 cents per kilowatt-hour on electricity used beginning April 1. Eastern Maine Electric Cooperative is a not-for-profit, consumer-owned utility serving approximately 12,600 members in a 3,000-square-mile area in Penobscot, Aroostook and northern Washington counties. According to the cooperative's Charlie McAlpine, the move drops the supply rate at the cooperative below the company's closest competitor, Bangor Hydro Electric Co. The new rate will decrease the total residential electric bill by approximately 10 percent and the standard offer supply portion of the bill by 19 percent. After the deregulation of Maine's electricity market, utilities such as Eastern Maine Electric provided delivery service for the electricity sold to its customers by another company. The delivery utilities are responsible for the power lines and perform the metering and billing for both delivery service and electricity supply. The electricity supply billing is forwarded to the standard offer supplier.  
<http://www.bangordailynews.com/detail/136125.html>
- **Just Us! Coffee Roasters Co-op** is hiring someone to do Coffee Quality Assurance. See the posting: <http://www.goodworkcanada.ca/greenjobs.php?id=10392> It closes March 26.
- **NANY (Neighbours' Alliance of North York)** is a community organization serving northern York County, including the areas of Keswick, Mactaquac, Nackawic, Taymouth and Stanley. This largely rural region has a high percentage of seniors who face challenges finding home care services and NANY is responding to this need by establishing a multi-stakeholder home care cooperative that will be jointly owned by the service's consumers, workers, and the community. The home care co-op will offer personal care, housekeeping, cooking, transportation and some home maintenance services. NANY has received \$15,000 from the Co-operative Development Initiative to conduct a feasibility study and prepare a business plan. Contact Sue Rickards [selbyinc@nb.sympatico.ca](mailto:selbyinc@nb.sympatico.ca) for further information.
- **The Co-operative Enterprise Council** has been working closely with its Francophone partner, **Coopérative de développement régional-Acadie (CDR-A)** to develop strategies aimed at bringing about new co-operative legislation for New Brunswick. A **Co-op Ambassador Committee** has been struck with a mandate to: bring NB co-operatives together to speak with one voice in defining the issues, challenges and tools necessary for optimal development and a diversified co-operative movement and to develop a collaborative strategy to inform and engage the provincial government in supporting current and future co-operative development in New Brunswick. The Committee is currently gathering feedback from their member co-ops and finalizing a study on the economic and social impacts of the NB co-operative sector. The Committee will be consulting with the NB co-operative community over the coming months and making plans for a presentation to government. Contact [info@cecnb.ca](mailto:info@cecnb.ca) or (506) 227-9607 if you would like any further information.



***The New Trends*** - **Do you know what customers you do not want?** If so, you're heading in the right direction. I've heard many people in business say "we want everyone" or "we cater to everybody" and then blame the economy for their less than sterling sales figures. Many savvy business women and men are now seeing the light. They know the people they want and are now tailoring not only their product but their service and communication to fit that slice of the pie. And they are getting it. The others, who are trying to be everything to everyone, keep missing the

mark. I often felt that a co-operative market was a very special market to be in, to focus on and develop. In a book I read recently the PI tells the owner that his sign is too small; no one will see it. But the shop owner replies, “The kind of people who don’t know where we are, why would I want to tell them?” - *Steve MacDowall*, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



***Co-op Ed 101*** – While in Florida this winter I decided to set up a local Credit Union account to facilitate getting a debit and credit card. I just wanted to share with Circles readers, especially those in the Credit Union system, what an enjoyable experience it was to join **MIDFLORIDA Credit Union** <http://www.midflorida.com/>

The in-branch application process was friendly and the branch manager Kimberly gave me excellent advice regarding what account would serve me best. The pamphlets and information were clear and attractive. The CU does extensive fundraising for local charities and all this was also explained. My personalized debit card and start up cheques were ready in branch later that day. My new carbon cheques were mailed to me at home in a week and were very inexpensive compared to what I am currently paying. She provided me with clear instructions on setting up eStatement and told me to call should I have any trouble. She offered to show me how to use the debit card if I needed assistance. Two weeks later I received a nice card with a handwritten note from Kimberly thanking me for joining and encouraging me to use the enclosed business card if I have any questions. It includes a toll free number. By visiting MIDFLORIDA’s Website, which is updated weekly, I can see how they are working in the community <http://www.midflorida.com/community/default.asp> and helping schools <http://www.midflorida.com/community/2009ExtraCredit.asp> I am glad to be a new Credit Union Member at MIDFLORIDA Credit Union - *Maureen MacLean*



***Young Co-operators: The Buds on the Co-op Tree*** - **Young Social Entrepreneurs of Canada** whose mission is “to ignite a national movement of young social entrepreneurs who align people, planet & profit” are hosting a 2 day event March 27-28 to bring together 100 young changemakers in Ontario. The event costs \$150 and promises a number of guest speakers and workshops focusing on social change. Learn more at <http://revision.ysec.org/> - *Erin Hancock*



***Contest of the Week*** – **Last week’s winner:** We didn’t get any entries.

**This week’s contest:** You are in a basement. In front of you are three light switches, all in their OFF state. These switches are connected to three light bulbs that are on a wall in the attic, so there is no chance you can see them unless you climb the stairs all the way up. There is a 1-to-1 mapping between the switches and the bulbs. You are given plenty of time to play around with the switches in the basement, where you can put each individual switch in either its ON or OFF state. However, you can only go upstairs once to check on the state of the bulbs! Once you have gone upstairs and checked on the bulbs, you must be able to tell with 100% certainty which bulb is connected to which switch, without having to go down again. How can you tell which switch is connected to each bulb? 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](mailto:contest1@nbnet.nb.ca) Congratulations!



***Today’s Smile*** - The newest Bumper Sticker “Honk if you love Jesus - Text if you want to see him today”.



***Co-op Cooking*** - There is a saying to the effect that “everything old is new again”. That sometimes happens in my kitchen when the cooks are looking for a change of pace. This week the old that became new was Impossible Pie, a recipe I used to prepare quite often which had been shuffled out of the mix. It is a great tasting dessert which magically separates into a crust, custard centre and browned coconut top while baking. If you want a more impressive dessert simply garnish with whipped cream and some fresh fruit.

***Impossible Pie***

1 cup shredded coconut

1/2 cup flour

1 cup sugar

1/2 cup butter, softened

1/4 tsp baking powder

4 eggs, beaten

2 tsp vanilla extract

2 cups milk

Combine all ingredients, mixing until smooth. Pour into a buttered 9-inch pie plate. Bake at 350F for about 1 hour (a toothpick inserted near middle should come out clean).

This pie also comes in a Pumpkin version.

1 tin evaporated milk

2 eggs

3/4 cup sugar

16 oz tin or 2 cups pumpkin

1/2 cup biscuit mix

2 1/2 tsp pumpkin pie spice

2 tbsp butter

2 tsp vanilla extract

Blend all ingredients until smooth. Pour into lightly buttered 9-inch pie plate. Bake at 325F for 50 to 55 minutes (a toothpick inserted near centre should come out clean). – *Glenna Weagle*



***Co-op Community Bulletin Board***

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information. Find out more information about the event at

<http://www.facebook.com/#!/event.php?eid=343773985927&ref=mf>

- May 13-16, 2010 - Atlantic Co-operative Youth Leadership Camp Wildwood, Bouctouche, NB. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.
- May 28, 2010 Co-operative Enterprise Council of NB's AGM, Moncton, NB
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
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- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC
- June 23, 2010 – Nova Scotia Co-operative Council Annual General Meeting, Halifax, NS



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- *“I couldn't agree more that companies must change and show 'an attitude, an approach: to people' as noted in the Trends article. I want to be acknowledged where I choose to shop and treated as if they care about 'me' - not just my money. I realize that every business is there to make money but if they want to have me as a return customer they must offer more than a product to buy. I can purchase my products in many places but I will only return to places that show me respect and a little friendliness.”* – E.L, ON



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

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Wednesday, Mar 31, 2010

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



Week of Mar. 28– Apr. 3, 2010, Vol. 5, No. 6  
*Edited and Compiled for you, by the Rising Tide Collective\**

To subscribe or unsubscribe: [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**Openings** - Openings is a weekly feature of Co-op Circles. “*Weeds are flowers too, once you get to know them.*” – A A Milne [en.wikipedia.org/wiki/A.\\_A.\\_Milne](http://en.wikipedia.org/wiki/A._A._Milne) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- Do you want to talk to the federal Government about **the benefits of credit unions**? In the 2009 budget, the Minister of Finance announced his intention to establish a national task force dedicated to the issue of financial literacy. The **task force on Financial Literacy** will provide advice and recommendations to the Minister of Finance on a national strategy to strengthen the financial literacy of Canadians. They will be consulting with Canadians to inform their final report. They are accepting written submissions, hosting an online forum, and travelling for live consultations in cities across the country. None of the 13 members of the task force have a direct connection to the credit union system in Canada, so the consultation process will be your opportunity to be heard. May 13, 2010 is the final date for input. <http://www.financialliteracyincanada.com/eng/consulting-with-canadians/public-sessions.php>
- **Morell Credit Union**, a rural based credit union in eastern Prince Edward Island with assets of \$27 Million, which prides itself on member service, invites applications for a permanent position as Administration Manager. Please submit your resume to the address below by Wednesday, March 31, 2010. Morell, PE C0A 1S0 902-961-2735 Fax: 902-961-3485; Website: [www.peicreditunions.com/profiles.php](http://www.peicreditunions.com/profiles.php)
- On April 30, 2010, its office in the Fort William Building will be closing and **EasternEdge Credit Union** will be re-opening on Tuesday, May 4th in the new building at 31 Corey King Drive. The new building will feature a drive-thru ATM, night depository, and safety deposit boxes which the credit union was unable to provide from our current location. The hours will be 9:00am-4:30pm Monday to Friday. <https://www.easternedgecu.com>
- Registration is now open for the **Canadian Co-operative Association (CCA)’s 2010 National Congress**, to be held at the Westin Bayshore in Vancouver on June 14-16. Held in partnership with the British Columbia Co-operative Association (BCCA), the Congress theme is “Co-operation and sustainability: the way forward” and will focus on issues related to organizational, environmental and social sustainability. The Congress will also feature a tour of local co-ops, a Gala Dinner and awards ceremony, keynote speakers and a full day of workshops. For more information about the Congress and how to register, go to <http://tinyurl.com/CCACongress2010>



***Co-op Ed 101*** – This week I had the opportunity to hear Paul Emile Leblanc, General manager of Caisse Populaire de Claire <https://www.caissepopclare.com/lang/fr/H>, NS, speak about BALLE, (<http://www.ballens.ca/>). BALLE NS is a dedicated group of community-minded folks,

business leaders, locally-owned businesses, and concerned citizens working together to support and promote the importance and the benefits of “getting it local”. Through BALLE Nova Scotia you can connect with like-minded businesses, educate the public about local products and services, and network with others to promote sustainable local living in Nova Scotia. The message I took away was - make your purchases count. Leblanc said, “ If the 40,000 households in Nova Scotia shifted 10% of their existing purchases from non-local businesses to local independents (locally owned and independent businesses), we would see the creation of new jobs and millions of dollars of new economic activity in Nova Scotia, all without raising taxes or spending a dime more than we planned. The elegance of the 10 percent shift right now is that it doesn’t ask people to expand their budgets and spend more. It asks people to be more conscious about where they spend what they’ve already budgeted for.” I will be watching this program with interest. To become a member of BALLE NS, check out the membership criteria on its Web site. Also, check out the director of BALLE members. - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - LAST DAY REMINDER. Last day to submit applications for the various co-op studies and co-op research scholarships from the Association for Studies in Co-operation (CASC) (administered through the Canadian Co-operative Association) is March 31<sup>st</sup>. Get the details at [www.coopscanada.coop/en/orphan/CASC-Scholarships](http://www.coopscanada.coop/en/orphan/CASC-Scholarships) - *Erin Hancock*



**Contest of the Week** – **Last week’s winner:** Deidre Amirault, Coastal Financial Credit Union  
**Answer:** You put two lights on and leave them for a couple minutes, then turn one of those lights off. When you go upstairs, the one that’s on, is the one that you flicked in the “on” position. The one that’s still warm, is the one you just turned off. And the one that’s off, is the switch you never touched. **This week’s contest:** One hot day, the NCIS agent was in his back yard sitting by a pool. All of a sudden a shot rang out and the paint ball hit his fence. Jethro heard the shot and hit the pool deck breaking a front tooth.

Jethro got up and looked out the gate just in time to see three neighbourhood kids who were brothers run around a corner. Their names were John Smith, Mark Smith and Paul Smith. The next day Jethro got a text message on his Blackberry “? Smith.”

With the help of his 2 assistants he figured out which of the three Smith brothers he should suggest that the local police bring in for questioning. Which Smith is it? 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](mailto:contest1@nbnet.nb.ca) Congratulations!



**Today’s Smile** - Nothing improves creativity like a lack of supervision.



**Co-op Cooking** - Stir fry is one of my favourite ways to cook. It is quick and easy and clean-up is usually a breeze. Many vegetables can be prepared ahead of time and held until you are ready to cook them. If you want the dish to go a bit further, try throwing in a couple of handfuls of baby spinach at the end, allowing just enough time for it to wilt down. In this recipe the apples pair nicely with the pork.

***Pork Apple Stir Fry***

Cooked rice or noodles

1 tbsp. soy sauce

1 tbsp. brown sugar



1 tsp. ground ginger  
 Pinch crushed chilies (optional)  
 1/2 tsp. cornstarch  
 2 tsp. vegetable oil  
 3/4 lb. lean pork (leg or loin) cut into 2x1/2 inch strips  
 1 cup apple cider/juice  
 1 medium red onion, it in wedges  
 1 stalk celery, sliced  
 1 cup cabbage, thinly sliced  
 2 cups sliced green vegetables (peppers, peas, green beans, etc)  
 3 red cooking apples, cored and cut in wedges  
 Combine soy sauce, brown sugar, ginger, chilies and cornstarch; stir well and set aside. Heat oil in large, heavy skillet or wok over high heat; brown pork strips 1 to 2 minutes. Add onions and celery; cook while stirring about 1 to 2 minutes. Add cabbage and green vegetables; cook and stir 2 minutes. Stir apples and soy sauce mixture into vegetables. Bring to a boil; reduce heat to medium. Cook 2 to 3 minutes until sauce thickens. DO NOT OVERCOOK. Serve immediately over rice or noodles. – *Glenna Weagle*



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Wednesday, Apr 7, 2010  
***Rising Tide Collective***\* - Erin Hancock, Brenda MacKinnon, Maureen MacLean, Glenna Weagle, Steve MacDowall



Week of Apr. 11– Apr. 17, 2010, Vol. 5, No. 7  
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**Openings** - Openings is a weekly feature of Co-op Circles. *“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”* - Martin Luther King Jr.  
[en.wikipedia.org/wiki/Martin\\_Luther\\_King,\\_Jr.](http://en.wikipedia.org/wiki/Martin_Luther_King,_Jr.) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- Your credit union could be part of the tenth annual Giving **Credit Where Credit Is Due women’s mentoring program**, a popular training program that provides overseas staff of financial co-operatives with a unique opportunity for professional development. The Canadian Co-operative Association needs credit unions from across Canada to host overseas credit union managers arriving this June. Fourteen women from credit unions in the developing world will spend ten days (June 9 – 19) within a credit union receiving general leadership training and learning the ins-and-outs of managing a loans program. If your credit union is interested in hosting a participant please contact Program Co-ordinator Kati Clark by April 30, 2010 at [Katherine.clark@coopscanada.coop](mailto:Katherine.clark@coopscanada.coop).
- Co-operatives around the world will focus on **women** when they celebrate the **International Day of Co-operatives on July 3, 2010**. The International Co-operative Alliance (ICA) has announced that this year’s International Day theme will be “Co-operative enterprise empowers women” and will highlight the role co-ops play in responding to women’s needs. ICA has celebrated the first Saturday in July as International Co-operatives Day since 1923. In 1995, the same day was proclaimed by the United Nations as a way of increasing international awareness of co-operatives. In Canada, the themes of Co-op Week and International Credit Union Day will be announced later this spring. Co-op Week will take place on October 17-23rd, 2010, with International Credit Union Day on Oct. 21.
- Canada’s two national co-op associations have **created a new information service** aimed at providing a first point of contact for groups who are interested in starting a co-op. The Co-op Development InfoService, which was launched on March 31 by the **Canadian Co-operative Association (CCA)** and the **Conseil canadien de la coopération et de la mutualité**, includes a toll-free telephone number, a dedicated e-mail address and co-op development information on the CCA and CCCM websites. The InfoService is funded by the federal government through the Advisory Services component of the Co-operative Development Initiative (CDI). The object of the service is to make it easier for people to obtain co-op development information and assistance, regardless of where they live in Canada. Provincial co-op associations will continue to be responsible for "on-the-ground" co-op development, and in many cases, users of the InfoService will be referred to the appropriate provincial association. There are three ways to contact the InfoService: by phone at 1-877-268-9588 (toll-free), by email at [coopdev@coopscanada.coop](mailto:coopdev@coopscanada.coop) (English) or [devcoop@cccm.coop](mailto:devcoop@cccm.coop) or by visiting the InfoService pages on the CCA or CCCM websites.

- The Board of Directors of **Northumberland Co-operative** has re-elected for 2010-2011 as President, John MacDiarmid of Napan, as Vice President, Percy Scott of Stonehaven, and as Secretary-Treasurer, Glenford Copp of Trout Brook.  
<http://www.northumberlanddairy.ca/e/1000/Details.cfm?ID=61> The members of Northumberland Co-operative Limited held their 67th Annual General Meeting on Friday, March 26, 2010 at the Lion's Center in Miramichi. At the meeting, reports were given by the directors and management on the Co-op's operation. Sales for 2009 were \$82,194,789, an increase of 4.9% from 2008.
- The P.E.I. government should be backing a **new fishermen's co-op** to drive up lobster prices, says MLA Charlie McGeoghegan. <http://www.cbc.ca/canada/prince-edward-island/story/2010/03/23/pei-mcgeoghegan-lobster-coop-584.html> McGeoghegan, who fishes lobster himself, went to the Boston Seafood Show recently and said there is plenty of demand. In order to get a fair price for Island fishermen, the catch needs to be held until the height of tourist season, he said.
- **Groups in Nova Scotia** recently receiving funding under the **Government of Canada's Co-operative Development Initiative (CDI)** are listed below. The projects are funded under the CDI, a four-year, \$19.1-million program that helps Canadians develop new co-operatives and experiment with innovative ways of using the co-operative model. This initiative has been successful in making the co-operative option readily available to Canadians by improving access to advisory services, helping co-operatives raise the funds they need to succeed, and advancing research and knowledge development. The CDI is managed by the Canadian Co-operative Association and the Conseil canadien de la coopération et de la mutualité in partnership with the Government of Canada. To learn more about the Co-operative Development Initiative, visit [www.coop.gc.ca](http://www.coop.gc.ca).
  - Clean Annapolis River Project**, Annapolis Royal, NS, \$15,000 Description: The proponents will explore the feasibility of creating an Atlantic Ecosystem Co-operative that will market the specialized environmental protection expertise that its members have developed over the years. The proponents of this co-operative are 18 non-profit environmental management organizations. The co-operative will generate new funds to reinvest in charities and environmental activities.
  - Grainery Food Co-op**, Halifax, NS, \$12,700 Description: The goal of this co-operative is to offer locally grown, organic produce. This project aims to modernize the co-operative by stabilizing and documenting its operations and by developing a new business plan that will include relocation to the new Halifax Seaport Farmers' Market.
  - Scotia Direct Lobster Co-op Ltd.**, Saulnierville, NS, \$20,000 Description: The goal of this project is to use a new transportation method to revitalize the fresh lobster market for Nova Scotia fishers. Aqualife technology is now used in complement of airplanes for the transportation of live shellfish. The ability to export live lobster, freshly caught from the ocean, will greatly increase the value of the catch, thereby increasing profits for fishers.
  - Annapolis Oilseed Co-op**, Lawrencetown, NS, \$15,000, Annapolis County has a wealth of agricultural lands, but many of them are lying fallow. The goal of this project is to study the viability of an oilseed processing plant that would primarily produce soybean meal, with biodiesel as its main by-product. The plant would operate using a closed loop system.
  - Le Conseil coopératif acadien de la Nouvelle-Écosse** for the Public transit co-operative project committee, Chéticamp, NS, \$20,000 Description: This co-operative will offer a public transit service for persons with mobility issues in the Chéticamp region. The main

users will be elderly persons, but some residents without vehicles are also expected to use the service. This project will address a need identified by the residents of the municipality, which does not even have a taxi service.



**The New Trends - Top 10 Strategic Technologies and Trends in 2010** According to Gartner Research: 1 - Cloud Computing, 2 - Advanced Analytics, 3 - Client Computing, 4 - IT for Green, 5 - Reshaping the Data Center, 6 - Social Computing, 7 - Security – Activity Monitoring, 8 - Flash Memory, 9 - Virtualization for Availability, 10 - Mobile Applications // Gartner defines strategic technology as one with the potential for significant impact on the enterprise in the next 3 years. Factors that denote significant impact include a high potential for disruption to IT or the business, the need for a major dollar investment, or the risk of being late to adopt. - These technologies impact the organization's long-term plans, programs and initiatives. For example, Cloud Computing - Cloud computing is a style of computing that characterizes a model in which providers deliver a variety of IT-enabled capabilities to consumers. Cloud-based services can be exploited in a variety of ways to develop an application or a solution. Using cloud resources does not eliminate the costs of IT solutions, but does re-arrange some and reduce others. In addition, consuming cloud services enterprises will increasingly act as cloud providers and deliver application, information or business process services to customers and business partners. “Companies should factor the top 10 technologies into their strategic planning process by asking key questions and making deliberate decisions about them during the next two years. However, this does not necessarily mean adoption and investment in all of the technologies. They should determine which technologies will help and transform their individual business initiatives” - David Cearley - *Steve MacDowall*, Publisher of *The Thursday File* Subscribe. It's FREE <http://www.thursdayfile.ca>



**Co-op Ed 101** – An interesting innovative way of looking at Community services in a co-op structure is the **United Community Services Co-op**, 201-1638 East Broadway Vancouver, BC (UCS Co-op). It was incorporated in October 1998 by eight founding directors. The Co-op grew to 107 members in 2008. The Co-op's mandate is to provide a mechanism for supporting community-based organizations in BC to collaborate where there is public good from their joint action. Read more at: [http://www.ucscoop.com/about\\_coopstory](http://www.ucscoop.com/about_coopstory) To look at its interesting blog go to <http://www.ucscoop.com/bigscoop3> - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - Great news! There are still some spots available for the **May 13-16 Atlantic Co-operative Youth Leadership seminar** (near Bouctouche, NB). This amazing opportunity is open to Atlantic Canadian youth. Get sponsored by a co-op or credit union in your community and come for free. For more details visit: <http://www.acyl.coop/english/know.htm> This week I started working for the Canadian Co-operative Association (as their Program Coordinator for the new national Community University Research Alliance on co-ops) and when people would ask me how I first got involved with co-operatives, I was quick to respond by enthusiastically explaining how the ACYL program got me hooked. I can only hope that other youth have the opportunity to attend a seminar, learn about co-ops and how to become more involved in their communities. It's been 11 years since I attended my first ACYL and I still have so many positive memories. The seminars cover a lot of valuable lessons that do not enter into your typical high school curriculum, plus you meet wonderful people and have a great time too! If you want to attend, but are not sure about how to find sponsorship, contact Trevor MacDougall at [leadership@acyl.coop](mailto:leadership@acyl.coop) - *Erin Hancock*



**Contest of the Week** – Last week's winners: David Kerr, MB, Glenna Weagle, NS and Dennis Williams, NB Congratulations! Answer: It would have to be Mark Smith as the “?” represents his name. **This week's contest:** George, Helen, and Steve are drinking coffee. Bert, Karen, and Dave are drinking soda. Using logic, is Elizabeth drinking coffee or soda? 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](mailto:contest1@nbnet.nb.ca)



**Today's Smile** - If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and drycleaners depressed?



**Co-op Cooking** - This succulent salmon dish, which requires only 15 minutes of roasting time, is dressed for spring in a fresh tasting vinaigrette made while the fish is cooking.

