



Week of Oct. 15– Oct. 21, 2006, Vol. 2, No. 1

Edited and Compiled for you, by Rising Tide Co-operative Ltd.

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Openings – “Think of bicycles as rideable art that can just about save the world.” - Grant Petersen <http://rivendellbicycles.com/html/about.html> **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Happy Co-op Week !!!!! It has been a year since we launched *Co-op Circles* by invitation to about 100 co-op friends, former co-workers and community development workers. We have produced 47 issues and subscriptions have grown steadily. *Circles* began as a birth from a death so to speak. One day in 2004, we were talking about a co-op activist who had passed away and realized that there was no easy way to tell many people quickly. We have lots of Co-op publications but no weekly news source for people, no vehicle in place in Atlantic Canada to communicate among co-op members quickly, inexpensively and simply. So after a year of looking at models, seeking partners and discussing formats, we decided to just “get 'er done”. Now *Circles* is a part of our lives and our work week. We add and delete features and deal with technical issues as we grow. And here we are. We feel fortunate to be members of a worker co-op. Rising Tide allows us ownership and control over our workplace and that gives us the opportunity to try new things. So now, a year later, we send you our good wishes as Co-op Week is celebrated in most co-ops and credit unions all across Canada this week. We wish we could meet each one of you in person and thank you for your contributions, large and small, to the development of people and communities and businesses, the co-op way. - *Brenda and Maureen*
- **Capital Credit Union** (www.capitalcu.nb.ca) in Fredericton, NB, has won the Bill McWhinney Award of Excellence in International Development. The award was established in memory of Bill McWhinney, Senior Vice-President (1980–1988) of the Canadian International Development Agency (CIDA) and the first Executive Director of the Canadian University Service Overseas (CUSO). The award is given by CIDA to recognize excellence in a volunteer project or program that helps a community in a developing country build its sustainability and help improve its future prospects. Presentation of the Bill McWhinney Award of Excellence in International Development will be made at a dinner held in the Congress Hall in Ottawa on Monday, October 30, 2006, at 6:30 p.m. Joyce Humble, David Preston and Duncan Matheson will represent Capital at the awards dinner. It was Capital’s involvement in the Canadian Co-operative Association’s Co-op Connections program which initiated their ongoing commitment to the people of Lamac in the Philippines. Capital Credit Union has just over 5,000 members and we manage member assets of about \$65 million.
- The Co-operative Development Foundation of Canada (CDF) and the Voluntary Resource Centre (VRC) in Charlottetown, PEI, present their first partnership fundraiser “**Dollars and Sense...Sounds and Fashions for the Socially Conscious**” on November 17 at 7 pm

at Murphy's Recreation Centre, Richmond St, in Charlottetown. Tickets are available at Metro Credit Union, Voluntary Resource Centre and Froggies or by contacting Hannah McKinnon [hannah.mckinnon@gmail.com] The evening will feature an ethical fashion show with "pre loved" clothes, musical performances, door prizes and an international food bazaar. For information call (902) 621-0719.

- Two Nova Scotia credit unions are hosting women managers from Malawi and Nepal this week as part of the Canadian Co-operative Association's Women Mentoring program <http://www.coopscanada.coop/coopdevelopment/internationaldev/womensmentoring/> Giving Credit Where Credit is Due. Heritage Credit Union (www.heritagecu.com) in Dartmouth is hosting Bimala Sene from Nepal and iNova (www.nspostalcreditunion.com) in Halifax is hosting Pirilani Charlie from Malawi.
- **George Wheeliker**, a member of the board of directors of Consumers Community Co-operative (CCC), representing Nova Scotia, died this week in Louisbourg, Cape Breton. George loved to sing and proudly displayed his form when he sang "O Canada" at both CCC and Co-op Atlantic annual general meetings in recent years. Our prayers and thoughts go out to his wife Marilyn, and his family, whom he loved proudly and dearly.
- This is **CO-OP WEEK**. From October 15 – 21 join in celebrating Co-op Week. This year's theme is OWN YOUR FUTURE! and it recognizes how co-operatives and credit unions and allowing people to accomplishing together what they cannot do alone. They are taking ownership of their future for themselves, for their families, and for their communities. More information on Co-op Week, this year's theme, and a Message from the Prime Minister can be found on the Canadian Co-operative Association's website at www.coopscanada.coop/aboutcoop/coopweek/2006coopweek. Statements made in the House of Commons will be posted during the week.
- October 17 was **Co-op Day on Parliament Hill**. Six co-op organizations presented their pre-budget submissions to the Finance Committee on Tuesday, October 17. This was a historic event. The Finance Committee heard about co-ops all day long as every scheduled time period for presentations included a co-operative group. The six groups — Canadian Co-operative Association (CCA), Conseil Canadien de la Coopération (CCC), The Co-operators, Co-operative Housing Federation of Canada, Canadian Worker Co-op Federation, and Credit Union Central of Canada (CUCC) — along with Desjardins, have been working together to coordinate a common approach with three key recommendations. They are to: Establish a new Co-operative Investment Plan for agricultural and worker co-ops, Reinstate the roll out of the Social Economy Initiative (SEI), and Build a new partnership to strengthen co-operative enterprises (the current Co-operative Development Initiative agreement ends in 2008). After the pre-budget presentations, the CCA, CCC and CUCC hosted a joint reception on Parliament Hill to allow Members of Parliament, Senators and senior bureaucrats to meet with elected officials and staff from Canada's co-operatives and credit unions. (*From CCA NewsBriefs*)
- From October 15 to October 21, members of Canada's co-operatives and credit unions can test their knowledge of all things co-operative in the first-ever national *Co-op Week On-line Trivia Contest*. The contest was conceived by Desjardins Group and ran successfully in Quebec last year. This year, with the assistance of the Canadian Co-operative Association, the Conseil Canadien de la Coopération and the Conseil de la coopération du Québec, it is being piloted nationally. Participants who correctly answer two of the five trivia questions will be entered into a draw for to win thousands of dollars worth of prizes that have been