***Salmon with Lemon-Tarragon Vinaigrette***

1 bunch of green onions  
3 to 4-lb side of salmon  
pinch of salt  
3 garlic cloves, minced  
2 tsp Dijon mustard  
1/3 cup olive oil  
1 tbsp finely chopped fresh tarragon  
1 tbsp capers  
2 lemons  
bok choy or fennel (optional)

Trim and discard ends from onions, then slice in half crosswise. Line a baking sheet with foil, (do not oil). Place salmon on foil and scatter onions around it. Sprinkle all with salt. Roast in centre of oven at 450F for 15 minutes, or until a knife tip inserted in centre of salmon and held there for 5 seconds comes out warm. Meanwhile, squeeze juice from lemons into a medium bowl. Whisk in garlic and Dijon. Slowly whisk in oil. Stir in tarragon and capers. Remove the cooked salmon to a serving platter that has sides deep enough to hold the vinaigrette. (To serve fish without skin on, slip two wide spatulas between skin and salmon, then carefully lift, leaving skin on foil.) Scatter onions around fish. Drizzle with half of the vinaigrette and serve the remainder alongside the meal. Serve with steamed bok choy or braised fennel if desired. –

*Glenna Weagle*



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- Apr 15-17, 2010 – Credit Union Central of Nova Scotia Annual General Meeting
  - April 15-18, 2010 – Atlantic Co-operative Youth Leadership Camp Canoe Cove, Prince Edward Island. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.

- April 21, 2010 - CWCF Telelearning Session #2 – Conflict Resolution: Effective Strategies to Handle Conflict in a Worker Co-op with Russell Christianson, Rhythmn Communications – there is no charge for this session. To register call David Wilson, (403) 276-8250 or e-mail [david@canadianworker.coop](mailto:david@canadianworker.coop) – this session is for CWCF members only
- Apr 23-24, 2010 - Credit Union Central of New Brunswick holds its 2010 Tradeshow, being held in conjunction with its Annual General Meeting on April 23/24 in Saint John, NB
- Mar 24-25, 2010 - Social Enterprise in Rural and Urban Development: A Learning Event Waterfront Campus – Nova Scotia Community College Dartmouth, NS If you are involved in community development in Atlantic Canada or if your work involves non profit organizations or co-ops that serve marginalized communities, then these workshops and presentations will be informative and useful. Registration fee- \$145 (includes ticket to Thursday evening's gala event). Please note: Financial assistance for travel and accommodations may be available to community groups who wish to send members. Please apply soon as funds are limited. Write to [patricia.beaton@cbdc.ca](mailto:patricia.beaton@cbdc.ca) for more information. Find out more information about the event at <http://www.facebook.com/#!/event.php?eid=343773985927&ref=mf>
- May 13-16, 2010 - Atlantic Co-operative Youth Leadership Camp Wildwood, Bouctouche, NB. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.
- May 28, 2010 Co-operative Enterprise Council of NB's AGM, Moncton, NB
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
- June 9 – 12 – Co-op Housing Federation Annual General Meeting, London, ON
- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC
- June 23, 2010 – Nova Scotia Co-operative Council Annual General Meeting, Halifax, NS



***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](mailto:News1@nbnet.nb.ca)

- *"I know I get your newsletters via co-op mailings - great work!" – LC, PEI*
- *"I liked the common sense answer for the contest about the warm bulb. I had forgotten about that process and it brought back memories of a rewiring job with my grandfather back in the 60's. I got to run up and down the stairs as shouting was not allowed in the house."- DK, MB* *"Still connected to the real world of cooperatives thanks to your publication."*



*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](mailto:circles1@nbnet.nb.ca) or to unsubscribe: [circles2@nbnet.nb.ca](mailto:circles2@nbnet.nb.ca) Tell your friends about it. Please e-mail us with your questions, suggestions and memories at [circles1@nbnet.nb.ca](mailto:circles1@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](http://www.mystfx.ca/coady-library/coop_circles/index.htm) Next *Co-op Circles*:  
Wednesday, April 21, 2010

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





Week of Apr. 25– May 1, 2010, Vol. 5, No. 9  
*Edited and Compiled for you, by the Rising Tide Collective\**

To subscribe or unsubscribe: [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**Openings** - Openings is a weekly feature of Co-op Circles. “*Three Rules of Work: Out of clutter, find simplicity; From discord find harmony; In the middle of difficulty lies opportunity.*”  
- Albert Einstein [en.wikipedia.org/wiki/Albert\\_Einstein](http://en.wikipedia.org/wiki/Albert_Einstein) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- The 2010 CWCF Annual Conference will be in Vancouver from October 28th to 30th. The theme will be Worker Co-operatives and Sustainable Development. In order to make this the best CWCF conference yet, CWCF is looking for feedback and suggestions. Please fill in this 5 minute survey [http://www.surveymonkey.com/s/CWCF\\_Conference\\_2010](http://www.surveymonkey.com/s/CWCF_Conference_2010).
- The **Rexton branch of Advance Savings** hosted internationally renowned speaker, student motivator and paramedic with over 23 years experience, Norbert Georget, at the Bonar Law Memorial High School on March 24, 2010. More than 350 students were on hand to take in Georget’s Smart Youth Power Assembly™, which is a powerful 60-75 minute presentation on teenage drinking and driving, substance abuse, and peer pressure. He has spoken to over a million students in more than 2000 high schools and colleges across Canada and the United States. [https://www.advancesavings.ca/SharedContent/documents/WEBMarch%2024\\_10%20-%20Press%20Release%20-%20Advance%20Savings%20hosts%20Norbert%20Georget.pdf](https://www.advancesavings.ca/SharedContent/documents/WEBMarch%2024_10%20-%20Press%20Release%20-%20Advance%20Savings%20hosts%20Norbert%20Georget.pdf)
- **Bayview Credit Union** is hosting an “**Old Time Rock and Roll Show Fundraiser**”, Saturday, May 8, 2010, 7:00PM, Sussex Regional High School. Tickets are \$20 advance, and \$25 at the door. It is being held in support of the Sussex Volunteer Fire Department and their efforts to purchase a Firefighter Locator System, used to locate a missing or trapped firefighter in a burning structure. The show will feature tributes to Elvis and Roy Orbison (Milton Jerome and the Classics) and Neil Diamond (Earl McAllister). In addition there will be a 50/50 draw, prize giveaways and more. Tickets can be purchased at the Sussex branch of Bayview Credit Union.
- Staff at **Valley Credit Union’s branch in Cambridge, NS**, is thrilled with their new building. The response from the credit union’s membership and the community to the opening of a new branch building was “Fantastic,” board director Martin Gillis said. “It really shows your support for what we do, and this building is a result of your dedication and loyalty to the credit union.” Mike Wark, president and chief executive officer, says the former branch and head office will now become a wealth management centre, with two counselors and an administrative position, as daily banking activities move to the new space next door. The wealth management staff currently works in Cambridge and Greenwood, with the administrator shuttling back and forth. “We’ve been talking about this for over two years - we knew we had to do something. The branch has grown tremendously - over 200 per cent in the last few years.” Valley Credit Union also hired a lending advisor in May and, with referrals from its 12,000-member customer base, needed the strengthened banking and counseling services. “The biggest thing we have going for us now is our staff: their

reputation and the number of referrals that come because of the team and the support they give to our customer/ owners is high,” Wark said.

- **Sunset Funeral Co-operative Ltd.** in Cape Breton’s Margaree area recently held its annual general meeting and open house during which new members were elected to the board and a new executive committee was formed to work with shareholders as the co-op continues its second year of operation. The new board leadership includes chairperson Wayne Hart of Middle River; vice-chairperson Gerard MacPhee of Port Hood; secretary Tom Godreau of North East Margaree; and treasurer Albert LeBlanc of East Margaree. Sunset Funeral’s other board members include Simon Aucoin of Terre Noire; Jean Louis Cormier of Belle Cote; Mary Jander of Margaree Centre; Angus Lanceleve of Lake Ainslie; Leo Paul LeBlanc of Belle Cote; Claudia MacNeil of Belle Cote; Cecile Miller of North East Margaree; Judith Miller of Portree; and Carl Ross of Portree. The co-operative has grown to include over 600 members from more than 29 communities in Victoria and Inverness counties. Membership in the company is open to anyone from the surrounding region who is over the age of 12. New members pay a one-time fee of \$25 for a single share in the co-operative. Members also have the option to purchase additional shares at \$25 per share. Members can apply their co-op investments to the cost of their funerals. Additionally, Sunset Funeral arranges prepaid funerals and members have the option to transfer prepaid funeral plans from other funeral homes to Sunset Funeral. Further information is available by contacting the company at 65 Crowdis Cross Rd., Margaree Valley, N.S., B0E 2C0 or by phone at (902) 248-2991; fax (902) 248-2739; email [sfuneralcoop@ns.aliantzinc.ca](mailto:sfuneralcoop@ns.aliantzinc.ca).
- The **Credit Unions of Moncton** and the surrounding area are still Bringing Down Hunger, one foot at a time. Credit Union representatives, Don Bourque, Manager Commercial Lending for Advance Savings Credit Union and Trisha Leaver, Senior Marketing Manager for OMISTA Credit Union recently presented a cheque to the Food DEPOT Alimentaire for \$3,402.61 in support of their Buy A Shelf capital campaign. Area credit unions committed to purchasing a shelf in the Food Depot Alimentaire's Buy A Shelf campaign The campaign saw the public paying to bring C103's radio personality, Tim Cormier, who was lifted 80 feet in the air back down to the ground one foot at a time! The campaign was a huge success.



***The New Trends*** - Who will set a new trend? I was never shown how to save – money, that is. Like most people I have learned the hows and whys through experience. It does not come naturally. Many people go through life not really understanding how to work with their money. They don’t understand what it can do for you and how it will hurt you when you don’t treat it with the utmost care. Many find themselves in debt and I don’t mean a few dollars, but thousands. The generation that came before us would not buy unless they had the money first. Today, many spend first, then play catch up with paying the bills, leaving nothing to set aside, let alone invest. When the Chinese develop a strategy they look into the future and then start to build. The results are set for the long term. When they arrive the results are strong. Jamie Oliver is doing this with food and cooking in the UK with his two programs, ‘Ministry of Food’ and ‘School Dinners’ programs. What we need is a **financial revolution**. Who will take the lead? Who will start? ( see <http://www.jamieoliver.com> ) - Steve MacDowall, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



**Co-op Ed 101 – Northumberland Co-operative Ltd.**  
<http://www.northumberlanddairy.ca/e/1000/1001e.cfm> is located in Miramichi, New

Brunswick. Since its beginnings in 1942, Northumberland has grown into a well known, leading brand in New Brunswick. Northumberland is primarily a processor of fluid milk, broker/distributor as well a co-op supply center, and food service supplier that caters to restaurants, take-outs and health care accounts. Northumberland Co-operative Dairy supports agriculture and is working with local New Brunswick growers to add value to cranberries and other native fruit. - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - Some students from **College Houses** (<http://www.collegehouses.coop/>), a co-operative student housing system in Austin, Texas, recently started an eco business. The students wanted to offer an alternative to traditional lawn care with more of a focus on growing local plants that require less maintenance as well as items such as organic pesticides. Read more at <http://hcecoscaping.com> - *Erin Hancock*



**Contest of the Week** – **Last week's winner:** Joyce Humble, NB Congratulations! **Answer:** What do these 3 have in common? Superman, Moses, the Cabbage Patch Kids They were all adopted. **This week's contest:** You are on an island in the middle of a lake. The lake is in a remote part of the country and there has never been a bridge connecting the island to the mainland. Every day a tractor and wagon gives hay rides around the island. Puzzled as to how the tractor had gotten onto the island, you ask around and find out that the tractor was not transported to the island by boat or by air. Nor was it built on the island. Explain how the tractor got there? 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](mailto:contest1@nbnet.nb.ca)



**Today's Smile** - Anything labeled “New” and/or “Improved” is not: the label means the price went up. The label “All new” or “Completely new” means the price went way up.



**Co-op Cooking** - This Asian-influenced pork tenderloin gets its extraordinary flavor from a zesty ginger brush-on and a tangy mustard sour cream sauce.

***Sesame Pork Roast with Mustard Cream***

- 1/4 cup bottled chili sauce
- 2 tbsp teriyaki sauce
- 2 tsp grated fresh ginger or 1/4 tsp ground ginger
- 2 cloves garlic, minced
- 2 (12 to 16-oz) tenderloins
- 2 tsp sesame seeds
- 1/4 cup dairy sour cream
- 1 green onion, finely chopped
- 1 tsp Dijon mustard
- dash salt
- sliced green onion tops (optional)
- 3 cups fresh baby spinach

For basting sauce, in a small bowl, stir together chili sauce, teriyaki sauce, ginger, and garlic. Place pork tenderloins on a rack in a shallow roasting pan. Brush some of the basting sauce over tenderloins. Roast at 425F for 15 minutes. Brush tenderloins with additional basting sauce. (Discard any remaining sauce). Sprinkle tenderloins with sesame seeds. Roast for 10 to 20

minutes more or until an instant-read thermometer inserted in the thickest part of each tenderloin registers 160F.

Meanwhile, for mustard sauce, in a small bowl, stir together sour cream, the finely chopped green onion, mustard, and salt. If desired, sprinkle with green onion tops.

To serve, place spinach on a serving platter. Slice 1 of the tenderloins (cover and chill remaining tenderloin for another meal); arrange sliced tenderloin on top of the spinach. Serve with all of the mustard sauce. Make-Ahead Hint: Basting sauce and mustard sauce can be prepared and chilled up to 24 hours. – *Glenna Weagle*



### ***Co-op Community Bulletin Board***

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- May 13-16, 2010 - Atlantic Co-operative Youth Leadership Camp Wildwood, Bouctouche, NB. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.
- May 15 - Oikocredit Atlantic Cooperative, 9th Annual General Meeting, 2:00 pm, St Andrew's Presbyterian Church Hall, 39 Mountain Road, New Glasgow, NS.
- May 28, 2010 Co-operative Enterprise Council of NB's AGM, Moncton, NB
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
- May 30 – June 1, 2010 – The Canadian Co-operative Association is one of the sponsors for the 2010 National Summit for a People-Centred Economy that takes place in Ottawa, May 30th to June 1st. Speakers include Raj Patel (author of “The Value of Nothing”), Nancy Neamtam (President of Le Chantier de l'économie sociale), and Ian MacPherson (Co-op “guru”).  
[http://www.ccednet-rdec.ca/files/ccednet/pdfs/Summit\\_registration.pdf](http://www.ccednet-rdec.ca/files/ccednet/pdfs/Summit_registration.pdf)
- June 9 – 12 – Co-op Housing Federation Annual General Meeting, London, ON
- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC
- June 23, 2010 – Nova Scotia Co-operative Council Annual General Meeting, Halifax, NS  
Healthcare Workshop ~ 1 – 2:30 PM, Annual Meeting ~ 3 - 5:00 PM, Radisson Suite Hotel, Halifax. Space is limited, so please RSVP to [andrea@nsco-opcouncil.ca](mailto:andrea@nsco-opcouncil.ca) or (902) 893-8966, indicating which events you plan to attend (see attached for further info on the workshop)



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Wednesday, May 5, 2010

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



Week of May 9 – May 15, 2010, Vol. 5, No. 10  
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**Openings** - “Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight.” – Joan Chittister  
[www.benetvision.org/](http://www.benetvision.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 [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- Five youth from the Tatamagouche area of Nova Scotia have created a 30 minute short film called **Fair Trade TV: Raising Youth Consumer Conscience**. It is to educate others about the bitter reality that biting into a chocolate treat may sometimes cause suffering for millions of children. This group of youth wanted other kids to know that how they spend their money makes a difference in other countries, so they wrote, performed, and filmed six short skits about different aspects of Fair Trade. There is a screening in Halifax, Room E1020, Rowe Bldg, Dalhousie University, Thursday, May 13th at 7 PM The group is also accepting donations for their youth delegation to Guatemala in 2012.
- **Jim Hale**, a founding Director of the Co-operative Enterprise Council (NB) and long time volunteer with BRUNCH (Brunswick Co-operative Housing) passed away recently. His obituary is available at: <http://fergusonknowlesfh.com/Obituaries/53045/>
- Recently the Petitcodiac branch of **Advance Savings Credit Union** [www.advancesavings.ca](http://www.advancesavings.ca) joined together with the Village of Petitcodiac and the Petitcodiac Regional School Parent School Support Committee (PSSC) to purchase a new monitor for the school. Branch Manager, Maxine Rice presented Chair of the PSSC, Crystal Hooper, with a cheque in the amount of \$427.99. With the money that was donated, the PSSC purchased a 42" LCD monitor with a USB port to allow information to be uploaded from a computer onto the monitor and displayed as a presentation. The information that can be provided on this will include such things as upcoming events, successes, initiatives, and needed notifications for and from the Petitcodiac Regional School, the village, and the community businesses
- Due to a conflict, the Stampeders will no longer be providing the entertainment on June 23<sup>rd</sup> at the **Nova Scotia Co-operative Council Annual Banquet**. ABBEY ROAD is now the featured band. You can join members of the Council for an evening of fun, friendship, food and music aboard the Harbour Queen I on Halifax Harbour. For more information, please call 893-8966 or e-mail [info@nsco-opcouncil.ca](mailto:info@nsco-opcouncil.ca) Space is limited so register early.
- Thanks to Mark Gorman (NBTA Credit Union), Justin Mury (Credit Union Atlantic), David Chapman (Credit Union Central of Prince Edward Island), Blake Reynolds (OMISTA Credit Union), Bethany Mayne (UPEI Student, PEI Co-op Council), and Lacey Ozon (UPEI student), the **Atlantic Co-operative Youth Leadership Camp** at Canoe Cove on Prince Edward Island, was a great success. <http://www.acyl.coop/english/newsletter.htm>

- **Amy Dauphinee**, a board member of the Ontario Charitable Foundation, and a strong proponent of international credit union and co-operative development, died recently. She also felt strongly about the rights of women in the developing world and urged the Co-operative Development Foundation to engage in microlending to support businesses run by women. She was in her 90<sup>th</sup> year. The Co-op Development Foundation honours the Dauphinees (Tim and Amy) through the donation of an annual scholarship for the person selected by a CCA committee who excels in the studies of co operative enterprise. The Foundation would never have developed so successfully if it were not for Amy Dauphinee.
- Aspiring filmmakers with a passion for Atlantic food now have an opportunity to combine the two and win a prize. The **Eat Atlantic Online Video Contest**, organized by Co-op Atlantic, is asking residents of the four Atlantic provinces to make videos of 90 seconds or less featuring food from their region. The videos will be judged by three local food experts, and the winner in each province will receive a multimedia prize pack including an iPod Nano and a 10-inch Dell Notebook computer. The contest is part of the Eat Atlantic Challenge, which has been held in September for the past two years. Atlantic Canadians were asked to pledge to eat only Atlantic food for one day, and more than 4,500 people participated in the challenge in 2009. Contest entries must be received by August 15, and winners will be announced during the 3rd Annual Eat Atlantic Challenge Celebration, on September 2. For more information, go to [www.eatatlantic.ca](http://www.eatatlantic.ca).
- The Canadian Co-operative Association (CCA) is seeking volunteers for its **credit union management and governance coaching programs in Africa and Asia**. CCA is recruiting credit union professionals for the Management Coaching Program, which would involve two three-week visits to Mongolia, Ghana or Uganda and Malawi over a two-year period. Applicants should be experienced credit union generalists, able to offer advice and assistance on all aspects of credit union management. Volunteers for the Governance Coaching Program would travel to either Ghana or Malawi for about two-and-a-half weeks in October 2010. The program includes face-to-face group work with local leaders, field visits to local credit unions and meetings with local board members to share experiences. Applicants should be experienced current or former directors of credit union or co-operative boards. Participants in both programs are expected to contribute \$2,000 toward the cost of the assignment; all other expenses would be borne by CCA. For more information about the coaching programs, go to <http://tinyurl.com/CCACoaching>, or contact Sarah Feldberg ([sarah.feldberg@coopscanada.coop](mailto:sarah.feldberg@coopscanada.coop)) if you have any questions.
- Found some treasures while doing your spring cleaning? Have products or services that could bring in a good price at an auction? Donate them to the Co-operative Development Foundation of Canada (CDF) and help raise money for international co-op development. The Canadian Co-operative Association's 2010 Congress, to be held June 14-16 at The Westin Bayshore, will feature both a live auction and a silent auction to raise funds for CCA's international programming. In return for your donation, CDF will recognize your support on signage at the Congress and on the item bid sheet. If you or your organization, are interested in making a donation or want to learn more please contact CDF Fundraising Officer Sarah Richardson ([sarah.richardson@coopscanada.coop](mailto:sarah.richardson@coopscanada.coop)) or by phone (613) 238-6711 ext. 217.
- The Canadian Worker Co-op Federation presents the tele-learning session **Good Governance: Making and Implementing Decisions** with presenters Lynn Hannley, Communitas and Reba Plummer, from Urbane Cyclist on Wed, May 19th, 2010 12-1:30pm ET Each presenter will speak and then participants on the call will be able to ask

questions and share their experience on governance issues in worker co-operatives. Deadline: There is no charge for this session, but the number of spots available is limited. To register contact David Wilson at [david@canadianworker.coop](mailto:david@canadianworker.coop). Please note that this session is for CWCF members only. The deadline for registering for the session is Monday May 17th. Those who have registered will receive the toll-free phone-in number and passcode a day before the session. Visit the CWCF website to read the minutes of, to view the PowerPoint and handouts, and to listen to the April 21, 2010 CWCF tele-learning session on Conflict Resolution.



***The New Trends*** - Ah, summer is just around the corner and that means vacations for most. You can expect to see in your in-box those wonderful **auto-responders** with the classic “Out of the office, will reply to your message when I get back”. If this drives you up the wall, what do you think people will feel when they get your “out of the office” reply. Your auto-reply gives you a socially acceptable pass to do nothing about most incoming email for awhile. It doesn’t make the nagging feeling that you are missing the one or two really important items, that if missed could cause you much distress on your first day back. Do you end up checking your emails while you are down on that Caribbean island? Many do. So does the system work? Not really. Some will even try something like “I’m out of the office and will get back to you when I return on May 25th. If this is an emergency, contact Dan Brown at [dbrown@example.ca](mailto:dbrown@example.ca)”. Even this is not a good reply. Why? The day you get back is your busiest and Dan who really does not want to take any of your calls might make things worse for you. You might try something like ‘AwayFind’ which will create a simple emergency contact form. You just include a link to this form in your auto-response, i.e.: If your message is urgent, contact me through this link: <https://awayfind.com/ginatrapani> (Click on that link to see my AwayFind contact form.) Most e-mailers who don’t need you right away won’t go through the trouble of filling out the AwayFind form, but those who do will. If you are going to use an auto responder here is a little tip from Gina Trapani. “Whatever kind of auto-responder you do use, here’s a tip: instead of promising to reply the day you’re back from vacation, give yourself a few extra days of padding. Because when you finally go on vacation for real, not just faking it, you will come home to quite a backlog to catch up on.” What will you do with your emails when on vacation? Please tell us what you do. We really would like to know before we go on vacation. - *Steve MacDowall*, Publisher of *The Thursday File* Subscribe. It’s FREE <http://www.thursdayfile.ca>



***Co-op Ed 101*** – In Atlantic Canada we have a number of Co-operative Funeral home but the greatest concentration is in PEI. In PEI the funeral co-ops have come together and have a great web site <http://www.peifuneralcoops.stpetersblueberryfestival.ca/> Each location has details on their own co-op like the West Prince Funeral Home formerly known as the Palmer Road Funeral Co-op, was the first in Atlantic Canada. Its inception sparked the flame for future funeral co-ops. Have a look at the history of each and the services provided - *Maureen MacLean*



***Young Co-operators: The Buds on the Co-op Tree*** - JUDES (the Just Us! Development and Education Society) will be hosting a film screening of “Fair Trade TV—Raising Youth Consumer Conscience” on the evening of May 13<sup>th</sup> at Dalhousie University. The film contains a series of skits created by youth in Tatamagouche, NS. Join in for snacks, the screening and a discussion. Get more details at [http://www.judesfairtrade.ca/#JUDES\\_AGM](http://www.judesfairtrade.ca/#JUDES_AGM). There are a number of other film screenings coming up, so visit their website often. Don’t forget, May 1-14<sup>th</sup> is



designated as 2 weeks to celebrate fair trade. If you want to think more about your power as a consumer, start with this quiz: <http://www.judesfairtrade.ca/resources/quiz/> - Erin Hancock



**Contest of the Week** – Last week's winner: David Kerr, MB, who said, "Manitoba spends millions every year on hundreds of miles of ice roads, so the answer is obvious to those of us who have depended on ice roads to ship heavy items into remote communities. The tractor and trailer came to the island on a winter road. I will bet people who live tropical islands would not think of frozen roads." Congratulations! **This week's contest:** Cathy has six pairs of black socks and six pairs of white socks in her drawer. In complete darkness, and without looking, how many socks must she take from the drawer in order to be sure to get a pair that match? 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](mailto:contest1@nbnet.nb.ca)



**Today's Smile** - Ever wonder about those people who spend \$2.00 a piece on those little bottles of Evian water? Try spelling Evian backwards.



**Co-op Cooking** -Looking for a change for breakfast? Here is a pancake with a definite difference, and you can top it with some Strawberry Salsa for a good for the eyes as well as the mouth combination.

***Swedish Pancakes***

1 cup rolled oats

1 1/4 cup buttermilk

1/4 cup flour

1 tbsp. sugar

1/2 tsp. baking powder

1/2 tsp. soda

1 eggs, lightly beaten

2 tbsp butter, melted

Combine oats and buttermilk in bowl. Refrigerate, covered, overnight. In morning, sift dry ingredients together. Stir into oatmeal mixture. Add remaining ingredients, mixing well. Bake on hot griddle using 2 tablespoons batter per pancake.

***Strawberry Breakfast Salsa***

1/3 cup apricot jam

3 tbsp. water

1 tsp. cinnamon

2 pints strawberries, stemmed and diced into 1/4 inch squares

In a medium bowl, whisk jam, water, and cinnamon; add strawberries. Toss gently to combine. Serve salsa over pancakes, waffles, French toast, hot cereal, or mix into plain yogurt. – Glenna Weagle



***Co-op Community Bulletin Board***

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- May 13-16, 2010 - Atlantic Co-operative Youth Leadership Camp Wildwood, Bouctouche, NB. Go to <http://www.acyl.coop/english/newsletter.htm> to apply.
- May 15 - Oikocredit Atlantic Cooperative, 9th Annual General Meeting, 2:00 pm, St Andrew's Presbyterian Church Hall, 39 Mountain Road, New Glasgow, NS.
- May 28, 2010 Co-operative Enterprise Council of NB's AGM, Moncton, NB
- May 28-29, 2010 – Co-op Atlantic's Annual General Meeting
- May 30 – June 1, 2010 – The Canadian Co-operative Association is one of the sponsors for the 2010 National Summit for a People-Centred Economy that takes place in Ottawa, May 30th to June 1st. Speakers include Raj Patel (author of "The Value of Nothing"), Nancy Neamtam (President of Le Chantier de l'économie sociale), and Ian MacPherson (Co-op "guru").  
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Wednesday, May 19, 2010

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



Week of May 16 – May 22, 2010, Vol. 5, No. 11  
*Edited and Compiled for you, by the Rising Tide Collective\**

To subscribe or unsubscribe: [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**Openings** - “A ruffled mind makes a restless pillow.” – Charlotte Bronte [www.online-literature.com/brontec](http://www.online-literature.com/brontec) 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 [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The Canadian Worker Co-op Federation presents the tele-learning session **Good Governance: Making and Implementing Decisions** with presenters Lynn Hannley, Communitas and Reba Plummer, from Urbane Cyclist on Wed, May 19th, 2010 12-1:30pm ET Each presenter will speak and then participants on the call will be able to ask questions and share their experience on governance issues in worker co-operatives. Deadline: There is no charge for this session, but the number of spots available is limited. To register contact David Wilson at [david@canadianworker.coop](mailto:david@canadianworker.coop). Please note that this session is for CWCF members only. The deadline for registering for the session is Monday May 17th. Those who have registered will receive the toll-free phone-in number and passcode a day before the session. Visit the CWCF website to read the minutes of, to view the PowerPoint and handouts, and to listen to the April 21, 2010 CWCF tele-learning session on Conflict Resolution.
- The values, principles and practices that make co-operatives different from other types of businesses, and the difference co-operatives make to the lives of Canadians, will be the focus of this year’s **Co-op Week** celebrations, which will take place from October 17-23, 2010. Canada’s two national co-operative associations, the Canadian Co-operative Association (CCA) and the Conseil canadien de la coopération et de la mutualité (CCCM), have chosen Experience the Co-operative Difference (Vivre la différence coopérative in French) as the theme of Co-op Week 2010. “Co-op Week 2010 will be a celebration of the co-operative difference: the advantages co-ops have over other business models, and the enormous difference co-ops have made, and continue to make, to the lives of Canadian and their communities,” said Carol Hunter, CCA's executive director . “We want as many Canadians as possible to experience the co-op difference first-hand, not only during Co-op Week but all year round.” As in past years, Co-op Week will also include **International Credit Union Day**, which will take place on Thursday, October 21. The theme for this year’s ICU Day “Local. Trusted. Serving You.” focuses on credit unions’ trusted, community-focused approach to member service. The ICU Day campaign will also use the tagline Experience the Credit Union Difference in its promotional materials. The campaign was developed by an international committee consisting of the World Council of Credit Unions (WOCCU); Credit Union National Association (CUNA) and the National Co-operative Business Association (NCBA) in the United States, Credit Union Central of Canada and the Canadian

Co-operative Association. For more information on Co-op Week 2010 and a preview of the Co-op Week poster, visit [www.coopscanada.coop/en/orphan/Co-opWeek2010](http://www.coopscanada.coop/en/orphan/Co-opWeek2010)

- **Co-op Housing Federation of Canada** is holding its **Pre-AGM meetings** across Canada for 2010 AGM Delegates  
[http://www.chfcanada.coop/eng/pages2007/agm\\_regionalmeetings.asp](http://www.chfcanada.coop/eng/pages2007/agm_regionalmeetings.asp) In New Brunswick, the meeting will be held Saturday, May 29, 12:30 p.m. at Wright Street Housing Co-operative (BRUNCH meeting at 10:00 a.m. & Delegates meeting at 12:30 p.m.) Contact: Ken Elliott, (506) 325-2306 or email: [pahokee@nbnet.nb.ca](mailto:pahokee@nbnet.nb.ca) In Nova Scotia, the meeting is Wednesday, May 26, 7:00 p.m. (Atlantic time) by conference call. Contact: Debbie Hamilton, 902-423-2667 in Halifax (or toll-free at 1-866-213-2667) or email: [dhamilton@chfcanada.coop](mailto:dhamilton@chfcanada.coop)
- **Co-op Atlantic** has announced a \$700,000 renovation to its downtown **Charlottetown** grocery store. The **Queen Street location** has lost money in each of the six years since it opened, and Co-op is hoping the changes can turn the store around. It is a renovation, not an expansion, but the re-design will allow for better use of space within the current building, including the addition of a pharmacy. One of the biggest expenditures will be on a new roof. A seasonal, outdoor farmers market will also be added. Hatchard said the idea is to complement the current farmer's market, not compete with it.
- **Co-op Atlantic** will be holding its annual meeting May 28-29 in Moncton, NB. Four directors have let their names stand for election to the board. Marcel Garvie, Zone 9, and Michael Oulton, Zone 4, will be re-elected by acclamation. In Zone 6, Sheldon Palk is running against incumbent Mary MacDonald. For more details, see <http://www.theatlanticcooperator.coop/theatlanticcooperator/PostDetailS/tabid/69/language/en-US/Default.aspx?id=41>
- Nova Scotia Co-operative Council **CEO Dianne Kelderman** was selected by Atlantic Business Magazine as one of the Top 50 CEO's in Atlantic Canada. Dianne was nominated by Council staff, and was officially recognized May 12 at a gala dinner at the World Trade and Convention Centre in Halifax. Since 1999, Atlantic Business Magazine has dedicated one of its six issues per year to profiling Atlantic Canada's most accomplished business leaders. Hundreds of individuals are nominated annually, but only 50 are chosen. Nominees are judged on their proven managerial ability, reaction to challenging situations, leadership philosophies, organizational growth over a three-year period, and commitment to industry. Dianne was nominated for her ability to forge partnerships and get things done, and her commitment to economic and business development in the region.
- **Eagle River Credit Union**, NL, is looking for a Financial Services Representative - Tri-Town Branch. Please submit your resume to the Human Resources Department PO Box 29 L'Anse au Loup NL A0K 3L0 more details at <https://www.eaglerivercu.com/Home/YourCreditUnion/AboutUs/Careers/>
- **Étienne Boudreau**, a former manager at the Fédération des caisses populaires acadiennes, received the Ordre du Mérite Coopératif Acadien, during the Distinction Evening of the Caisses populaires acadiennes Annual Congress. It is the highest award in the Acadian cooperative movement. [http://www.acadie.com/en/communique\\_affiche.cfm?id=1445](http://www.acadie.com/en/communique_affiche.cfm?id=1445)  
Boudreau was born in Maisonnette, in October 1950. He started his career in the Caisses populaires acadiennes network in 1971. The Caisse populaire de Maisonnette was founded and operated in the home of his maternal grandparents, Aimé and Victorine Godin. In

addition, his father, Alban Boudreau, was one of the founders of this institution, which is now known as Caisse populaire Acadie.

- **Newfoundland and Labrador Credit Union** (NLCU) invites the public to take part in the NLCU Charitable Foundation Corporation's 7th Annual Walk-A-Thon, Sunday, June 6th. Each of its twelve branches will be holding a walk in their respective areas throughout the province. Each walk will be approximately 4 km with lunch and refreshments to be served. The proceeds raised from this event will go to Ronald McDonald House NEWFOUNDLAND & LABRADOR. <https://www.nlcu.com/Home/InOurCommunity/>
- Recently the Petitcodiac branch of **Advance Savings** joined together with the Village of Petitcodiac and the Petitcodiac Regional School Parent School Support Committee (PSSC) to purchase a new monitor for the school. Branch Manager, Maxine Rice presented Chair of the PSSC, Crystal Hooper, with a cheque in the amount of \$427.99. With the money that was donated, the PSSC purchased a 42" LCD monitor with a USB port to allow information to be uploaded from a computer onto the monitor and displayed as a presentation. The information that can be provided on this will include such things as upcoming events, successes, initiatives, and needed notifications for and from the Petitcodiac Regional School, the village, and the community businesses. **ADVANCE SAVINGS CREDIT UNION** [www.advancesavings.ca](http://www.advancesavings.ca) has seven branches in Moncton, Petitcodiac, Port Elgin, Rexton, Riverview and Salisbury N.B.



**Co-op Ed 101 – .COOP DOMAIN NAMES.** <http://directory.coop/explore.htm> Have you ever wondered why many co-operative organizations use .coop in their web or email addresses instead of .com, .ca, or .org? .Coop is the internationally-recognized domain name for co-operative enterprises. More than 4,000 co-operative organizations – 282 of them in Canada – use the .coop domain to identify themselves as co-ops. 48 Ontario co-ops are listed in the .coop directory. The administrators of .coop have created an interactive [.coop directory](#) that will connect you with all organizations that use the .coop domain. The directory is sortable by region and economic sector, and includes maps showing you the exact location of .coop users. You can also consult the .coop website to find out whether the name you want to use is available, and they have launched a .coop auction for certain unused names that are in demand. - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - Student housing co-op makes the choice for fair trade. Science 44, a student housing co-op in Kingston, Ontario has made arrangements to purchase all of their coffee from a women's co-op in Guatemala. The Ontario Student Co-operative Association also highlights that the co-op is choosing organic and developing a new compost system as well. Read more at <http://tinyurl.com/27cpq53>. The co-op is still accepting summer applications (minimum one month lease) if you want to try living in a student housing co-op. Visit them at <http://www.science44co-op.com/> to learn more and find application forms. - *Erin Hancock*



**Contest of the Week** – **Last week's winner:** Dennis Williams, Fredericton, NB. **Answer:** Socks do not come in left and right, so any black will pair with any other black and any white will pair with any other white. If you have three socks and they are either colored black or white, then you will have at least two socks of the same color, giving you one matching pair. Congratulations! **This week's contest:** Four keen gardeners were displaying their fine tulips. In total there were four colours and each tulip appeared in two colours. Mr Green had a yellow tulip. Mr Yellow did

not have a red one. Mr Red had a blue tulip but not a green one, whilst Mr Blue did not have a yellow one. One person with a red tulip also had a green one. One person with a yellow tulip also had a blue one. One of the persons with a green tulip had no red. Neither of the persons with a yellow tulip had a green one. No person has two tulips of the same colour and no two persons had the same two colour tulips and their names provide no clues. Can you tell who had which colour tulips? 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](mailto:contest1@nbnet.nb.ca)



***Today's Smile*** - Anything labeled "New" and/or "Improved" is not: the label means the price went up. The label "All new" or "Completely new" means the price went way up.



***Co-op Cooking*** - I think my love of cookbooks was passed along by my mother who used to bring them home from the library and read them like novels. (She also taught me a recipe is only a starting place). Over the years I have collected quite a few cookbooks. My oldest one is "Dr Chases New Receipt Book" published in 1889 and my newest was picked up last Saturday at our local feed store. The ones that I tend to enjoy the most are those published by local churches, schools, clubs, etc. The recipes are tried and true and usually somebody's favorite. Here is one from a local horse association.

***Creamy Chicken and Rice Bake***

1 can cream soup (chicken or mushroom)

1/2 can water

3/4 cup uncooked long grain white rice

1/2 tsp onion powder

1/3 tsp ground black pepper

2 cups fresh cut-up vegetables (or frozen)

4 boneless, skinless chicken breast halves

1 cup shredded cheddar cheese

Mix soup, water, rice, onion powder and pepper in 2-quart baking dish. Stir in vegetables, (if frozen, thaw under running water). Top with chicken and sprinkle with additional pepper if desired. Cover and bake at 375F until chicken is cooked through and rice is tender (approx. 1 hour). Remove chicken and stir rice. Replace chicken, sprinkle with cheese and place under broiler until cheese is melted and bubbly. Note: Extra-old Cheddar can be used but because it is white, sprinkle with a bit of paprika for colour. Also, for a change of taste, add a sprinkle of grated Parmesan cheese. – *Glenna Weagle*



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Wednesday, May 26, 2010

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



Week of May 23 – May 29, 2010, Vol. 5, No. 12  
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**Openings** - “*To be astonished is one of the surest ways of not growing old too quickly.*” - Sidonie-Gabrielle Colette [kirjasto.sci.fi/colette.htm](http://kirjasto.sci.fi/colette.htm) Openings is a weekly feature of Co-op Circles. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The **2010 Atlantic Credit Union Golf Tournament** is set for September 9<sup>th</sup> & 10<sup>th</sup>, 2010. The golf tournament will take place at the award winning Kingswood Golf and the pre-tournament social will be held at the Fredericton Inn. If you are interested in participating, contact Linda Perry, (506)857-8184 Ext 101, [linda.perry@cucnb.nb.ca](mailto:linda.perry@cucnb.nb.ca)
- A new co-operative looking to establish an **oilseed processing plant** in Lawrencetown (Nova Scotia) received a \$15,000 federal grant Friday (March 26) to help fund a feasibility study <http://www.atlanticfarmfocus.ca/NB-NL-NS-PEI/2010-04-01/article-1054281/Group-funded-for-Lawrencetown-processing-plant-study/1>
- **Victory Credit Union** in Nova Scotia has donated \$500 each to this year’s Victory Challenge recipients. Recipients were, Ellershouse Community Hall, Matthew 25 Food Bank, Cheverie Crossway Salt Marsh Society and the Hants North Rural High School Drama Club. <http://www.victorycreditunion.ca/web?service=direct/1/ViewRotatingPortlet/RotatingPortalBlocks/dlinkArticdl&sp=S2061&sp=3799>
- The **Atlantic Co-operative Youth Leadership (ACYL)** will be hosting its third and final co-operative youth leadership seminar of 2010 this fall. After hosting two events in Prince Edward Island and New Brunswick it is now time to visit Nova Scotia. “The Atlantic Co-operative Youth Leadership is an exciting, creative and interactive leadership seminar for high school students 14 to 18 years of age living in Atlantic Canada. A typical ACYL seminar is 4 days and filled with exhilarating co-operative activities that will contribute to you being a leader!” The date and location has yet to be determined. ACYL will be accepting only five returning ACYL alumni as well as five Creative Directors (young leaders). All applicants will be required to be sponsored (\$300) by a co-operative or credit union in their community. Sponsorship will cover the costs of food, accommodations and registration. Staff and volunteers can assist youth in the sponsorship process. Travel is not included BUT there will be many opportunities to car pool with our volunteer facilitators from across Atlantic Canada. If interested, applications can be filled out online at <http://www.acyl.coop/english/wall.htm> (left hand side bar). Contact Trevor MacDougall, Ph: 506.862.0737 Fax: 506.858.6555 Cell: 506.381-2667 e-mail: [Leadership@acyl.coop](mailto:Leadership@acyl.coop)
- **Rooftops Canada** /Abri International is celebrating 25 years of building homes around the world. Rooftops Canada was launched in late 1984 as the international program of the Co-operative Housing Federation of Canada. It now also represents the five other national and provincial co-op and social housing organizations. Together, Rooftops’ partners own and manage most of the 650,000 non-profit housing units across Canada. Please



visit <http://www.rooftops.ca/english/aboutus/index.asp?page=150> to learn more about the 25th anniversary events.



***Co-op Ed 101*** –This week some background on a worker co-op represented at the Canadian Worker Co-op Federation Annual General Meeting in New Brunswick last fall - **Careforce Home Care Worker Co-operative Ltd.**, Wolfville, Nova Scotia. [www.careforce.ca](http://www.careforce.ca) was formed by the workers of Care Force Home Health Care Services Ltd. (Corporation) to purchase the Corporation(a share purchase) from the owner, Lay Yong Tan. In the fall of 2005, Lay Yong Tan approached the Canadian Worker Co-operative Federation to explore the option of converting his business into a worker co-operative. The member/employees are personal care workers who work under the supervision of a registered nurse. Staff is involved with meal preparation, housekeeping, personal care, respite care, palliative care, appointments and companionship, and any activities required to maintain individuals comfortably and safely in their own environment.

<http://www.coopscanada.coop/assets/firefly/files/files/pdfs/Careforce Home Care Worker Co-op.pdf> - *Maureen MacLean*



***Young Co-operators: The Buds on the Co-op Tree*** - The **Social Economy Student Network** is a cross-discipline network of students studying and interested in issues of non-profit, co-ops, charities, community development, social justice and other such topics that are neither private nor public in nature. The network is hosting the “Student Conference on the Social Economy: Innovation in a Changing World – Critically Exploring Social Economy Alternatives” during the annual Congress of Social Sciences and Humanities. This year, the congress is being held at Concordia University in Montreal. The student event will be held on June 1<sup>st</sup>. Read the invitation at [http://socialeconomy.info/files/u1/Concordia\\_Invitation.pdf](http://socialeconomy.info/files/u1/Concordia_Invitation.pdf) - *Erin Hancock*



***Contest of the Week*** – **Last week’s winner:** Vivian Campbell, Halifax, NS. **Answer:** Mr. Green has red and yellow tulips. Mr. Yellow has blue and green. Mr Red has blue and yellow, and Mr. Blue has red and green. Congratulations! **This week’s contest:** Living in PEI with all the great courses, Doug and David played several golf matches against each other in a week. They played for a Michaels pizza at each match but no pizzas were purchased until the end of the week. If at any time Doug and David had the same number of wins, those pizzas were cancelled. Doug won four matches (but no pizzas) and David won three pizzas. How many rounds of golf were played? 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](mailto:contest1@nbnet.nb.ca)



***Today’s Smile*** - I used to have a handle on life, but it broke.



***Co-op Cooking*** - Another of my favourite cookbooks is a small, handwritten work, bound with a piece of yarn between covers made of wallpaper. It was put together by a Women’s Institute group years ago. Here is one of the recipes it contains.

***Chinese Pork***

1 lb pork steak, cubed

2 tbsp flour  
2 tbsp oil  
3 green peppers, cut in strips  
1 cup celery, cut in 1/2 inch pieces  
3 tbsp chopped onion  
1/2 tsp salt  
1/2 tsp pepper  
3/4 cup crushed pineapple  
1 can consomme  
1/4 cup cider vinegar  
1 tbsp soya sauce  
3/4 cup brown sugar  
3 tbsp cornstarch  
3 cups cooked rice

Dip pork in flour and brown in oil. Add peppers, onion, celery, salt, pepper, pineapple and half the consomme. Stir vinegar, soya sauce, brown sugar and cornstarch together. Bring pork mixture to boil and add vinegar mixture, stirring until sauce becomes shiny. Simmer covered for 15 minutes. Serve with rice. Note: This dish freezes well. – *Glenna Weagle*



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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](mailto:circles1@nbnet.nb.ca) or to unsubscribe: [circles2@nbnet.nb.ca](mailto:circles2@nbnet.nb.ca) Tell your friends about it. Please e-mail us with your questions, suggestions and memories at [circles1@nbnet.nb.ca](mailto:circles1@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](http://www.mystfx.ca/coady-library/coop_circles/index.htm) Next *Co-op Circles*:  
Wednesday, June 2, 2010

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



**Week of June 6 – June 12, 2010, Vol. 5, No. 13**  
*Edited and Compiled for you, by the Rising Tide Collective\**

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**Openings** - “Don’t ask what the world needs. Ask what makes you come alive and go out and do it. Because what the world needs is people who have come alive.” - Howard Thurman  
[en.wikipedia.org/wiki/Howard\\_Thurman](http://en.wikipedia.org/wiki/Howard_Thurman) 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 [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- The first twelve women graduated from the Co-operative Enterprise Council of New Brunswick’s **Women’s Co-op Business Program** and CBC television was there to cover it. [http://www.cbc.ca/video/#/News/Local\\_News/NB/ID=1504973270](http://www.cbc.ca/video/#/News/Local_News/NB/ID=1504973270) The board, staff, and members of the Co-operative Enterprise Council, congratulate the graduates: Rachel James, Nancy O’Connell, Sarah Doiron, Stephanie Landry, Lethania Martinez, Denyse Milliken, Arveen Vij, Dianne LeBlanc, Hilda Brudkowski, Melanie Chiasson, Krista Davis and Heather Horseman.
- Amber Delorey a former participant, young leader and now volunteer facilitator of the Atlantic Co-operative Youth Leadership (ACYL) program, presented the ACYL developed **Diversity Workshop to The Healthy Relationships for Youth (HRY) Program** on Friday, May 28th in Antigonish, NS. HRY is a school based violence prevention program which includes youth as peer educators in the classroom as well as in their schools and communities. ACYL represents co-operatives and credit unions across the Atlantic region and continues to look for new ways to stay active in your local communities. For information about ACYL visit [www.acyl.coop](http://www.acyl.coop)
- The Atlantic Co-operative Youth Leadership (ACYL) will be hosting its **3rd and final seminar of 2010 at Mount Traber, Nova Scotia** from Sept. 30 - Oct. 3, 2010. ACYL will only be accepting 40 youth from across the Atlantic Provinces. Registration is now open. If you or a friend is interested please fill out the participant application at <http://www.acyl.coop/english/wall.htm> (left hand side bar). ACYL will be accepting 35 new participants, 5 returnees and 5 young leaders (Creative Directors).
- Young people in Newfoundland and Labrador will have the opportunity to develop new skills and pursue career development opportunities in the co-op sector through a new pilot project funded by the provincial government. The **Newfoundland and Labrador Federation of Co-operatives (NLFC)** will work in partnership with the province to implement the three-year, \$250,000 initiative. The program will help **young people** develop skills and find employment in the co-op sector. It will also inform young people about how they can create jobs for themselves by forming worker co-ops. In addition to generating opportunities for skills and career development for youth, this pilot project will also assist the province's co-ops in addressing employee succession issues. [www.nlfc.coop](http://www.nlfc.coop)
- Forty-six volunteers received recognition awards for their work on a **literacy centre pilot project** at two School District 5 schools in New Brunswick. Education Minister Roland

Haché and the Fondation des caisses populaires acadiennes recognized the partners involved in the literacy project at Académie Notre-Dame in Dalhousie and École Le Tournesol in Petit-Rocher in School District 5, L'Étoile du Nord. The project was developed in District 5 and launched by the Department of Education and the Caisses populaires acadiennes in December 2009. For more information see

[http://www.acadie.com/en/communiqué\\_affiche.cfm?id=1448](http://www.acadie.com/en/communiqué_affiche.cfm?id=1448)

- A new co-op was recently incorporated in Prince Edward Island to provide housing. The **Social Affordable Residence Atlantic Housing Co-operative Limited (Sara Co-op)** is just in its formation stages. More information is available from Fred Martens through the PEI Co-op Council, [peicc@peicc.coop](mailto:peicc@peicc.coop)
- Co-op Atlantic <http://www.coopatatlantic.ca/> has announced another exciting activity of the **Eat Atlantic Program**. They have just launched the **Let's Grow** Seed program, which involves 25,000 Atlantic schoolchildren growing food. In early May, all grade 3 classes in English schools and all grade 4 classes in French schools received a **Let's Grow** kit, which included a package of bean seeds, a fun activity guide with growing instructions, and interactive activities at the [www.eatatatlantic.ca](http://www.eatatatlantic.ca) web site. All students can register online to receive and share growing tips, and for a chance to win one of five bicycles.
- Credit union executive **Jamie Baillie** has announced his candidacy for the leadership of Nova Scotia's Progressive Conservative party, surrounded by several faces from his own and the province's political past. Baillie, 44, who was chief of staff to former premier John Hamm and is president of **Credit Union Atlantic**, said he is offering a new way of doing things <http://www.metronews.ca/toronto/canada/article/544273--credit-union-executive-becomes-first-candidate-who-wants-to-lead-n-s-tories>



**Co-op Ed 101** –This week I found a few interesting co-ops on **Center for Sustainable Community** <http://centerforsustainablecommunity.org/co-ops.html> *Stelle Community Co-ops* - Stelle (rhymes with bell) is a small community located amid the cornfields of northeast Illinois. Currently comprised of 44 households, the community was founded in 1973 by The Stelle Group, a small not-for-profit organization, in order to create a supportive environment where individual human development would be a foremost priority. <http://www.stellecommunity.com/> Center for Sustainable Community is involved in several of Stelle's co-op ventures *CSC* exists to foster a learning community, to demonstrate models and practices of sustainability, and to build supportive and durable relationships. - *Maureen MacLean*



***Young Co-operators: The Buds on the Co-op Tree*** - Co-op Atlantic just announced an exciting new opportunity. They have been promoting eating local for a while now and they are committed to continuously keeping this message fresh and forefront for people in Atlantic Canada. They are inviting aspiring filmmakers from anywhere in Atlantic Canada to submit a short film that will inspire people to eat local. You have up to 1.5 minutes to get your message across in a creative way. The deadline for entries is August 15. Learn more about the video contest at <http://www.eatatatlantic.ca/index.cfm/en/contests> and also check out the great prizes. - *Erin Hancock*



***Contest of the Week*** – Last week's winner: Patrick Dempsey, Yarmouth, NS. **Answer:** Eleven rounds of golf were played. Congratulations! **This week's contest:** Flip me upside down or read me backwards, and you have the same thing. Remove one of me, and you have what a famous

Henry was. If you instead remove the other of me, and turn me on my side, you could try to count to me, but would never arrive. 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](mailto:contest1@nbnet.nb.ca)



**Today's Smile** - Being over the hill is much better than being under it!



**Co-op Cooking** - Curry is one of the spices we are told we should include in our diet as the health benefits are said to be many. Personally, I add it to foods quite often, simply because I like the flavour. In this recipe you can pair the taste of curry with a choice of different meats so that it becomes a new and different dish.

***Chicken-Apple Curry***

4 cups cooked, cubed chicken  
1 large onion, diced  
1/2 cup diced raisins  
1/2 cup diced celery  
1 1/2 cups diced, unpeeled apples  
1/4 cup butter  
2 tbsp flour  
1 tbsp curry powder  
1 tbsp brown sugar  
1/2 tsp garlic powder  
1/2 tsp ginger  
1 1/2 tbsp chicken bouillon mix.  
1 1/2 cup water  
1 tbsp lemon juice

Spring onions, diced, for garnish

Heat butter in skillet, add onions and cook until transparent. Add apples and raisins; sauté 5 minutes, add celery and cook 2 more minutes. Combine seasoning and flour and blend in; add chicken bouillon mix dissolved in water with lemon juice, and stir until thickened. Simmer 2 to 3 minutes stirring all the time. Fold in chicken, mix well. Garnish with spring onions. Serve on a bed of rice with apple chutney and fresh cucumber salad. Note: turkey, pork or lamb can be used instead of chicken. – *Glenna Weagle*



***Co-op Community Bulletin Board***

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- June 9 – 12 – Co-op Housing Federation Annual General Meeting, London, ON
- June 14-16, 2010 – Canadian Co-operative Association Congress 2010: Co-operation and sustainability: the way forward, The Westin Bayshore, Vancouver, BC
- June 15, 2010 – Annual Meeting, Advance Savings Credit Union, 7 pm, Moncton, NB, Futures Inn (off Mapleton Road)
- June 23, 2010 – Nova Scotia Co-operative Council Annual General Meeting, Halifax, NS Healthcare Workshop ~ 1 – 2:30 PM, Annual Meeting ~ 3 - 5:00 PM, Radisson Suite Hotel, Halifax. Space is limited, so please RSVP to [andrea@nsco-opcouncil.ca](mailto:andrea@nsco-opcouncil.ca) or (902) 893-8966, indicating which events you plan to attend (see attached for further info on the workshop)



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



Week of June 13 – June 19, 2010, Vol. 5, No. 14  
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**Openings** - Openings is a weekly feature of Co-op Circles. “*Gratitude is something of which none of us can give too much. For on the smiles, the thanks we give, our little gestures of appreciation, our neighbors build their philosophy of life.*” - A.J. Cronin

[www.bookrags.com/A. J. Cronin](http://www.bookrags.com/A. J. Cronin) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The **Fondation des caisses populaires acadiennes** invests in youth and recently held its 2010 scholarship draw. This year, 50 students were eligible for a \$1,000 scholarship. These scholarships were distributed in the five regions served by the Caisses populaires acadiennes and associated co-operatives. The draw for these 50 scholarships took place May 17, 2010, at the Édifice Martin-J.-Légère, the Fondation headquarters. The scholarships will be given to the recipients during the Semaine de la coopération, next October. To see the winners, go to <http://www.acadie.com/en/communiquer/affiche.cfm?id=1529>
- **The Co-operative Development Foundation of Canada (CDF)** is reaching out to co-operatives and credit unions across Canada for financial support to aid member families affected by Hurricane Agatha, a recent tropical storm that has thrashed the countries of Guatemala, El Salvador, and Honduras. Co-operative members of at least three of the Canadian Co-operative Association (CCA)'s agricultural partners in the region are among those affected. Cuatro Piños in Guatemala, and the Sociedad Cooperativa Productores de Marañón and Acodasjar in El Salvador report mudslides and damaged homes. El Porvenir Plantain Producer's Co-operative, a co-operative located in northern Honduras, has lost 80 acres of cultivated land. CDF President Wayne McLeod and the CDF Board ask Canadians to support those who have lost so much. “The people of these regions already have challenging lives; it is hard to imagine how this devastation will affect their way of life.” Guatemala, El Salvador, and Honduras have all declared a state of emergency. CCA will be responding immediately by sending funds to rebuild partner co-operatives and members' homes. Donations to the **CDF Hurricane Agatha Relief Fund** may be made at [www.cdfcanada.coop](http://www.cdfcanada.coop), or by mail to the Co-operative Development Foundation of Canada, 275 Bank Street, Suite 400, Ottawa, Ontario, K2P 2L6. Please indicate that your donation is designated for the Hurricane Agatha Relief Fund. For more information, please email CDF Fundraising Officer [sarah.richardson@coopscanada.coop](mailto:sarah.richardson@coopscanada.coop) or phone (613) 238-6711 ext.217.



**Co-op Ed 101** – The **Nova Scotia Co-operative Council** <http://www.nasco-opcouncil.ca/aboutus.php> is the provincial development arm of the co-operative and credit union system. It is governed by a volunteer board of directors made up of representatives from co-operatives and credit unions from across the province. It will hold its 61<sup>st</sup> Annual meeting next week in Halifax. Read about its new projects and innovative programs [http://www.nasco-opcouncil.ca/news\\_pressrelease.php](http://www.nasco-opcouncil.ca/news_pressrelease.php) - *Maureen MacLean*





**Young Co-operators: The Buds on the Co-op Tree** - If you are a Francophone youth and would like a great summer job in Alberta, consider the Alberta Economic Council. They are hiring a Co-operative Development Coordinator for a 3 month contract beginning in late June. To obtain a copy of the job description, inquire soon by calling 1.888.414.6123. Learn more about them at <http://www.lecdea.ca/index.php> - Erin Hancock



**Contest of the Week** – **Last week's winner:** David Kerr, MB **Answer:** Flip me upside down or read me backwards, and you have the same thing. Remove one of me, and you have what a famous Henry was. If you instead remove the other of me, and turn me on my side, you could try to count to me, but would never arrive. What number am I? **88** Congratulations! **This week's contest:** There are four people representing their co-operatives and all of them are sitting at a SQUARE table playing a game. Their names are Carl, the Co-op Store Manager, Wanda, the Worker Co-op Owner, Cathy, the Credit Union CFO, and Isabel, the Co-op Insurance Agent. Read the clues and figure out who sits where at the table. Isabel, the Co-op Insurance Agent, is at the left of Carl, the Co-op Store Manager. Carl, the Co-op Store Manager, sits on the right side of the table. Wanda, the Worker Co-op Owner, is on the right of Carl, the Co-op Store Manager. So where does Cathy, the Credit Union CFO sit? 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](mailto:contest1@nbnet.nb.ca)



**Today's Smile** - Could crop circles be the work of a cereal killer?



**Co-op Cooking** - If you are looking for a dessert that is a crowning touch to any meal, you can not go wrong with any recipe made with phyllo pastry. Add to that the fact that apples and almonds seem to be made for each other and these tarts are bound to become a family favourite. If you want to make them a little easier on the waistline you can switch the butter for a soft margarine and/or use a brown sugar substitute which is made for baking or a half-and-half mixture of brown sugar and sucralose.

**Apple Almond Phyllo Crisps**

2 sheets phyllo pastry  
2 tsp butter, melted  
2 tbsp chopped almonds, toasted  
1 1/2 tsp icing sugar

Lay single sheet of phyllo on counter; brush with half of the butter. Using scissors, cut crosswise into three 5-inch wide strips; fold each into thirds to form square shape. Using scissors, round off corners and gently mold into muffin cups. Repeat with remaining phyllo to make 6 shells. Bake in 400F oven for 5 minutes or until golden.

**Apple Filling:**

1/3 cup packed brown sugar  
1 tbsp lemon juice  
1/2 tsp cinnamon  
3 cups sliced peeled apples

In heavy skillet, combine sugar, lemon juice and cinnamon; cook over medium heat until bubbly. Add apples and cook, stirring often, for 5 minutes or until tender; let cool slightly. Spoon

into prepared shells. Sprinkle with almonds; sift icing sugar over top. Serve warm or at room temperature. – *Glenna Weagle*



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- June 23, 2010 – Nova Scotia Co-op Council Annual Meeting Banquet and Harbour Cruise on Halifax Harbour aboard the Harbour Queen I, featuring entertainment from performers, [Abbey Road](#), 6 – 9 PM. Tickets are \$50 for members, \$60 for non-members. RSVP to [info@nsco-opcouncil.ca](mailto:info@nsco-opcouncil.ca) or (902) 893-8966. Space is limited, so register early.



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- “*I am still keeping up with the co-op world thanks in part to your work in producing Co-op Circles. Thanks for your leadership in keeping co-ops (and all the others on your mailing list) informed about co-op activities.*” – DK, MB



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***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. *“So much has been given to me; I have no time to ponder over that which has been denied.”* - Helen Keller

[www.helenkellerfoundation.org](http://www.helenkellerfoundation.org) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The former manager of Cheticamp Co-operative, **Cyril Aucoin**, 53, passed away peacefully on June 20, 2010 at the Sacred Heart Community Health Centre surrounded by his family. Born in Cheticamp, he was the son of the late Edouard (Eddie à Méderick) and Henriette (LeBlanc). Cyril worked for Robin Jones and Whitman for 30 years before assuming the managerial role at the Cheticamp Co-op in 2004. He was known as a hard worker who inspired many with his positive attitude, keen sense of humour, and kindness and generosity. In his spare time, he enjoyed hiking and spending time in the woods. Cyril was an avid golfer and loved to play cards with his many friends 'à la campe.' He was a member of the Cheticamp Legion, Branch 32, and served with the Cheticamp Search and Rescue and the North Inverness Recreation Community Association (NIRCA) for many years. Cyril was devoted to his family, community and customers. He helped those in need from all walks of life and knew everyone from Bay St. Lawrence to Port Hawkesbury. He knew their names, the names of their children, but mostly the year, make and colour of their car or truck. Cyril's female cousins and nieces formed a choir for the funeral under the direction of one of his brothers who used to be the music teacher in Cheticamp. Shean Co-op store manager, Glenn MacEachern, sang solo during the funeral Mass. The church was packed. To his family, the Praskey family, and many others, he was the gifted seventh son, the light that showed the way. He will be sadly missed by his mother Henriette (Foyer Père Fiset), Cheticamp; his partner Sally Praskey; his brothers Michel (France), Grand Etang; René (Shelly), Cheticamp; Robert (Mary), Cheticamp; Réjean (Yolande), Cheticamp; Gérard (Joan), Mt. Pearl, NL; Claude (Diane), Halifax; and sister Nicole (Shawn) MacKenzie, Heatherton; and his very special friend Gordon Praskey. He was a devoted uncle to Brigitte, Jacynthe, Jean-Michel, Nicolas, Antoine, Arielle, Karina, Hayley, André, Karolyn, Rachelle and Marcelle, and godfather to Arielle Aucoin and Claire (Larade) Cann. He was predeceased by his brothers Marcel and Léonce and his nephew Jean-Phillipe. Funeral Mass was held at 10 a.m. on Friday, June 25, St. Peter's Church, Cheticamp. Interment to be held at a later date. Donations, in lieu of flowers, may be made to the Sacred Heart Community Health Foundation or the Canadian Cancer Society. Online condolences may be sent to [cyrilaucoin@hotmail.com](mailto:cyrilaucoin@hotmail.com)
- **Dr. Sonja Novkovic**, an economics professor at Saint Mary's University in Halifax, has won the 2010 CASC Award of Merit from the Canadian Association for Studies in Co-operation. Dr. Novkovic teaches in Saint Mary's Masters of Management Co-operatives and Credit Unions program as well as in the university's economics department. She is the academic

lead researcher for the Measuring the Co-operative Difference Research Network, [http://www.coopscanada.coop/en/info\\_resources/CURA](http://www.coopscanada.coop/en/info_resources/CURA) a five-year, \$1 million project aimed at studying the economic, social and environmental impact of co-operatives and credit unions in Canada. Dr. Novkovic was presented with her award at the CASC conference in Montreal on June 3.

- The **Canadian Co-operative Association** ([www.coopscanada.coop](http://www.coopscanada.coop)) is looking for someone to help with **Agricultural and Financial Co-operative Development** in Phnom Penh, Cambodia and surrounding rural areas. The length of the assignment is eight weeks, beginning in September. If you are interested, please send letter of intent and resumé to [sarah.feldberg@coopscanada.coop](mailto:sarah.feldberg@coopscanada.coop) by July 5, 2010. This is a voluntary assignment. Domestic and international airfare, ground transport, visa, travel insurance, out of country accommodation, and a monthly meal/incidental allowance will be covered by CCA as per CCA guidelines.
- The inaugural **Worker Co-op 'Best Practices Award'** will be given out at this year's 2010 CWCF Annual Conference in Vancouver (October 28-30). The Best Practices Award will enable sharing of innovative practices with other worker co-operatives in Canada to help strengthen the movement. It will also recognize worker co-operative excellence. The Worker Co-op Merit Award will be given to an individual to recognize outstanding contributions to the worker co-op movement. The Merit Award winner and one member of the co-op from the winner of the Best Practices Award will have their registration and travel expenses covered to attend the CWCF Conference. Deadline for nominations is August 27th. [www.canadianworker.coop](http://www.canadianworker.coop)
- The Canadian Co-operative Association's **Governance Award** for small organizations went to the **Canadian Worker Co-op Federation** for its review and subsequent changes to its membership and governance systems and structures. The CCA panel also recognized CWCF's success in bridging the gap between anglophone and francophone members, and its ability to carry out its work with limited resources. The changes have resulted in a more diverse board, a more engaged membership and they have enabled two Quebec federations to join CWCF for the first time. The CWCF's Peter Hough accepted the award from CCA Board member Mary Nirlungayuk at the recently held CCA Congress in Vancouver. [www.canadianworker.coop](http://www.canadianworker.coop)
- **Charlottetown Queen St. Farmers Market** will open on Friday, July 2nd, 3PM The opening day features flour making demonstrations, music by children and traditional folk music entertainer Michael Pendergast, face painting for the kids and a variety of delicious foods. Located at 420 Upper Queen Street (south side of the Queen Street Co-op Food Market), the weekly market will operate from 3 to 8 PM every Friday throughout the summer and fall and will offer an array of fresh organic and conventional farm fresh produce, berries, fresh cut flowers, spices and herbs, organic fair trade coffee and a variety of ready to eat ethnic foods. For more information on the market call 626-4364 or email [queenstfarmersmarket@gmail.com](mailto:queenstfarmersmarket@gmail.com)
- The venue for the **Canadian Worker Co-op Federation's AGM/ Conference** has been moved to downtown Vancouver, October 28-30. The keynote speaker will be Peter Robinson, CEO of the David Suzuki Foundation and former CEO of Mountain Equipment Co-op. The theme is Worker Co-operatives and Sustainable Development. The CoopZone Developers' Network will be hosting workshops in conjunction with the CWCF Conference.

The location will be the YWCA Hotel, in the heart of downtown Vancouver.

[www.canadianworker.coop](http://www.canadianworker.coop)

- Advance Savings Credit Union offers ways to cool down without breaking the bank this summer in Moncton, NB. Go to [http://www.facebook.com/pages/Advance-Savings-Credit-Union/35023037427?ref=ts#!/pages/Advance-Savings-Credit-Union/35023037427?v=app\\_2347471856&ref=ts](http://www.facebook.com/pages/Advance-Savings-Credit-Union/35023037427?ref=ts#!/pages/Advance-Savings-Credit-Union/35023037427?v=app_2347471856&ref=ts) to get Advance's cool and refreshing tips.
- Four credit unions placed this year in Progress Magazine's annual list of Atlantic Canada's Best Places to Work, an achievement indicating high levels of employee satisfaction. **Newfoundland and Labrador Credit Union** placed 4th, **Omista Credit Union** in Moncton was 12th, **Bayview Credit Union** in New Brunswick was 20th and **Heritage Credit Union** was 24th. Ambir, an IT consulting firm with offices in Halifax, Saint John, and Fredericton, placed first. One common factor for this roster of progressive employers is that many excel at recruiting and retaining employees. Overall engagement score for the organizations ranked on this year's Best Places to Work list was 86% on average. Three-quarters of workplaces offer telecommuting options, 60% offer compressed workweeks, 17% offer eldercare assistance, and 30% provide adoption assistance. On average, organizations provide 39 hours of annual training per employee, 90% offer bonus or incentive opportunities, and 87% offer wellness or fitness programs. To determine the region's Best Places to Work, Progress Magazine partners with Pennsylvania-based Best Companies Group (BCG), a research firm that manages best company programs in North America and one in Western Australia. BCG conducts an extensive two-part survey, including an organizational overview of each company's policies and procedures and an in-depth employee questionnaire. "Making the list has become more competitive, and employee satisfaction levels required to make the list are climbing each year," says BCG president Peter Burke. "Meeting these standards is no easy accomplishment." The ranked companies and related stories appear in the July/August issue of Progress Magazine, and will be available online at [www.progressmedia.ca](http://www.progressmedia.ca).
- **Newfoundland and Labrador Credit Union** recognizes the contribution of graduating high school students to their community. The growth of Newfoundland and Labrador Credit Union exemplifies the achievements of people working together in their own communities. The credit union encourages those qualities of good citizenship and co-operation through scholarship programs. Completed applications are required on or before September 15, 2010, in order for the application to be accepted. Go to: <https://www.nlcu.com/Home/ProductsAndServices/YourMoney/Students/Scholarships/index.jsp> for further details.



**Co-op Ed 101** – This week with fresh strawberries arriving at Co-op stores, I decide to see if there was a strawberry co-op on the Web. The **Watsonville Berry Co-op** <http://www.berrycoop.com/> has been giving local growers a fair chance at making a profit in the competitive berry market for over 50 years. Started in 1954 when local growers, weary of dealing with produce brokers, decided to avoid the middleman and band together to market their own berries, the co-operative is now composed of 27 ranches whose strawberry and raspberry crops are marketed under the Berry Bowl label.

The Watsonville Berry Co-op is a Northern California organization with most of the growers in and around Watsonville. The Watsonville Berry Co-op is headquartered in the small town of Pajaro, just outside and to the south of Watsonville. - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - CCA's International Youth Internship Program (IYIP) offers young graduates the work experience they need to secure good jobs - in Canada or abroad. It also provides them with an opportunity to discover the world and themselves. Applicants are asked to submit an application form, CV and cover letter as well as two reference forms by July 19, 2010. For more information on this year's internship program please email [interns@coopscanada.coop](mailto:interns@coopscanada.coop) - *Erin Hancock*



**Contest of the Week** – **Last week's winner:** Marsha Long, Bayview CU and Joyce Humble, Progressive CU **Answer:** Cathy, the Credit Union CFO, sits directly across from Carl, the Co-op Store Manager. Congratulations! **This week's contest:** Martin answered his mobile phone. "Martin here." "It's Holly. Do you have the package?" "Yes. I have it, in its box." "Very good," said Holly. "So send the box to me using the lock I gave you last time we met." "I'm afraid I can't," said Martin. "Why not? The locking ring on the box is more than large enough to fit a padlock." "I seem to have um, misplaced the lock." "You what!" said Holly her voice whispering. "Do you have any other locks?" "Yes, but you don't have the keys to them. We can't risk sending an unsecured box, nor an unsecured key. Sending an unlocked lock is out of the question, because they re-lock themselves automatically after a 2 minute timeout." "Okay. I have a spare lock here... How much time do we have?" "Plenty," replied Martin "Good. I have a solution," said Holly. How can they get the box and the object from Martin to Holly without any security risk? 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](mailto:contest1@nbnet.nb.ca)



**Today's Smile** - Why do they lock gas station bathrooms? Are they afraid someone will clean them?



**Co-op Cooking** - When you want to serve a pasta that is a cut above the rest, try this seafood combination. Delicious!

***Seafood Angel Hair***

12 oz uncooked angel hair pasta  
1/2 lb uncooked medium shrimp, peeled and deveined  
2 garlic cloves, minced  
2 tbsp olive oil  
2 1/2 lbs fresh tomatoes (about 8 medium), chopped  
1/4 cup chicken broth  
1 tsp sugar  
1 tsp chicken bouillon granules  
1/2 tsp salt  
1/8 tsp pepper  
8 oz imitation crab meat, chopped

Cook pasta according to package directions. While pasta cooks, sauté shrimp and garlic in oil for 5 minutes or until shrimp turns pink. Remove from pan and keep warm. In same skillet, combine tomatoes, broth, sugar, bouillon, salt and pepper. Bring to a boil. Reduce heat and simmer uncovered for 15 minutes. Stir in crab and shrimp. Heat through. Drain pasta and serve with seafood mixture – *Glenna Weagle*



***Co-op Community Bulletin Board***

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



**Week of July 4 – July 10, 2010, Vol. 5, No. 16**  
*Edited and Compiled for you, by the Rising Tide Collective\**

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**Openings** - Openings is a weekly feature of Co-op Circles. “*I can live for two months on a good compliment.*” - Mark Twain [en.wikipedia.org/wiki/Mark\\_Twain](http://en.wikipedia.org/wiki/Mark_Twain) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- The Boards of Directors of **Central Credit Union (O’Leary) and Evangeline Credit Union (Wellington and Tyne Valley)** are exploring the opportunity for an amalgamation of the two Credit Unions. Both Boards believe that the Credit Unions share similar values and have strong commitments to their owners, staff and communities. The Boards also believe that an amalgamation will build on the strengths of both Credit Unions, provide greater access and services for all owners and provide more career opportunities and specialization for staff within a larger organization. Once combined, the Credit Union would have assets of over \$100 Million, three branches (Wellington, Tyne Valley and O’Leary) and some 10,000 owners. More information will be shared with Owners as plans are further developed. Management and Boards of both Credit Unions are working closely together as all of the necessary details are examined. Alfred Arsenault, current Manager of Evangeline Credit Union said “Status quo provides comfort whereas change provides opportunities.’ The final decision on the amalgamation will be with the membership meetings and a vote by owners of both Credit Unions. “It is a very competitive environment within the financial industry, and options such as amalgamations must be considered to ensure that we maintain our distinct advantage for the future” said Roger Young, current Manager of Central Credit Union in O’Leary.  
<https://www.centralcreditunion.com/Home/YourCreditUnion/AboutUs/WhatsNew/index.jsp>
- **Tignish Credit Union** invites applications for a full-time position as **Commercial Account Manager**. Applications can be sent to Louis Shea, General Manager, Tignish Credit Union, 284 Business Street, Tignish, PE COB 2B0 Email: [lshea@tignish.creditunion.net](mailto:lshea@tignish.creditunion.net) Tignish Credit Union is a community based full-service financial institution with assets of \$105 Million, operating a diversified lending portfolio with the business sector focus on small to medium enterprise. The membership base is approximately 10,000 with branch offices in Tignish and Alberton servicing these communities and surrounding areas.
- **Co-op Atlantic** was recently awarded the **Best Small Meeting Award in Canada** for its 2009 Board Tour of Zone 4: Mainland Nova Scotia. This national award program is sponsored by Meetings & Incentive Travel magazine and the InterContinental Hotels Group. It recognizes and awards organizations that invest in meetings as an integral part of doing business. The winner had to have clearly defined goals and objectives for the meetings and be able to measure and calculate a positive return-on-investment for the event. Murielle DiDomenicantonio, the Board Liaison and Meeting Planner at Co-op Atlantic, submitted the award entry and provided a business case describing how Co-op Atlantic manages an event such as the annual Board Tour. From a total of 120 entries submitted



from across the country, 19 were selected as finalists. The entries were tallied and vetted through an impartial board comprised of industry leaders across Canada. An awards ceremony will take place in August at the Incentive Works Trade-show in Toronto.

- **Co-op Atlantic** has been awarded **the Canadian Co-operative Association's Governance Award for 2010**. This award recognizes co-operative organizations that display exceptional leadership in co-operative governance and whose governance process reflects the co-operative values and principles. The award cited Co-op Atlantic for: "going back to basics and turning the business around in very complex and challenging circumstances." In presenting the award to Co-op Atlantic, CCA's president, Claude Gauthier, praised our board's "proactive and transparent communications with its member co-ops." Co-op Atlantic has turned multi-million dollar operating profits for each of the past five years. In the early part of the decade, however, it experienced several years of substantial losses. The board and management made a number of difficult decisions, including closing more than a dozen money-losing locations. After making cuts to ensure profitability in all areas of its business, Co-op Atlantic has now achieved a level of financial stability that would have been unimaginable a decade ago. In expressing his gratitude at the announcement, Co-op Atlantic's president, Marcel Garvie, said the award should be shared with the Executive Management Team because without the full collaboration and co-operation of both parties - Board and Management - this happy event would not have occurred. "This was really a joint achievement of the Board and the senior management. Without that synergy, the turnaround that we are seeing now would not have been possible," said Garvie. The Governance Award competition required that candidates describe their leadership in governance, and the part it played in effecting a turnaround in the organization's financial situation. Readers will recall that the period covering the years 2003 to 2009 was indeed a challenging one. A successful turnaround plan was devised, under the governance of Co-op Atlantic's Board of Directors, and the leadership of its Executive Management Team. Key components of this plan were the constant communication flow and the reception of feedback from the membership throughout the process.
- The second annual **NS Credit Unions Photo Contest** kicked off in late May. Members and employees of Atlantic Credit Unions are invited to submit their photos for consideration. Twelve winning photos will be selected, with the winners receiving \$100 each. Photos will be chosen to demonstrate the variety and range of beauty and culture in the Atlantic region, throughout the seasons. Deadline for this contest has been extended to July 23, 2010.
- **Co-op Week 2010** will take place across Canada from October 17-23, with International Credit Union Day on Thursday, October 21. This year's Co-op Week theme is Experience the Co-operative Difference, a celebration of the advantages co-operatives have over other business models. Spread the word about the co-operative difference with these colourful and attractive Co-op Week posters, leaflets and buttons. Go to [www.coopscanada.coop/CoopWeek2010](http://www.coopscanada.coop/CoopWeek2010) to find out more and download an order form. Deadline for orders is Friday, August 13, and materials will be sent out by mid-September. For more information, contact Donna Balkan at [donna.balkan@coopscanada.coop](mailto:donna.balkan@coopscanada.coop) or Tanya Gracie at [tanya.gracie@coopscanada.coop](mailto:tanya.gracie@coopscanada.coop). For International Credit Union Day materials, contact Magda Stec at [stecm@cucentral.com](mailto:stecm@cucentral.com)



**Co-op Ed 101** – This week, we present an interesting Nova Scotian co-op. **EduNova** is a non-profit co-operative association established to promote Nova Scotia's expertise in education and

training to international markets. EduNova was founded in 2005 with support and endorsement from the Province of Nova Scotia, the Canadian government, and several Nova Scotia based public and private education institutions.

<http://www.ic.gc.ca/app/ccc/srch/nvgt.do?lang=eng&prtl=1&sbPrtl=&estblmntNo=234567030952&profile=cmlptPrfl&profileId=21&app=sold> EduNova is a membership-driven organization with membership from all 11 universities in the province, the Nova Scotia Community College, the seven (7) English school boards through the Nova Scotia International Student Program (NSISP), and several private education and training partners. - *Maureen MacLean*



**Young Co-operators: The Buds on the Co-op Tree** - The Canadian Co-operative Association has just received confirmation from the Canadian International Development Agency for three more years of international internship programs for young co-operators. The application process will run a little faster than normal because of the late announcement of funding, so interested youth should contact CCA right away if interest in these programs. This year's internships are as follows:

- 1) Assistant Administration Officer - Peru - Cooperativa Agropecuaria Atahualpa
- 2) Agriculture Advisor - Peru - Cooperativa Agropecuaria Atahualpa
- 3) Research and Systems Development Officer - Cambodia - Cambodian Community Foundation Network (CCFiN)
- 4) Communications Officer - Ghana - Ghana Co-operative Credit Unions Association Limited (CUA)
- 5) Gender Program Officer - Ghana - Ghana Co-operative Credit Unions Association Limited (CUA)
- 6) HIV/AIDS and Gender Program Officer - Malawi - Malawi Union of Savings and Credit Co-operatives (MUSCCO)
- 7) Credit Union Development Officer - Malawi - Malawi Union of Savings and Credit Co-operatives (MUSCCO)
- 8) Information Technology Officer - Ghana - Social Enterprise Development Foundation of West Africa (SEND)
- 9) Value-Addition Officer - Uganda - Uganda Co-operative Alliance
- 10) Peace and Conflict Impact Assessment Officer - Uganda - Uganda Co-operative Alliance
- 11) Micro Enterprise Development Officer - Rwanda - UGAMA
- 12) HIV/AIDS and Gender Program Officer - Rwanda - UGAMA.

To learn more about the internship programs and download the application form, visit [http://www.coopscanada.coop/en/international\\_dev/CCA\\_International\\_Programs/IYIP](http://www.coopscanada.coop/en/international_dev/CCA_International_Programs/IYIP) and send any questions to [interns@coopscanada.coop](mailto:interns@coopscanada.coop). Interested applicants are asked to indicate interest and fill out an application form as soon as possible. Please circulate through youth networks. Deadline is July 19. - *Erin Hancock*



**Contest of the Week** – **Last week's winner:** Last week we had no correct entries. Everyone must be on holiday. **This week's contest:** Can you guess what the missing words are in the following 5 sentences?

- 4 s\_\_\_ in a y\_\_\_.
- 30 d\_\_\_ in S\_\_\_.
- 32 t\_\_\_ in a m\_\_\_.
- 26 l\_\_\_ in the E\_\_\_ a\_\_\_.
- 50 s\_\_\_ on the A\_\_\_ f\_\_\_.

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***Today's Smile*** - A smile 4 our instant message friends: What u call dog with no legs? Don't matter wot u call him, he ain't gonna come.



***Co-op Cooking*** - If you are looking for an elegant dessert to finish a meal, try this semifreddo. Although semifreddo means partially frozen, this can freeze quite firmly. If very firm, place in refrigerator for 15 to 20 minutes before serving to soften slightly.

***Raspberry Lemon Semifreddo with Melba Sauce***

1 can sweetened condensed milk  
1/3 cup lemon juice  
1 tbsp grated lemon zest  
1 cup whipping cream  
1 bag frozen raspberries, divided  
1/2 cup raspberry jam  
1/4 cup orange juice  
1/3 cup granulated sugar  
2 tsp cornstarch  
2 tbsp water

For the semifreddo, in a mixing bowl, combine sweetened condensed milk, lemon juice, lemon zest and whipping cream. Beat on high speed until thickened and soft peaks form. Fold in 1/3 of frozen raspberries. Spoon the mixture into a plastic or glass lined 9 x 5-inch loaf pan. Freeze for 4 to 5 hours, or until firm. Cover if freezing overnight.

For the sauce, in a saucepan, combine remaining raspberries, raspberry jam, orange juice and sugar. Bring mixture to a gentle boil, cooking until raspberries are very soft, (about 8 minutes). In a small bowl, combine cornstarch with water and mix thoroughly. Add to raspberry mixture, stirring constantly, until mixture thickens slightly. Remove from heat. Strain through a fine sieve to remove seeds. Cover and refrigerate. To serve, take semifreddo from pan. Cut into slices; place on serving plates and spoon melba sauce over slices. Semifreddo can be made ahead, wrapped well and frozen for up to five days.

Melba Sauce can be covered and refrigerated two days ahead or frozen for two weeks. Note: Spray loaf pan before fitting with plastic wrap. This helps the wrap to stay in place. – *Glenna Weagle*



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



**Week of July 18 – July 24, 2010, Vol. 5, No. 17**  
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**Openings** - Openings is a weekly feature of Co-op Circles. *“For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life.”* - Alfred D. Souza [www.soulonline.org/bigquest/writings/february/hapiness.htm](http://www.soulonline.org/bigquest/writings/february/hapiness.htm) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- The **Distinguished Co-operator Awards** program was established to recognize the enormous contributions made by Nova Scotian co-operators to the economic and social well-being of our province. This year, the recipients of the Distinguished Co-operator Award were **Donald Kennedy**, nominated by Upper Stewiacke Co-operative and **Mike Wark**, nominated by Valley Credit Union. Donald has made significant contributions to the co-op and credit union sector as he has faithfully served many co-operatives and credit unions for over 40 years, dedicating his time, talent, and energies to the movement. He contributed to the betterment of his community by serving as manager, board member, vice president, and president of Upper Stewiacke Co-operative, board member and chair of Arimathea Funeral Co-operative, board member and chair of Springside and Heritage Credit Unions, board member of Farmers Dairy Co-operative, and chair of the Riverside Cemetery Co-operative. Mike Wark has made significant contributions to the co-operative and credit union sector by serving many co-ops and credit unions for over 25 years, dedicating his time, talent and energies to the movement. He contributed to the betterment of his community by serving as a general manager of Amherst Credit Union, CEO of Valley Credit Union, chair and regional lending committee member for Investing in Nova Scotia Enterprises Co-operative, vice-chair of Connecting People for Health Co-operative, committee member for League Data Destination 2001, member of the Cumberland County Co-operative Development Program, and board member and finance committee chair for Amherst Co-operative; all the while spending countless hours volunteering with numerous community organizations.
- **Rochdale’s Pioneers Museum** — the birthplace of the Co-operative Movement — is set to be redeveloped following £1.5 million of funding. 31 Toad Lane will be modernized in time for the United Nations Year of Co-operatives in 2012. <http://www.thenews.coop/story/1836>



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**Young Co-operators: The Buds on the Co-op Tree** - Put your co-op enthusiasm to good use with a video contest! The Canadian Co-operative Association is inviting 90 second **video submissions that depict the co-operative difference**. What does the co-operative difference mean to you? It's time for show and tell. The top three videos selected (plus up to 7 "honourable mentions") will be featured on the CCA Cinema at [www.ccacinema.coopscanada.coop](http://www.ccacinema.coopscanada.coop). The winner will receive a basket of co-op products (\$150 value). You enter by uploading your short video to YouTube and sending the link to Donna Balkan at [donna.balkan@coopscanada.coop](mailto:donna.balkan@coopscanada.coop). See the explanation video for the contest on YouTube at <http://www.youtube.com/user/CCAottawa#p/a/u/1/bx3CppAorFk>. See the contest entry details at [www.coopscanada.coop/videocontest](http://www.coopscanada.coop/videocontest) - *Erin Hancock*



**Co-op Cooking** - Loaded with fresh vegetables and herbs, this meatless sauce is a perfect way for gardeners to make use of their produce. Or if you don't garden, it is a great excuse for an outing to your local farmers market. Add your favourite red wine to the sauce while cooking if you wish.

***Vegetarian Pasta Sauce***

- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 sweet red pepper, chopped
- 5 garlic cloves, minced
- 2 tbsp olive oil
- 3 medium zucchini, chopped
- 3 medium yellow summer squash, chopped
- 3 tomatoes, chopped
- 1 eggplant, peeled and cubed
- 1/2 lb sliced fresh mushrooms
- 2 cans (28 oz) Italian crushed tomatoes
- 1 can (6 oz) tomato paste
- 2 cans sliced ripe olives, drained
- 1/4 cup minced fresh basil
- 3 tbsp minced fresh oregano
- 1 tbsp minced fresh rosemary
- 2 tsp Italian seasoning
- 1 1/2 tsp salt
- 1/2 tsp pepper

In Dutch oven or large pot, sauté onions, peppers and garlic in oil until tender. Add chopped vegetables and cook, stirring for 5 minutes. Stir in remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, for 1 1/2 to 2 hours (until thickened). Serve with your favourite pasta. –

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

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



**Week of July 25 – July 31, 2010, Vol. 5, No. 18**  
*Edited and Compiled for you, by the Rising Tide Collective\**

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**Openings** - Openings is a weekly feature of Co-op Circles. “*Life is really simple, but we insist on making it complicated.*” – Confucius [www.confucius.org](http://www.confucius.org) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- **Advance Saving CU** <https://www.advancesavings.ca/> staff person took to the sky recently. Community Promotions Officer Jenn Marr (team captain for the Advance Savings Harley’s Heroes/emcee for the Relay For Life) and Lucie Landry, chairperson for Relay For Life, were so thrilled with the results of this year’s Relay that they jumped...out of a plane that is! Marr had the idea as a challenge to her team this year that if they reached a certain goal, she would jump out of a plane to celebrate. She made the jump June 19 at Skydive Moncton on Irishtown Road (for a picture see the link) [https://www.advancesavings.ca/SharedContent/documents/WEBJune21\\_10%20-%20Press%20Release%20-%20Advance%20Savings%20CPO%20Celebrates%20Relay%20by%20Jumping.pdf](https://www.advancesavings.ca/SharedContent/documents/WEBJune21_10%20-%20Press%20Release%20-%20Advance%20Savings%20CPO%20Celebrates%20Relay%20by%20Jumping.pdf)
- A **new national public opinion survey** shows that the majority of Canadians view co-operatives as trustworthy, well-run businesses that provide good customer service and create jobs that help support local communities. The survey, conducted by Ipsos Reid on behalf of the Canadian Co-operative Association (CCA), sampled public opinion across Canada on a variety of issues related to co-operatives. Some of the survey’s key findings include: \*One in five respondents identified themselves as a member of a co-operative; in Manitoba and Saskatchewan, 61 per cent of respondents cited membership in a co-op, while the figure for Alberta was 44 per cent. \*Seven in 10 respondents agree that co-operatives keep money in the local economy, are an important part of their communities and create jobs that help support local communities. \*More than two-thirds of respondents agree that co-operatives are a trusted place to do business and save members money. \*Two-thirds of respondents agree that co-operatives provide quality products and services. The same percentage of respondents agrees that co-operatives offer good customer service and have a good reputation. \*Three out of five respondents agree that co-operatives offer good value for money and are well-run businesses. \*The words most commonly associated with co-operatives are “local”, “for all ages” and “about community”. \*Two in five respondents consider themselves to be “very familiar” or “somewhat familiar” with co-operatives, while 18 per cent say they are “not at all familiar” with co-ops. \*49 per cent of respondents thought COSTCO was a co-op; other organizations mistakenly identified as co-ops by some respondents included Westjet, the Canadian Union of Public Employees, TD Canada Trust and Hudson’s Bay Company. The full survey results are available on the CCA website at [www.coopscanada.coop/en/about\\_co-operative/Coop\\_survey](http://www.coopscanada.coop/en/about_co-operative/Coop_survey).
- **Jim MacDonald**, a founder and former president of the Co-operative Housing Federation of Canada, passed away on July 5 at the age of 90. An activist in both the labour and co-



operative movements, he moved to Ottawa from Cape Breton Island in 1959 to become executive secretary of the National Labour Co-operative Committee. He helped create CHF Canada and served as its president from 1972 to 1978. In 1988, on the 20th anniversary of its founding, CHF Canada honoured his work by creating the Jim MacDonald Award for Social Change, which recognizes the achievements of co-ops in social justice and community work. “Co-operative housing exists in Canada in large part because of the work of Jim MacDonald,” said Nicholas Gazzard, CHF Canada’s executive director. “Jim may no longer be with us but his memory and his legacy will live on.” As a young man he apprenticed as an auto mechanic in Sydney. He joined the RCAF when war began and served overseas. After the war, he spent three years at St. Francis Xavier University in Antigonish, NS, and displayed his leadership abilities in co-ops, credit unions and student programs. St. F.X. University in 1982 honoured Jim by granting him the degree of doctor of laws, honouris causa. For more information, go to [www.inmemoriam.ca/.../announcement-199509-John-Jim-MacDonald.html](http://www.inmemoriam.ca/.../announcement-199509-John-Jim-MacDonald.html)

- The Measuring the Co-operative Difference Research Network, a five-year, \$1 million research project aimed at measuring the social, economic and environmental impact of co-operatives, has launched its new e-newsletter. The Network is a partnership between the Canadian Co-operative Association (CCA), the University of Saskatchewan, the University of Victoria, Saint Mary's University and Mount Saint Vincent University. Earlier this year, CCA and its university partners secured a \$1 million grant from the Social Sciences and Humanities Research Council to carry out the project. Go to [http://www.coopscanada.coop/en/info\\_resources/CURA](http://www.coopscanada.coop/en/info_resources/CURA) to download the first issue of the newsletter, which was published on July 19.
- Workers started picketing the **Farmers Dairy plant** on Hammond Plains Road July 11, with the workers claiming they were locked out and the company claiming they are on strike. The company has announced the job action will not interrupt its daily processing operations. For more information, read the story at: <http://www.cbc.ca/canada/nova-scotia/story/2010/07/11/ns-farmers-work-stoppage.html>



***Co-op Ed 101*** – This week, we feature an interesting credit union in Detroit which offers membership world wide - Co-op Services Credit Union. <http://www.cscu.org/aboutus/index.html>  
A consumer group called Cooperative Services, Inc founded it in 1954. Anyone in the world may join this group with a two-dollar lifetime membership fee. Once you do, you are eligible to join the credit union and open a savings account with as little as a five dollar deposit, no matter where in the world you happen to live. You will be required to visit one of its offices in person to complete the membership application process. Co-op Services Credit Union is a full-service, non-profit, financial cooperative. It has 8 full service offices located throughout Metro Detroit. Its assets exceed \$385 million and it has more than 52,000 members who are also shareholders of the Credit Union. - *Maureen MacLean*



***Young Co-operators: The Buds on the Co-op Tree*** - The University of Victoria has recently established the Master’s of Arts in Community Development program, opening yet another door for people wishing to study co-ops, non-profits and community economy development. This program will be offered as a part-time professional program, largely using online delivery in addition to 2-3 short summer terms offered in person. See the program flyer at [http://publicadmin.uvic.ca/programs/graduate/maInCommunityDevelopment/PADM\\_01745\\_M\\_ACD\\_Flyer\\_StrengthLeader\\_OUT.pdf](http://publicadmin.uvic.ca/programs/graduate/maInCommunityDevelopment/PADM_01745_M_ACD_Flyer_StrengthLeader_OUT.pdf) and listen to an episode of Each for All radio discussing

the program at <http://eachforall.org/episode/uvic-master-arts-community-development> - Erin Hancock



***Co-op Cooking*** - Although some of my friends now barbecue year round on their decks, many people still consider the barbecue a summertime cooking alternate. This is a great way to cook the more firm types of fish steaks; those which will not fall apart on the grill.

***Barbecue Salmon Steaks***

1/2 cup barbecue sauce (your favourite)

2 tbsp brown sugar

1 green onion, sliced

salmon steaks

Heat greased barbecue to medium-high heat. Mix barbecue sauce, brown sugar and onion until well blended. Grill fish 4 minutes on each side, brushing generously with sauce; (fish should flake easily with fork), Serve with rice and a side salad or vegetable mix of your choosing. Don't barbecue? No problem. Steaks can be broiled 4-inches from heat for 4 minutes per side, brushing both sides generously with sauce. Note: Halibut or swordfish can be substituted for the salmon. –

*Glenna Weagle*



***Co-op Community Bulletin Board***

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- August 6-8, 2010: The Work We Do is the Solution, 2010 National Worker Cooperative Conference, Clark Kerr Conference Center at UC Berkeley, Co-hosted by the USFWC and Bay Area worker cooperatives. <http://www.usworker.coop/events/conference2010>
- Sept. 10-12, 2010, 750+ people will be in Boston for the largest Fair Trade conference in North American history. <http://fairtradeconference.ning.com/> \*Learn how to bring more Fair Trade into your Life, Town, and Business\*Meet face-to-face with the Fair Trade Artisans and Farmers behind cool Products\*Build Relationships with the larger Fair Trade Community\*Pick up practical advice that's tailored to your needs as an Activist, Entrepreneur, Student, etc\*Be a part of history! Futures Conferences only happen every five years - don't wait to be a part of this growing movement for change!
- Oct 17-23, 2010 – Co-op Week
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Wednesday, Aug 4, 2010

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



**Week of Aug. 1 – Aug. 7, 2010, Vol. 5, No. 19**  
*Edited and Compiled for you, by the Rising Tide Collective\**

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### **This Week in Co-op Circles**

- Co-op Atlantic announces this year’s **Youth Entrepreneurship Challenge** winning team is from the John Caldwell High School, in Grand Falls, N.B.  
<http://www.coopatantic.ca/htm.aspx?id=638> Jade Levesque and Shaun Ronan developed the best green business idea: a low-cost, dimple-covered fiberglass skirt that would cover the trailer of a tractor-trailer, creating less drag through its aerodynamically designed model, and increase the overall fuel efficiency of the vehicle. They won a \$3,000 cash prize from Enterprise Greater Moncton, the community economic development agency organizing the yearly high school competition, of which Co-op Atlantic has been a major sponsor, since it began, 5 years ago
- **René Chiasson**, General Manager of the Caraquet Co operative, was recently conferred the **Gilbert-Finn Award** for Manager of the Year 2010. He received his prize from the Conseil économique du Nouveau-Brunswick at its annual banquet, held on the 1st of May in Caraquet. An experienced manager, René is responsible for managing the Caraquet Co operative, which is comprised of three food markets in Caraquet, Maisonnette and Saint-Léolin, and a Co op Express gas station located in the heart of Caraquet  
<http://www.coopatantic.ca/htm.aspx?id=634>
- In keeping with this year’s Co-op Week theme, **Experience the Co-operative Difference**, the Canadian Co-operative Association (CCA) is giving you the opportunity to tell the world, in video, what the co-operative difference means to you. Enter the Experience the Co-operative Difference video contest and you can win a basket of co-op products valued at \$150. The top 3 videos, as selected by our judges, and up to seven “honourable mentions” will be featured on the CCA Cinema ([www.ccacinema.coopscanada.coop](http://www.ccacinema.coopscanada.coop)). All participants in the contest will receive an Experience the Co-operative Difference button, featuring the artwork on this year’s Co-op Week poster. Deadline Sept 17 details at <http://www.cecnb.ca/index.php?page=news>
- Credential Financial Strategies Inc. (“CFS”) is a wealth management program that specializes in insurance and other financial products and services. In partnership with Fredericton Group Credit Unions, CFS presently has an opening for a **licensed Financial Representative**. As a self-starter you have what it takes to become highly successful, earn an above average income and build a long-term career. Ideally, you have a minimum of 3-5 years of successful financial planning experience which includes life insurance and estate planning. Deadline for applications is September 1, 2010. <http://www.creditunion.nb.ca/rep%20ad.pdf>
- Another successful year has passed for the **Cape Breton Music Industry Cooperative**. CBMIC held its annual general meeting in June at the Membertou Trade and Convention

Centre and reported on a very busy and prosperous year for the organization. While still a small and growing organization, CBMIC continues to expand its programs and facilitate growth within the music industry here in Cape Breton. <http://cbmic.ca/>

- The **Celtic Heart of North America Co-operative** has unveiled its online home. [www.celticheart.ca](http://www.celticheart.ca) The newly formed co-operative, which officially launched last October during the Celtic Colours International Festival, held an event to showcase its new website in June at the Celtic Music Interpretive Centre in Judique. “It was just basically to launch the fact that the website is now up and running. It’s fully functional,” said Dan Coffin, marketing manager with Celtic Colours and chair of the board of directors of The Celtic Heart of North America Co-operative. “We had a little bit of a presentation and then we brought in some milling singers, we had a storytelling demonstration from the Highland Village, we had a little blast of tunes on behalf of Celtic Colours, and some fiddle demonstrations and a square set through the Celtic Music Interpretive Centre.” Partners in the co-operative include the Celtic Colours International Festival, Celtic Music Interpretive Centre, Gaelic College of Celtic Arts & Crafts, Highland Village Museum, Glenora Inn & Distillery, Cape Breton Centre for Craft and Design, Fèis An Eilein, Cape Breton Regional Municipality, Inverness County, Richmond County, and Victoria County. The website features a calendar of events, visitor packages, trip planning tools, maps, a list of co-operative partners, and more. The Celtic Heart of North America Co-operative is supported by funding and guidance from Enterprise Cape Breton Corporation and the Nova Scotia Department of Tourism, Culture and Heritage. Nova Scotia’s Office of Gaelic Affairs and Destination Cape Breton are advisors to the co-operative.



**Young Co-operators: The Buds on the Co-op Tree** - The **Atlantic Co-operative Youth Leadership program** has confirmed a **September seminar** in **Mount Traber, Nova Scotia**. The camp will run from September 30 until October 3. If you or someone you know would be interested in participating in an exciting camp with youth from across the Atlantic provinces (and you’re 14-18 years old), apply today at <http://www.acyl.coop/english/participantapp.htm> Find out more about this unique camp experience at <http://www.acyl.coop/english/know.htm> If you are with a co-op or credit union who wants to give a young person in your community the opportunity to attend (through your generous sponsorship), visit [www.acyl.coop](http://www.acyl.coop) today. - *Erin Hancock*



**Co-op Cooking** - Those of us who garden know that soon the zucchini will be marching out of the rows in great abundance. We seem to spend a lot of time looking for new uses for this green wonder, or looking for friends who would like to have them. I once heard it said that “this time of year you know the people who have no gardener friends. They are the ones in the supermarkets buying zucchini”. Here is a recipe you may not have tried before.

***Zucchini Bean Salad***

- 1 cup cut fresh green beans
- 1 can kidney beans, rinsed and drained
- 1 1/2 cups thinly sliced halved zucchini
- 1 green pepper, julienned
- 3 green onions, thinly sliced
- 3 tbsp cider vinegar
- 2 tbsp canola oil

1/3tsp sugar  
3/4 tsp seasoned salt  
1/4 tsp pepper

Place green beans in a small saucepan; cover with water and bring to boil. Cook 8 to 10 minutes (until tender crisp). Drain and rinse with cold water. Combine green beans, kidney beans, zucchini, green pepper and onions. Whisk remaining ingredients together. Pour over bean mixture and toss to coat. Cover and chill. – *Glenna Weagle*



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- Oct 17-23, 2010 – Co-op Week
- Oct 21 – International Credit Union Day



***Smile of the Day*** – “*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*” - Mark Twain



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Wednesday, Aug 11, 2010

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



Week of Aug. 8 – Aug. 14, 2010, Vol. 5, No. 20  
*Edited and Compiled for you, by the Rising Tide Collective\**

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Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The **Cheticamp Hooked Rugs Coopérative Artisanale** was incorporated in 1963 in Cheticamp, Cape Breton, Nova Scotia, by a group of co-operative-minded individuals wishing to assure the survival of the rug hooking industry by buying and selling these artistic handmade rug creations. About 1000 ft from l’Église Saint-Pierre, and next to the Cheticamp Co-op, you will find the Cheticamp Hooked Rugs Coopérative Artisanale, a gift shop/museum/restaurant. This particular co-op specializes in the wholesale and retail of handmade hooked area rugs, handmade hooked wall-hangings, doilies and coasters. The art of rug hooking has its own style and designs. Most of the handmade rugs incorporate pastel colours and shaded flowers, bordered with green leaves. Check it out at <http://www.cheticamphookedrugs.com/>
- Happy August 15 to all our Circles readers in Atlantic Canada who celebrate Acadian Day. The **National Acadian Day** is observed each year on August 15, celebrating the Assumption of Mary. It was during the first National Convention of the Acadians held at Memramcook in 1881 that the Acadian leaders received the mandate to set the date of this celebration.
- **Caisses populaires acadiennes** will soon be represented at the Village Historique Acadien in NB. The first wall of what will represent the original Caisse populaire acadienne, has been erected at the Village Historique Acadien (VHA). The construction will reflect the building opened in Petit-Rocher in 1936, as it was in 1944. The heritage of the Caisses populaires acadiennes stems from that first milestone, which today represents close to \$3 billion in assets belonging to its 200,000 members, and it is certainly very rewarding to share this success story and our pride in being Acadian.  
<http://www.acadie.com/en/communiquer/affiche.cfm?id=1530>
- **Lahave Credit Union** in the Bridgewater, NS, area is offering several prizes for youth and students. Open your first savings account and enter to win a \$50 gift card to Empire Theatres and a \$100 Registered Education Savings Plan. Open your first chequing account and enter to win a Sony 8GB Digital Walkman and a \$100 Registered Education Savings Plan. Open your student chequing account and enter to win a \$300.00 Bursary.  
<http://www.lahaverivercreditunion.ca/web?service=direct/1/WhatsNewView/SidebarBlocks/dlinkWNMore&sp=S1960>
- Although we all know this information, please share it with your family and friends. Take care of your personal **credit union account information**. In late July several credit union customer-owners on Nova Scotia’s south shore have received phone calls advising that their

debit card had been compromised and to call a specific number and verify account details. This is a new twist on phishing fraud. Rather than request that you click on an internet link, the phone call requests you to call a specific phone number. If you have received such a message or called the telephone number and provided account/personal details, contact your credit union immediately.

- The 2010 **T. M. MacIntyre and John Bower Bursary** winners have been announced by Community Credit Union with offices in Truro, Amherst and Bass River, NS. Details are at <http://www.communitycreditunion.ns.ca/web;jsessionid=FF675E06915485329AB2361C8ABEC195?service=direct/1/Home/SidebarBlocks/dlinkWNMore&sp=S1952>



***Young Co-operators: The Buds on the Co-op Tree*** - The North American Students of Co-operation has just opened registration for their November 5-7 **Co-operative Education and Training Institute**. Their theme this year is **Cooperative Cartography: Where People, Places, and Movements Intersect**. Co-operators of all ages are invited, but there's a strong presence from student housing co-ops. The Institute is held in Ann Arbor and the University of Michigan. The workshops, caucuses and skill shares tackle a wide variety of co-op issues including new member orientation, power dynamics in co-ops, organizing affordable housing and more. There are co-op tours to Detroit and special learning tracks offering anti-oppression training, co-op development and a course track for staff and managers. The cost is \$290 for registration if you register before October. Housing can be arranged for free at local housing co-ops. NASCO expects 400+ co-operators from the US, Canada and elsewhere. View the workshop list at <http://nasco.coop/institute/node/68965> and registration at <http://nasco.coop/institute/node/82767>

- Erin Hancock



***Co-op Ed 101*** - Want to sit back on a summer day and learn more about co-operatives in Italy? CCCBE Distinguished Guest Lecturer: Professor Stefano Zamagni presentation now available on podcast. Stefano Zamagni, considered the 'prophet' of the **Emilia-Romagna Cooperatives**, was a distinguished guest lecturer for the Centre for Co-operative and Community-Based Economy at the University of Victoria on June 16th. His recently published book, co-authored with Vera Zamagni, 'Co-operative Enterprise: Facing the Challenge of Globalization' <http://www.bcics.org/content/cccbe-distinguished-lecture-professor-stefano-zamagni-june-16th-bob-wright-centre-rooma104-1> - Maureen MacLean



***Co-op Cooking*** - This recipe is fresh, fresh, fresh! A leafy green similar to kale, coarsely chopped Swiss chard blends beautifully with diced lean bacon, fresh orange juice and orange zest. This recipe provides the perfect, light complement to the richness of sweet potatoes.

***Swiss Chard with Orange and Bacon***

2 lbs Swiss or red chard, tough stems discarded and leaves coarsely chopped

4 slices lean bacon, diced

Zest of 1 orange, finely grated

1 cup freshly squeezed orange juice

2 tbsp unsalted butter

Salt and fresh ground black pepper, to taste

In a large pot of boiling salted water, cook the chard about 3 minutes, until bright green and tender. Drain, squeezing out any excess water from the leaves. In a skillet, cook bacon over medium heat until crisp (about 5 minutes). Transfer bacon to a plate. Pour the orange juice into



the same skillet. Bring to a boil. Cook, stirring occasionally, until mixture is reduced and slightly thickened, about 4 minutes. Turn off heat. Stir in butter or margarine, orange zest and chard. Season to taste with salt and pepper. Transfer to a serving dish, top with diced bacon and serve. –  
*Glenna Weagle*



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***Smile of the Day*** – “Quote in a farm implements sales office: *The only machine we don't stand behind is our manure spreader.*”



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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](mailto:circles1@nbnet.nb.ca) or to unsubscribe: [circles2@nbnet.nb.ca](mailto:circles2@nbnet.nb.ca) Tell your friends about it. Please e-mail us with your questions, suggestions and memories at [circles1@nbnet.nb.ca](mailto:circles1@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](http://www.mystfx.ca/coady-library/coop_circles/index.htm) Next *Co-op Circles*:  
Wednesday, Aug 18, 2010

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



Week of Aug. 29 – Sept. 4, 2010, Vol. 5, No. 21

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

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**Openings** - Openings is a weekly feature of Co-op Circles. “*What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the Sunset.*” - Crowfoot, a leader of the Blackfoot nation [thecanadianencyclopedia.com/index.cfm?PgNm=TCE&Params](http://thecanadianencyclopedia.com/index.cfm?PgNm=TCE&Params). Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The Canadian Co-operative Association has volunteer assignments available in **Nepal** and **Sri Lanka**. For further details, go to [www.coopscanada.coop](http://www.coopscanada.coop) These are voluntary assignments but are open to professional consultants willing to donate part of their time. CCA covers travel, accommodation and daily expenses. For a complete list of what CCA will cover, please contact Sarah Feldberg, Volunteer Co-ordinator, [sarah.feldberg@coopscanada.coop](mailto:sarah.feldberg@coopscanada.coop)
- **René Chiasson**, General Manager of the Caraquet Co operative, was recently conferred the Gilbert-Finn Award for Manager of the Year 2010. He received his prize from the Conseil économique du Nouveau-Brunswick at its annual banquet, held on the 1st of May in Caraquet. An experienced manager, René is responsible for managing the Caraquet Co operative, which is comprised of three food markets in Caraquet, Maisonnette and Saint-Léolin, and a Co op Express gas station located in the heart of Caraquet <http://www.coopatlantic.ca/htm.aspx?id=634>
- Co-op Atlantic Youth Entrepreneurship Challenge winning team this year is from the John Caldwell High School, in Grand Falls, N.B. <http://www.coopatlantic.ca/htm.aspx?id=638Jade> Levesque and Shaun Ronan developed the best green business idea: a low-cost, dimple-covered fiberglass skirt that would cover the trailer of a tractor-trailer, creating less drag through its aerodynamically designed model, and increase the overall fuel efficiency of the vehicle. They won a \$3,000 cash prize from Enterprise Greater Moncton, the community economic development agency organizing the yearly high school competition, of which Co-op Atlantic has been a major sponsor, since it began, five years ago.
- Marcel Garvie, president of Co-op Atlantic has announced that Chief Executive Officer of Co-op Atlantic, **John Harvie**, has informed the Board of Directors that he will retire in May, 2011. Harvie has served the co-operative system for 35 years, including the past eight years as CEO of Co-op Atlantic. Harvie will assist the Board in recruitment for a successor, and in ensuring a smooth transition. Garvie expressed his appreciation for Harvie’s substantial contribution to the co-operative system in Atlantic Canada. “Co-op Atlantic has benefited immensely from John’s skilled leadership and vision and has experienced significant improvement in its operating results and financial position during Harvie’s tenure as CEO. These results are a reflection of John’s deep impact on the organization. He is committed to a democratic, consultative and respectful approach that is a testament to his core co-operative

values. There is a spirit of harmony in working together that has become entrenched over the past eight years, which will continue long into the future.”

- Fundy Model Forest, INFOR, NB Federation of Woodlot Owners, and **SNB Wood Co-op** will join together to present a provincial woodlot field day on September 18, in the hopes this event will once again be an annual fixture on the woodlot calendar. Reflecting increased interest in the woodlot sector in exploring new opportunities and diversifying operations, the theme for the day is “Woodlot Management for the Future”. It will be hosted at the woodlot of Arnold Alward, SNB’s Woodlot Owner of the Year 2010, at Lower Ridge, near Havelock, NB. Alward’s woodlot has many unique features, including approximately 1000 acres of plantations, ranging from 1985 to the present, and an excellent road network. For more information about the SNB Wood Co-op, go to <http://www.snbwc.ca/>
- **George Greenwood** is the new chief executive officer at Advance Savings Credit Union in New Brunswick. George was formerly CEO at Beaubear Credit Union in Miramichi, NB. Previously, he worked with VanCity Credit Union in British Columbia. To find out more about Advance Savings, go to [www.advancesavings.ca](http://www.advancesavings.ca) George is a Certified Financial Planner with a Masters in Business Administration from Dalhousie University.
- Unionized employees at Farmers Co-operative Dairy in Nova Scotia are back on the job after voting to ratify a new contract which ended their six-week strike. Ralph Ballam, president and CEO of Farmers Dairy, said the agreement “was achieved through the willingness of the union and our co-operative to put our differences aside to reach a settlement.” The labour dispute involved 250 members of the Communications, Energy and Paperworkers Union, including trades, machine operators, shippers, truck drivers and merchandisers.
- Credit Union Atlantic CEO **Jamie Baillie** will be officially declared the new leader of the Nova Scotia Progressive Conservative party when the party holds its convention in October. He is the only candidate seeking the position and has been appointed interim leader by the party’s caucus. Baillie, who was chief of staff to then Premier John Hamm before joining the credit union in 2005, said he will step down from the credit union position before the October convention. <http://www.votejamie.ca/> **Dianne Kelderman**, CEO of the Nova Scotia Co-op Council is executive vice president of the provincial Progressive Conservative Party of Nova Scotia. Hear her endorsement of Baillie at <http://www.votejamie.ca/>



**Young Co-operators: The Buds on the Co-op Tree** - The North American Students of Co-operation are looking to hire a **Director of Education and Communications** starting in January 2011. The job will be a permanent position in Chicago, Illinois. NASCO is a Canada-US organization that works to strengthen co-operative ties, support student co-op initiatives, provide training and conferences and much more. The new Director would take initiative on internet based, mailing and other communications activities, liaise with the board and also organize educational events. Read more at <http://www.nasco.coop/internship/node/82747> - *Erin Hancock*



**Co-op Ed 101** - **New Leaf Market** in Tallahassee, Fla., <http://www.newleafmarket.coop/> is a well-established consumer food co-op. New Leaf has been a part of the Tallahassee community for nearly four decades and boasts a membership of over 10,000, and continues to see strong growth. In 1974 the buying club legally became the Leon County Food Cooperative (LCFC). On

May 1, 1974 the Co-op found its first permanent home with only 200 owners, \$1000 in capital and \$260 in inventory. Just a year and a half later in 1976 the LCFC moved to a warehouse, which offered approximately 4,500 sq. ft. of retail space in addition to housing the Canopy Road Credit Union. The LCFC was staffed by volunteers and led by a three-person management team and a small Board of Directors. The newly expanded and renovated store (2008) includes two additional checkout lanes, and additional retail space for grocery, frozen, refrigerated, and health and body care. The beer and wine department now includes 16 feet of chilled beer and over 300 types of wine. They also expanded their deli. Read about their partnership with Equal Exchange at <http://www.equalexchange.coop/turning-a-new-leaf> - *Maureen MacLean*



**Contest of the Week** - There was a small worm at the bottom of a thirty foot well. In desperation to get out, the worm was only able to climb up three feet during the daytime, and reluctantly slide back down two feet at night. At this pace, how many days and nights will it take the worm to reach the top of the well? Please keep those entries coming! The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to [contest1@nbnet.nb.ca](mailto:contest1@nbnet.nb.ca)



**Co-op Cooking** - Here is a cool dessert which brings a tropical twist to your summertime table. It is great the way it is, but I have sometimes dressed it up with an added shortbread-type crust. Hope you enjoy it.

***Frosted Pineapple Lemon Gelatin***

1 can crushed pineapple, drained, reserving juice  
2 pkgs lemon gelatin  
2 cups boiling water  
2 cups ginger ale, chilled  
2 large, firm bananas, sliced  
1/2 cup sugar  
2 tbsp flour  
1 egg, lightly beaten  
2 tbsp butter  
1 cup heavy whipping cream

Dissolve gelatin in boiling water. Stir in ginger ale, bananas and pineapple. Transfer to 9 x 13-inch pan. Refrigerate until firm. Combine sugar and flour in small saucepan. Gradually whisk in reserved pineapple juice. Bring to a boil over medium heat; cook and stir for 2 minutes (until thickened). Remove from heat. Stir a small amount of hot mixture into egg; return to heat and add egg into custard, stirring constantly. Cook and stir until thickened. Remove from heat, stir in butter and cool to room temperature.

In small bowl, beat cream until stiff peaks form. Gently fold cream into custard. Spread over gelatin. Refrigerate 1 hour (until chilled). - *Glenna Weagle*



***Co-op Community Bulletin Board***

Remember to send news items and bulletin board items to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca).

- Sept. 10-12, 2010, 750+ people will be in Boston for the largest Fair Trade conference in North American history. <http://fairtradeconference.ning.com/> \*Learn how to bring more Fair Trade into your Life, Town, and Business\* Meet face-to-face with the Fair Trade Artisans and Farmers behind cool Products\* Build Relationships with the larger Fair Trade

Community\*Pick up practical advice that's tailored to your needs as an Activist, Entrepreneur, Student, etc\*Be a part of history! Futures Conferences only happen every five years - don't wait to be a part of this growing movement for change!

- Oct 17-23, 2010 – Co-op Week
- Oct 21 – International Credit Union Day
- Nov 4-7, 2010 New Brunswick Filmmakers' Co-operative Silver Wave Film Festival, Fredericton, NB Contact NBFC at [info@nbfilmcoop.com](mailto:info@nbfilmcoop.com) or go to <http://swfilmfest.com/index-e.html>



**Smile of the Day** – “If practice makes perfect, and nobody’s perfect, why practice?”



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**Week of Sept. 5 – Sept. 11, 2010, Vol. 5, 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. “Live one day at a time emphasizing ethics rather than rules.” - Wayne Dyer [www.drwaynedyer.com/](http://www.drwaynedyer.com/) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- **SNB Wood Co-op** and others will sponsor a woodlot field day on Sept 18th at 3707 Route 880 Lower Ridge Havelock, N.B. There is no charge for this event. Details at [http://fundymodelforest.net/cms/uploads/file/woodlot%20field%20day\\_E%20final.pdf](http://fundymodelforest.net/cms/uploads/file/woodlot%20field%20day_E%20final.pdf)
- Small- and medium-sized businesses will soon benefit from a new program designed to increase access to credit and encourage economic growth throughout New Brunswick. The **Small Business Loan Guarantee Program (SBLGP)**, to be offered starting this month, is a partnership involving the provincial government, credit unions and Caisses populaires acadiennes. The program was announced by Premier Shawn Graham, Business New Brunswick Minister Victor Boudreau, Gerard Adams, chief executive officer, Credit Union Central of New Brunswick, and Denis Laverdière, vice-president and chief operating officer, Caisses populaires acadiennes. “The provincial government is seizing every opportunity to create jobs for New Brunswickers in all regions of the province,” said Graham. “Small- and medium-sized businesses have told us they need greater access to credit to build their businesses and increase their payrolls. As a government, we are listening and filling that gap with this program.” <http://www.acadie.com/en/communiquer/affiche.cfm?id=1531>
- Show the Canadian Co-operative Association in 90 seconds or less **what the co-operative difference means to you** and you can win a co-op prize package worth \$150. Winners will be announced during Co-op Week 2010. The top 10 videos will be featured on the CCA Cinema. Deadline for entries: September 17. Go to <http://www.youtube.com/user/CCAottawa#p/a/u/1/bx3CcppAorFk>
- Nearly 2,100 Atlantic Canadians participated in Co-op Atlantic’s Eat **Atlantic Challenge** on September 2, eating only locally-produced food for the entire day. Click the Read More link to find out more. <http://www.eatatatlantic.ca/index.cfm/en/home>
- The **17th Annual Credit Union Atlantic Golf Classic** will be held this year on Thursday, September 23, 2010. The tournament will be hosted at the beautiful Oakfield Golf and Country Club, near Halifax, NS. If you would like to support this event and enjoy a wonderful day of golf, visit [www.cuagolfclassic.com](http://www.cuagolfclassic.com) to register. Team spots fill up quickly, so register today!<https://www.cua.com/Home/InOurCommunity/CUAGolfClassic/>
- An **Atlantic Co-operative Youth Leadership camp** will be held at Mount Traber in Nova Scotia, from Sept. 30 to Oct. 3. This is an exciting, creative and interactive leadership seminar for youth 14 to 18 years of age. A typical ACYL camp is 3 1/2 days filled with exhilarating co-operative activities that will contribute to you becoming a leader. For more information go to [www.acyl.coop](http://www.acyl.coop)



**Young Co-operators: The Buds on the Co-op Tree** –The Atlantic Co-operative Youth Leadership program is sad to report the loss of an alumnus, former creative director and a young person with a lot of potential. Nikki Tait – 1988-2010 – Nikki , a soft-spoken, compassionate young passed away on August 17 after she falls over a shoreline cliff trying to rescue her dog. Nikki lived her life caring for those around her. In the ACYL program she was able to gain confidence and get more involved in her community. She was just about to enter her final year at UNB in Fredericton. More at <http://www.whitefamilyfuneralhome.com/obituaries/55505> May she rest in peace. –*Carole Findlay and Erin Hancock*



**Contest of the Week** – Last week's winner: Kudos to Lorraine Perry, NB, Marty Frost, BC and David Kerr, MB. All had the correct answer. **Answer to last week's contest:** The worm fell down a well .After traveling 3 feet up, then sliding 2 feet down, the worm had a net gain of 1 foot per day and night. One would think, 1 foot per day and night, 30 foot deep well, 30 days and nights! But that's wrong. After 26 days and nights, the snail is 26 feet up the well. So the worm starts the 27th day at 26 feet. At the end of the 27th day, the worm has travelled to 29 feet, but during the 27th night, it slides down to 27 feet. So, on the 28th day, the worm travels 3 feet up and reaches the top of the well. So, the final answer is 28 days and 27 nights. **This week's contest:** Jack, Levi, Seth, and Robert were, not necessarily in this order, a Stock Broker, a Musician, a Doctor, and a Lawyer. They drove, also not necessarily in order, a Porsche, a Ferrari, a Cadillac, and a Corvette. The Stock Broker, was remarking to no one in particular one day, while finishing up a round of golf which involved all four friends, that he found it curious that Jack and the Lawyer each wanted to buy the Corvette, but that the Musician didn't because he preferred his Porsche. After the game was over, Seth offered to buy a round of sodas for the Doctor, for the owner of the Cadillac, and for the owner of the Corvette. Levi, who was beaten by the Stock Broker, was in a bad mood, and so he declined Seth's offer and left without joining the others in the club house. What car did each person own, and what were their respective occupations? Please keep those entries coming! The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to [contest1@nbnet.nb.ca](mailto:contest1@nbnet.nb.ca)



**Co-op Cooking** - Here is a quick summertime salad which goes perfectly with a barbecued steak and baked potato.

***Grilled Oriental Mushroom Salad***

3 tbsp vegetable oil

2 tbsp soy sauce

1/3 cup rice vinegar

1 tbsp Dijon mustard

2 green onions, chopped

1 tbsp finely minced gingerroot

1 lb assorted sliced fresh mushrooms (white button, crimini, portabella, shitaki, oyster)

3 tbsp teriyaki sauce (plain or roasted garlic)

6 cups mixed salad greens or baby spinach

1 tbsp sesame seeds

In small saucepan, mix oil, soy sauce, vinegar, garlic, mustard, onions and gingerroot; set aside.

Pile mushrooms in centre of large piece of heavy-duty aluminum foil. Drizzle with teriyaki

sauce. Fold edges and ends to seal well. Barbecue on high heat for 5 to 6 minutes or until steaming. (Note: Mushrooms may be cooked in a 425F oven instead of on barbecue.) Heat dressing on barbecue, stovetop, or in microwave oven just until boiling. Divide salad greens evenly among 4 large salad plates. Top with warm mushroom slices and drizzle with hot dressing. Sprinkle sesame seeds on top. Serve immediately. – *Glenna Weagle*



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**Smile of the Day** – *We put in our two cents, but only get a penny for our thoughts. Who gets the extra penny?*



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





Week of Sept. 12 – Sept. 18, 2010, Vol. 5, No. 23  
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**Openings** - Openings is a weekly feature of Co-op Circles. “*Nature does not hurry, yet everything is accomplished.*” - Lao Tzu [www.thetao.info/tao/laotzu.htm](http://www.thetao.info/tao/laotzu.htm) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- **Gregory Bailey was the 2010 recipient** of the McEwen Scholarship from Co-op Atlantic in the Member category. He is from Gander, NL and graduated from Gander Collegiate. Gregory will be studying Engineering at the University of New Brunswick. For more about the McEwen Scholarships, go to [www.coopatlastic.ca](http://www.coopatlastic.ca)
- The winners have been chosen in the **2011 Atlantic Credit Union Calendar Photo Contest**. Independent judges John Leighton, professional photographer from Precision Photographic, and Dawn Sloane, amateur photographer and HRM Councilor, helped choose the best of the nearly 400 fantastic photos that were submitted. The photos will be featured in the calendar, and on the Credit Union Central of Nova Scotia website during 2011. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.131&sfield=content.id&search=680>
- The Co-operative Housing Federation of Canada announced that Rooftops Canada–Abri international executive director **Barry Pinsky** will receive the 2010 Canada Mortgage and Housing Corporation award for outstanding contribution to co-operative housing. [http://www.chfcanada.coop/eng/pages2007/news\\_2010\\_05.asp](http://www.chfcanada.coop/eng/pages2007/news_2010_05.asp). Pinsky has been the executive director since Rooftops Canada first opened its doors in 1984. Pinsky also developed many housing co-ops in Canada before taking on this role.
- You can save up to 20% (or at least \$40) by registering for the **Canadian Worker Co-operative Federation AGM and Conference / CoopZone Forum** on or before Thursday, September 16, 2010. In addition, there is only one more week that the CWCF can hold block rooms at the YWCA Hotel. Rooms are going fast. The 2010 Canadian Worker Co-operative Federation AGM and Conference / CoopZone Forum is being held from Thursday, October 28th to Saturday, October 30th in Vancouver, British Columbia at the downtown YWCA Hotel. The theme of the Conference is “Worker Co-operatives and Sustainable Development”. Go to [www.canadianworker.coop](http://www.canadianworker.coop) to register.
- The Nova Scotia Co-operative Council (NSCC) is looking for good business ideas...the “best big idea” to be exact. NSCC recently launched its Best Big Idea competition, aimed at encouraging groups to establish new businesses and empower entrepreneurs to create employment for themselves and others. The competition, which is aimed at low-income, under-employed, immigrants, women, ethnic minorities and persons with disabilities, asks applicants to submit either an idea for a new business or for an existing business with a new innovation or an opportunity to expand. Up to \$10,000 will be awarded in the competition,

which closes September 20. For more information, go to [www.nscopcouncil.ca/BestBigIdea/index.php](http://www.nscopcouncil.ca/BestBigIdea/index.php).

- An **Atlantic Co-operative Youth Leadership camp** will be held at Mount Traber in Nova Scotia, from Sept. 30 to Oct. 3. This is an exciting, creative and interactive leadership seminar for youth 14 to 18 years of age. A typical ACYL camp is 3 1/2 days filled with exhilarating co-operative activities that will contribute to you becoming a leader. For more information go to [www.acyl.coop](http://www.acyl.coop)



**Young Co-operators: The Buds on the Co-op Tree** – It's your last chance to enter the "Co-operative Difference Video Contest" put on by the Canadian Co-operative Association. The deadline is this Friday, September 17<sup>th</sup>. CCA is inviting 90 second video submissions that answer the question: What does the co-operative difference mean to you. The top three videos selected will be featured on the CCA Cinema at [www.ccacinema.coopscanada.coop](http://www.ccacinema.coopscanada.coop). The winner will receive a basket of co-op products (\$150 value). You enter by uploading your short video to YouTube and sending the link to Donna Balkan at [donna.balkan@coopscanada.coop](mailto:donna.balkan@coopscanada.coop). See the explanation video for the contest on YouTube at <http://www.youtube.com/user/CCAottawa#p/a/u/1/bx3CcppAorFk>. See the contest entry details at [www.coopscanada.coop/videocontest](http://www.coopscanada.coop/videocontest) – *Erin Hancock*



**Contest of the Week** – Last week's winner: Kudos to Charlene Boyce, NS. To all our entrants: We appreciate your humour!! **Answer to last week's contest:** Seth is the Musician and owns the Porsche. Levi is the Lawyer and owns the Cadillac. Jack is the Doctor and owns the Ferrari. Robert is the Stock Broker and owns the Corvette. **This week's contest:** This combination of numbers and letters make a phrase or equation. Letter equations are well known phrases or facts where the key words have been replaced with the first letter of that word. These often contain a number, an = sign and the rest of the obscured phrase or fact. Can you guess this phrase? 12 = F C in a D of P C Please keep those entries coming! The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to [contest1@nbnet.nb.ca](mailto:contest1@nbnet.nb.ca)



**Co-op Ed 101** - This time of year we are all interested in locally grown and harvested produce. The **Ottawa Valley Food Co-operative** is a networking project for local food producers and consumers, whereby local consumers can connect with and buy from local food producers. <http://www.ottawavalleyfood.org/> If you live in the Upper Ottawa Valley you can buy and/or sell locally produced food through their monthly online ordering and distribution system, Read more at [http://www.ottawavalleyfood.org/OVFC\\_Brochure\\_Rev\\_June\\_26\\_09.pdf](http://www.ottawavalleyfood.org/OVFC_Brochure_Rev_June_26_09.pdf)



**Co-op Cooking** - Thanksgiving is not far away. This is a time when I begin to look for the recipes I might like to use for this holiday. As my family has shrunk drastically over the past few years, I'm beginning to think the following recipe would be a great exchange for the usual Roast Turkey which seems to make endless appearances as different menu items before it finally disappears.

***Roast Sage Turkey Tenderloin with Orange Ginger Cranberry Sauce***

8 to 10 fresh sage leaves  
1 tbsp extra virgin olive oil  
1 tbsp unsalted butter  
1 clove garlic  
juice of 1/2 lemon

zest of 1/2 lemon  
salt, to taste  
black pepper, freshly ground to taste  
1 turkey tenderloin  
7 ounces dried cranberries  
3 sticks cinnamon  
1 cup ginger ale or ginger beer  
3 seedless oranges, peeled and chopped  
zest from 1 orange  
1 apple, cored and chopped  
walnuts, crushed and toasted, for garnish  
fresh parsley, chopped, for garnish

Combine sage leaves, olive oil, butter, garlic, lemon juice and zest in a blender or food processor and blend until smooth; set aside. Place the tenderloin in a medium-sized, oven-safe sauté pan. Liberally season on both sides with salt and pepper. Spread the sage mixture over the tenderloin and allow to rest at room temperature for 15 to 20 minutes. Place pan in the oven and bake at 375F until the internal temperature of the thickest part reaches 160°F, (approximately 25 minutes). Remove from the oven and transfer tenderloin to a cutting board. Cover with foil and allow to rest for 5 to 10 minutes before slicing. Top with cranberry spread, fresh walnuts and chopped parsley.

Cranberry Spread: Combine cranberries, cinnamon, ginger ale (or ginger beer), oranges, orange zest and apple in a medium saucepan over low-medium heat. Simmer until the liquid is reduced by three-fourths, (approximately 20 minutes). Remove cinnamon sticks. Transfer the contents of the pan to a food processor or blender and pulse until the desired texture is achieved. Stir in lemon juice to taste and garnish with crushed, toasted walnuts.

Have a good Thanksgiving everyone – celebrate well. – *Glenna Weagle*



### ***Co-op Community Bulletin Board***

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- Oct 13 - The Nova Scotia Co-operative Council extends an invitation to their annual Wine & Cheese Reception, Bluenose Ballroom, Delta Halifax, 6 – 9 PM. RSVP to [info@nscopcouncil.ca](mailto:info@nscopcouncil.ca) or 902-893-8966 by October 8, 2010
- Oct 17-23, 2010 – Co-op Week
- Oct 21 – International Credit Union Day
- Nov 4-7, 2010 New Brunswick Filmmakers' Co-operative Silver Wave Film Festival, Fredericton, NB Contact NBFC at [info@nbfilmcoop.com](mailto:info@nbfilmcoop.com) or go to <http://swfilmfest.com/index-e.html>



**Smile of the Day** – *We put in our two cents, but only get a penny for our thoughts. Who gets the extra penny?*



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



Week of Sept. 19 – Sept. 25, 2010, Vol. 5, No. 24  
*Edited and Compiled for you, by the Rising Tide Collective\**

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**Openings** - Openings is a weekly feature of Co-op Circles. “*The ones who are hardest to love are usually the ones who need it the most.*” - Dan Millman [www.danmillman.com](http://www.danmillman.com) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



### **This Week in Co-op Circles**

- The **Truro Farmers Market Co-op** is celebrating 30 years by moving to a new, indoor location next year. It will be moving to the old firehouse location on Young Street in downtown Truro. Lloyd Mapplebeck, president of the co-op, says the new facility will provide the co-op with the option of being able to open more than once a week and vendors with items like crafts, clothing and jewellery won't have to worry about the weather conditions.
- Thousands of Canadians help contribute to the economic and social redevelopment of rural areas around the world each morning simply by sipping on a cup of fair trade coffee. It's a simple act, but it's one that might not have been possible if it hadn't been for the dedication and commitment of **Jeff and Debra Moore, co-founders of Just Us! Coffee Roasters Co-operative**. Involved in social justice issues for decades before starting the company that has blazed the trail for other businesses interested in fair trade and fair trade practices, the Wolfville couple will receive **Honorary Doctor of Law degrees from Saint Mary's University** during Convocation ceremonies on Oct. 3. Named as the 2007 Distinguished Co-operator of the Year in Nova Scotia, Jeff has continued to travel internationally and serves as an active ambassador for the co-op movement, developing relationships with the local co-operatives, and creating markets in Canada for their products. As Financial and HR Manager, Debra's has remained focused on day-to-day operations, developing good jobs for people in the Annapolis Valley and Halifax. Just Us! deals in fair trade organic coffee, tea, chocolate and sugar sold through retail stores, e-commerce and cafes. It is recognized as one of the fastest growing in the province. [www.justuscoffee.com](http://www.justuscoffee.com)



**Young Co-operators: The Buds on the Co-op Tree** — If you are a young person who is into co-ops, but also likes to think more globally, visit the **International Co-operative Alliance Youth page**. You will see information from previous international youth conferences they have had and even connect with youth who are interested in co-ops in countries all over the world: <http://www.ica.coop/coop/youth/index.html> - Erin Hancock



**Contest of the Week** – Last week's winner: David Kerr, MB – “*I do not know why this flashed through my mind when I saw it, I am not a card shark but have played a lot of crib with my*

*Grandfather and Father and later with my children and grandchildren as a way of improving arithmetic skills. Have a good day and thanks for keeping Co-op Circles alive and well. It has to be quite a bit of work.”* **Answer to last week’s contest:** 12 = Face Cards in a Deck of Playing Cards **This week’s contest:** Mary’s father has five daughters: 1. Nana, 2. Nene, 3. Nini, 4. Nono. What is the name of the fifth daughter? Please keep those entries coming! The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to [contest1@nbnet.nb.ca](mailto:contest1@nbnet.nb.ca)



**Co-op Ed 101** – The **Truro Farmers Market** has turned 30 years old. It runs Saturday mornings, 8 to 12 noon. It is Truro’s best selection of local food. <http://trurofarmersmarket.com/>



**Co-op Cooking** - Sometimes simple is best. This recipe is so simple and refreshing; it requires just two easy-to-find ingredients. Use a lovely glass serving bowl for preparation and serving to add rich, beautiful colour to your holiday table. Only using one bowl also helps cut down your clean-up time. With very little effort, this unique cranberry sauce will be the talk of your table and it is so easy it can be prepared minutes before the Thanksgiving feast is placed on the table.

***Holiday Cranberry Sauce with Strawberries***

1 can whole cranberry sauce

1 package whole frozen strawberries

Thaw frozen strawberries. Mix cranberry sauce and strawberries together in your favourite holiday serving bowl. Serve! I hope you enjoy Cranberry Sauce with Strawberries as much as my family does. – *Glenna Weagle*



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**Smile of the Day** – *Hobbies cost money; interests are free.* – George Carlin



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



Week of Oct. 3 – Oct. 9, 2010, Vol. 5, No. 25  
*Edited and Compiled for you, by the Rising Tide Collective\**

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### **This Week in Co-op Circles**

- A well known and respected credit union and co-op leader, **Joseph Gaudin**, passed away on August 2010 at the age of 92.  
[http://www.peifuneralcoops.stpetersblueberryfestival.ca/Central\\_Queens/](http://www.peifuneralcoops.stpetersblueberryfestival.ca/Central_Queens/)  
<[http://classicwebmail.bellaliant.net/do/redirect?url=http%253A%252F%252Fwww.peifuneralcoops.stpetersblueberryfestival.ca%252FCentral\\_Queens%252F](http://classicwebmail.bellaliant.net/do/redirect?url=http%253A%252F%252Fwww.peifuneralcoops.stpetersblueberryfestival.ca%252FCentral_Queens%252F)> Joe dedicated his life's work to the Credit Union and Co-operative movements on Prince Edward Island, working with a number of retail and fisheries co-operatives, but most predominately as managing Director and Chief Executive officer of the PEI Credit Union League Limited (currently Credit Union Central of Prince Edward Island) from 1964 until his retirement in 1981.
- **The Caisses populaires Acadiennes** [http://www.acadie.com/en/communique\\_affiche.cfm?id=1534](http://www.acadie.com/en/communique_affiche.cfm?id=1534) are launching their mobile services which will allow their individual and corporate members to make several different transactions on AccèsD mobile and have access to information directly on their smart phone or digital assistant such as the iPod Touch\*. With new technologies and the growing popularity of mobile devices, consumer habits of financial products and services are changing dramatically. With this in mind, the Caisses populaires acadiennes have developed a simple and secure mobile solution to meet the increasingly diversified needs of their members
- The interim board of Atlantic Central has announced that Bernie O'Neil has been chosen as Chief Executive Officer of the new organization. Bernie brings a wealth of experience to the role. “I am honoured to have been chosen to lead Atlantic Central through its creation and beyond. With the leadership of the Board of Directors and the support of the talented and committed employees of the Centrals, we will combine these organizations into one responsive company that will support Atlantic credit unions to better meet the needs of their members.” The Interim Board of Atlantic Central comprises representatives from CUCNB, CUCNS, Newfoundland and Labrador, and CUCPEI, plus League Savings and Mortgage. For now, the new CEO will focus on the structural and organizational activities required to transform the existing Centrals into the new Atlantic Central on January 1, 2011. The interim board says the benefits that credit unions across the region can look forward to include a stronger voice nationally, greater access to capital through a larger liquidity pool, enhanced support to credit unions in priority areas, and better long term control over costs and supplier relationships.



- Diane Kelderman, CEO of the Nova Scotia Co-operative Council, has been nominated, and then selected, as one of the Top 3 Finalists for the Deloitte “Canada’s Women of Influence” awards, for the Atlantic region. The winner for every region/city is chosen by online voting. Whoever gets the most votes, online, will be recognized as one of the “8 Canadian Women of Influence”, (Atlantic region event in Halifax, Spring 2011). You can vote at <http://www.womenofinfluenceluncheon.ca/awards.html> Please note that voting deadline is October 15th.
- La Siembra Co-operative <<http://www.cocoacamino.com/>> , an Ottawa based worker-owned co-operative and creators of the Cocoa Camino and Cuisine Camino brands of Fair Trade and Organic cocoa, sugar and chocolate products is currently seeking new equity to support our growth into new Fair Trade product areas. La Siembra has over 10 years of operational experience in fair trade and organic product imports, marketing, and sales in Canada. Preference A shareholders have over \$820,000 invested in La Siembra with the average investment equal to \$8700. Investors in La Siembra have had a positive return on their investment every year, with an average dividend of 3.72% in the last 5 years. The sale of Preference A shares will pre-finance producer purchases, launch new products and support producer value chain development. For more information contact Jennifer Williams – CEO at [invest@lasiembra.com](mailto:invest@lasiembra.com)
- **The Rochdale Pioneers Museum** <[http://r20.rs6.net/tn.jsp?llr=euuattcab&et=1103676419016&s=1645&e=00145wejx1IBvsXHatwUn2OccwKCKGA1kC11FY0ji\\_fuYyguwqgNSod-iIWHAs7d0UYGHacL7snWeacFLe2K9hgJ0SkIq29joJ9T2Pg6NX-br3KC2TVwzCiwVYeBz54hDIQVjB1QZoZ1WZ3eB2lc3mmMufShZmBlnipOA-Uliq7QTVhgTyNJsmzFrVx5A15XfkKLf9II1HABvMXK9kYBf\\_Y5IAkz8yqO2F-EMWsUZPP27jiEmpd9TmIAFwUFcb7JYXq](http://r20.rs6.net/tn.jsp?llr=euuattcab&et=1103676419016&s=1645&e=00145wejx1IBvsXHatwUn2OccwKCKGA1kC11FY0ji_fuYyguwqgNSod-iIWHAs7d0UYGHacL7snWeacFLe2K9hgJ0SkIq29joJ9T2Pg6NX-br3KC2TVwzCiwVYeBz54hDIQVjB1QZoZ1WZ3eB2lc3mmMufShZmBlnipOA-Uliq7QTVhgTyNJsmzFrVx5A15XfkKLf9II1HABvMXK9kYBf_Y5IAkz8yqO2F-EMWsUZPP27jiEmpd9TmIAFwUFcb7JYXq)> , the birthplace of the modern co-operative movement in Rochdale, U.K., is set to be redeveloped in time for the International Year of Co-operatives in 2012. The museum received £1.5 million from the UK’s Heritage Lottery Fund to modernize the complex. The museum will be transformed and updated, creating new visitor facilities and learning spaces. New displays will be designed incorporating images and objects from the National Co-operative Archive. Specialist staff will be recruited to teach schools, colleges and the local community about the co-operative movement using the archive and museum materials. Collections from the archive will also be available for public viewing for the first time, including some papers and books of co-operative pioneer Robert Owen as well as material charting the history of the modern-day Co-operative Group and Co-operatives UK. The museum closed its doors at the end of August for the 16-month facelift and is scheduled to reopen on December 21, 2011, 167 years after the opening of 31 Toad Lane as the Rochdale Pioneers’ first co-operative store.
- The Co-operative Development Initiative (CDI) is a Government of Canada program delivered in partnership with the co-operative sector. CDI is designed to help people develop co-ops and to research and test innovative ways of using the co-operative model. CDI will make the co-op option more readily available to Canadians, to respond to their present-day challenges. The program has three interrelated components: The Advisory Services component is delivered by the co-operative sector through a network of co-operative development experts established across the country. The objective is to provide access to professional and technical services needed for the successful launch or strengthening of a co-operative. The Research and Knowledge Development component is designed to undertake,

support and share research that will advance co-operative development and growth. The Innovative Co-operative Projects component provides funding to innovative projects that respond to public policy priority areas and generate best practices and learning. The next deadline for applications for Innovative Co-operative Projects is October 31, 2010. The policy priorities to be addressed through the Innovative Co-operative Projects are: agriculture, including farmer-driven value-added agriculture and biofuels; rural/northern community development; innovative goods and services, including innovative technologies; and capacity building and sustainability. The upper limit of funding for Innovative Co-operative Projects is \$75,000 per year per project. The minimum proponent contribution for Innovative Co-operative Projects is 25% per individual project. For more information and contacts see [www.coop.gc.ca](http://www.coop.gc.ca) <<http://www.coop.gc.ca/>> and for guidelines and applications see [www.cccm.coopscanada.coop](http://www.cccm.coopscanada.coop) <<http://www.cccm.coopscanada.coop/>>

- On September 9th, Victory Credit Union <http://www.victorycreditunion.ca> staff wore PINK in support of STAND UP Against Bullying Day! The now-international event, STAND UP Against Bullying Day, was inspired by the actions of two Nova Scotia high school students <<http://www.cbc.ca/canada/nova-scotia/story/2007/09/18/pink-tshirts-students.html>> . When the young men saw a classmate being taunted for wearing pink, they stood up to the bullies. Wearing pink to school and encouraging other classmates to do the same sent a strong grassroots message from student to student that bullying should not and would not be tolerated.  
<http://www.victorycreditunion.ca/web?service=direct/1/ViewRotatingPortlet/RotatingPortalBlocks/dlinkArticle&sp=S2238&sp=3799>



**Young Co-operators: The Buds on the Co-op Tree** — The Saskatchewan Co-operative Youth Program has a flashy website. See a video describing co-op camp on the main site at <http://youth.sask.coop/> , see more videos about people's camp experience at [http://youth.sask.coop/scyp\\_youth\\_intro.html](http://youth.sask.coop/scyp_youth_intro.html), buy co-op tshirts/tattoos/buttons at [http://youth.sask.coop/scyp\\_swag.html](http://youth.sask.coop/scyp_swag.html) and more. Find out how to get more involved in the youth programs as a camper, staff or sponsor. - *Erin Hancock*



**Contest of the Week** – **Last week's winner:** David Kerr, MB – *"I do not know why this flashed through my mind when I saw it, I am not a card shark but have played a lot of crib with my Grandfather and Father and later with my children and grandchildren as a way of improving arithmetic skills. Have a good day and thanks for keeping Co-op Circles alive and well. It has to be quite a bit of work."* **Last week's winner:** Marty Frost, BC - **Answer to last week's contest:** Mary! See how easily we get led astray, following the "obvious". **This week's contest:** Double my number, I'm less than a score, half of my number is less than four. Add one to my double when bakers are near, days of the week are still greater, I fear. What am I? Please keep those entries coming! The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to [contest1@nbnet.nb.ca](mailto:contest1@nbnet.nb.ca)



**Co-op Ed 101** – Working with community groups to raise money. Farmers Co-operative Dairy Ltd. <http://www.farmersdairy.ca/pages/aboutUs/index.php> has been a part of the Atlantic Canada community for over 80 years. Owned by more than 125 Atlantic

Canadian dairy farmers, it is a local co-operative that provides Atlantic Canadians with quality dairy products made right here at home. Products are made at its plants in Bedford, NS, Truro, NS and St. John's, NL. Check out the Farmers Cheese Fundraising program. Farmers Cheddar Cheese is produced in Salmon River, just outside Truro, and is Nova Scotia's only Cheddar Cheese Plant. <http://www.farmersdairy.ca/assets/media/pdf/PleaseSayCheeseForm.pdf>



***Co-op Cooking*** - If you know a farmer who raises turkeys, it is possible to get a fresh, flavourful turkey to grace your table for Thanksgiving. If you buy your turkey at the market like most of us do, you may like to try brining the bird. Brining is a chef's trick for improving flavour and texture, and this dry method is easier than the wet method. It's essential to use kosher salt and to rinse all traces of the sugar-salt mixture from the turkey before roasting.

***Dry-Brined Roast Turkey with Gravy***

3 cups packed brown sugar

3/4 cup kosher salt

5 to 7.5 kg turkey, thawed if frozen

1 bunch fresh sage

3 tbsp melted butter

1/4 cup flour

1/4 cup white wine

2 cups water

salt and pepper

Stir brown sugar and salt together. Rinse turkey and dry very well with paper towels. Place turkey in a large pan or plastic bag. Pack brown sugar mixture all over the turkey, placing some in cavity as well. Cover pan or tie bag, and refrigerate 12 hours or overnight. When brining time is finished, rinse brine from the turkey, (inside and out), gently rubbing under cold running water so it all comes off. (Don't worry if the legs and wings look purple, this is the result of brining.) Pat turkey dry; stuff sage into cavity and place on a rack in the roasting pan. Bend and tuck wings under the body and loosely tie drumsticks together. Brush butter all over turkey. Loosely cover with foil. Roast for 30 minutes at 450F Reduce oven temperature to 325F. Roast until an instant-read thermometer inserted into the thickest part of the thigh reads 175F, (about 2 1/2 to 3 1/4 hours). Remove foil during the final hour of cooking. Transfer turkey to a platter, tent loosely with foil and let rest at least 25 min before carving. Carefully spoon most of the fat out of the roasting pan, leaving about 4 tbsp fat as well as all the brown bits. Place the pan over medium heat and stir in flour, whisking to completely incorporate flour into drippings. Cook for 30 sec, then whisk in wine and water. Increase heat to medium-high, whisking constantly, until thickened, (about 10 to 15 min), scraping up and incorporating all the brown bits from the pan. Reduce heat to low. If needed, whisk in additional water or homemade turkey stock to reach the desired consistency for gravy. Season to taste with salt and pepper. Happy Thanksgiving folks! –  
*Glenna Weagle*



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**Smile of the Day** – *Is it good if a vacuum really sucks?*



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



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**Openings** - Openings is a weekly feature of Co-op Circles. *“People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.”* - Audrey Hepburn [www.imdb.com/name/nm0000030/](http://www.imdb.com/name/nm0000030/) Send your favourite quote about celebrating co-operatives, communities and a better world for all, to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca)



**This Week in Co-op Circles**

- The **Nova Scotia Co-op Council (NSCC)** and its French counterpart, **Le Conseil Coopératif Acadien de la Nouvelle-Écosse (CCANE)**, have signed a memorandum of understanding to reinforce the importance of working together more closely for the benefit of all cooperatives and credit unions in the province. There are 402 co-operative businesses in Nova Scotia worth over \$5 billion dollars in assets, so as development agencies, the NSCC and the CCANE have a role and a responsibility to support these co-operatives and help others who wish to adopt the co-operative model. The agreement has four goals: 1. To work together to promote the economic development of communities in all regions of Nova Scotia; 2. To better coordinate the cooperative efforts of both parties throughout Nova Scotia; 3. To increase the capacity of service delivery in francophone communities; and 4. To work together on two projects in 2010, namely reaching out to young people and director training. The two groups intend to first focus on working with youth as well as director training, and intend to reach a more permanent partnership within the next two years.
- **Bergengren Credit Union**, with branches in Antigonish, St. Andrew’s, and New Glasgow, NS, has hired a **Youth Coordinator, Elaine MacDonald**. She will help build on Bergengren’s School Program and Financial Literacy Program to include programming for older youth and young adults. She will be the face of the Bergengren Credit Union to the youth in the community and she will be at local schools and community events driving Bergengren’s new branded car. Elaine is a graduate from Dalhousie University with a Bachelors degree in Commerce-Cooperative Education and a double major in Marketing and Logistics. For more information go to [www.bergengren.com](http://www.bergengren.com)
- **Roland Gauvin** has become the new spokesperson for the Caisses populaires acadiennes’ **Lire, découvrir et grandir** literacy program. The announcement was made today at École Abbey-Landry in Memramcook during the launch of Roland Gauvin’s children’s album, *Roland et moniseur Crapaud*. He is a pillar in the Acadian artistic community, and also a symbol of success. [http://www.acadie.com/en/communiqué\\_affiche.cfm?id=1535](http://www.acadie.com/en/communiqué_affiche.cfm?id=1535)
- The **2010 CWCF Conference and AGM** titled **“Worker Co-operatives and Sustainable Development”** will be held in Vancouver from October 28th-30th, together with a CoopZone Developers’ Forum. The deadline to register is October 20th. This year’s Merit Award will be going to Marty Frost of Devco. The Dominion Newspaper/Media Co-op will be the recipient of the Worker Co-operative Best Practices Award. At the AGM there will be another at-large board position open, as Tigist Dafla will be resigning. If you are a member of a worker co-op and interested in running for the Board, please contact Lee Fuge

or Colin MacDougall. Also, we are still looking for a second worker co-op to participate in the Business Problem-Solving workshop. If you can't attend the Conference stay tuned for info on how to access speeches, panels and some workshops on Live Stream.

- In September, **OMISTA** Credit Union participated in New Brunswick Community College Moncton's first ever **Community Fair**. The fair was hosted by the college's Student Representative Council to educate students about the city of Moncton and the groups and services it has to offer. [http://www.omista.com/news\\_detail.aspx?news\\_id=93](http://www.omista.com/news_detail.aspx?news_id=93)



**Young Co-operators: The Buds on the Co-op Tree** - The North American Students of Co-operation (NASCO) is seeking an **Executive Director**. The North American Students of Cooperation (NASCO) Family [of associations] organizes and educates affordable group equity co-ops and their members for the purpose of promoting a community oriented cooperative movement (mission statement). The position is based in Chicago, but the organization is a membership organization (a co-op) of Canadian and American members. The ED reports to the board Personnel Committee and is responsible for oversight of the organization's development and financial activities, managing staff and working in collaboration with the board and staff to establish the strategic direction of the organization. Learn more about the organization at [www.nasco.coop](http://www.nasco.coop) and the position description at [http://www.nasco.coop/docs/jobs/NASCO\\_ED\\_job-description2010.pdf](http://www.nasco.coop/docs/jobs/NASCO_ED_job-description2010.pdf) - Erin Hancock



**Contest of the Week** – Last week's winner: Christine Savoie, NB **Answer to last week's contest: 6 This week's contest:** The higher I climb, the hotter I engage, I can not escape my crystal cage. What am I? Please keep those entries coming! The Contest entry deadline each week is Tuesday, 12 noon. Send your entry to [contest1@nbnet.nb.ca](mailto:contest1@nbnet.nb.ca)



**Co-op Ed 101** – **Fundy Funeral Home** <http://www.fundyfuneralhome.com/about/about.php> opened its doors on Sept. 10, 1995 It provides service to the residents of Saint John, New Brunswick, and surrounding areas for both non-members, and members. The Chapel has a seating capacity of over 200. The founders were a group of individuals who were members of the co-op and credit union movement. They had a vision to provide a service to the community through member ownership, offering more affordable funeral services. The original founders were: Richard Anderson, M. Carpenter, Malcolm Daley, Bernie Desmond, Roy Mackin, Bette McClary, Jean Prime and Carla Tesink. Fundy Funeral Home is located at 230 Westmorland Rd, Saint John, NB, E2J 2G3



**Co-op Cooking** - Pumpkin always seems to go with this season. Perhaps you have not yet tried it in a cheesecake. The sour cream topping is the perfect complement to the pumpkin flavour.

**Pumpkin Cheesecake with Sour Cream Topping**

- 1 1/2 cup graham wafer crumbs
- 1/4 cup sugar
- 1/3 cup butter, melted
- 3 pkg cream cheese, softened
- 1 cup packed brown sugar
- 1 can (15 oz) solid-pack pumpkin
- 2 tbsp cornstarch
- 1 1/4 tsp ground cinnamon
- 1/2 tsp ground nutmeg

1 can evaporated milk  
2 eggs  
2 cups sour cream  
1/3 cup sugar  
1 tsp vanilla extract  
ground cinnamon

Combine crumbs and sugar; stir in butter. Press onto bottom and 1 1/2 -inch up sides of spring form pan. Bake at 350F for 5 to 7 minutes. Beat cream cheese and brown sugar until smooth. Add pumpkin, cornstarch, cinnamon and nutmeg; mix well. Gradually beat in milk and eggs just until blended. Pour into crust. Place on baking sheet. Bake at 350F for 55 to 60 minutes (until center is almost set). Combine sour cream, sugar and vanilla; spread over filling. Bake 5 minutes longer. Cool on wire rack for 10 minutes. Carefully loosen edge from pan; cool 1 hour longer. Chill overnight. Remove sides of pan; let stand at room temperature 30 minutes before slicing. Sprinkle individual servings with additional cinnamon. Refrigerate leftovers. Bon appetite! –  
*Glenna Weagle*



### ***Co-op Community Bulletin Board***

Remember to send news items and bulletin board items to [circles1@nbnet.nb.ca](mailto:circles1@nbnet.nb.ca).

- Oct 17 - 23, 2010 – Co-op Week
- Oct 21 – International Credit Union Day
- Oct 28 - 29, Canadian Worker Co-op Federation/CoopZone Conference, Vancouver - Information is available at: [www.canadianworker.coop](http://www.canadianworker.coop)
- Nov 4-7, 2010 New Brunswick Filmmakers' Co-operative Silver Wave Film Festival, Fredericton, NB Contact NBFC at [info@nbfilmcoop.com](mailto:info@nbfilmcoop.com) or go to <http://swfilmfest.com/index-e.html>



***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](mailto: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](mailto:circles1@nbnet.nb.ca) or to unsubscribe: [circles2@nbnet.nb.ca](mailto:circles2@nbnet.nb.ca) Tell your friends about it. Please e-mail us with your questions, suggestions and memories at [circles1@nbnet.nb.ca](mailto:circles1@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](http://www.mystfx.ca/coady-library/coop_circles/index.htm) Next *Co-op Circles*:  
Wednesday, Oct. 20, 2010

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