generously donated by co-ops across the country, including Les Ateliers Vif-Argent, Citadelle, Co-op Atlantic, the Co-operative Retailing System, The Co-operators Group, Coopsco, Les Délices de l'Érable, Desjardins, GROWMARK, and Mountain Equipment Co-op. To enter, go to

<https://services.desjardins.com/concours/djd/concours.nsf/bulletinan?openform&id=Concours20069274815420246> (From CCA NewsBriefs)

- Researchers and practitioners across Canada are currently grappling with a definition of the Social Economy – want to be part of the debate? Participate in an engaging tele-learning session (Oct. 26) with Marie J Bouchard, Canadian Research Chair on the Social Economy, and Jack Quarter, director of University of Toronto's Social Economy Centre, and explore: How the Social Economy is defined? The benefits and disadvantages of the various definitions? The challenges of defining the social economy? Register by e-mailing telelearning@socialeconomyhub.ca with your name, city, province of location, and work or volunteer position. To register by phone, call (250)472-5338. The Canadian Co-operative Association and other co-op groups continue to call on the Federal Government to reinstate the roll-out of the Social Economy Initiative, which would have supported the development of co-ops and other community-based enterprises. The government cut more than \$39 million from the program last month. The research component will continue as will the implementation in Quebec. (From CCA NewsBriefs)



Expanding Your Back Yard – Muhammad Yunus of Bangladesh and the Grameen Bank have been jointly awarded the 2006 Nobel Peace Prize. Yunus, an economist, founded the bank, which is one of the pioneers of micro-credit lending schemes for the poor, especially women, in Bangladesh. Yunus, 66, said he would use the 10m Swedish kronor (\$1.35m, £730,000) prize money to "find more innovative ways" to help the poor launch businesses.

<http://news.bbc.co.uk/2/hi/europe/6047020.stm> and <http://www.grameen-info.org/>



Governing For Tomorrow – Good governance and leadership are key elements when planning for, and maintaining, success in our co-op sector. Each week, we will feature a link to articles focusing on these areas. This week, A Cooperative Solution, by Riccardo Lotti, Peter Mensing and Davide Valenti – a look at the co-operative described as a self-governing corporate structure which protects communities and prospers in a globalizing world.<http://www.strategy-business.com/press/16635507/06209>



What is Your Vision Statement? – The vision statement of the Greater Iowa Credit Union – it promises to provide a full range of world class, competitive financial services to its member-owners in an environment of respect and courtesy where safety and privacy are maintained. Member-owners and business associates of the Credit Union will be treated with dignity and trust by personable and caring employees. Employees of the Credit Union will perform their service to member-owners in a work environment of mutual respect and genuine caring. The Greater Iowa Credit Union will be fiscally responsible, ethical in all its actions, innovative in the implementation of technology, a positive force in the communities it serves, and committed to excellence with a passion to succeed in all it undertakes.

<http://www.gicu.coop/infodesk/vision.jsp>

Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – Decreasing paper use and recycling - This is anniversary week at *Co-op Circles*. We started our publication one year ago. Many anniversaries have special names. *Etiquette in Society, in Business, in Politics and at Home* by Emily Post, published in 1992, contained suggestions for anniversary gifts. Year 1 is a paper anniversary. Since we publish electronically, we don't use paper but if we did we estimated that last year we would have used 30,000 sheets of 8.5 X 11 paper and this doesn't account for envelopes and the daily errors that people make resulting in "reprinting". Paper products are the largest component of municipal solid waste, making up 31-38 per cent of the composition of landfills in the U.S. In 2005, 51.5 per cent of the paper consumed in the U.S. was recovered for recycling. This means that today, over 51 million tons of paper and paper products are being recovered for recycling annually, representing a 76 per cent increase over 1990 levels. The paper industry has set a goal to recover 55 percent of all the paper consumed in the United States by 2012. At Rising Tide, when we do print, we use recycled paper. Due to the additional transport, industrial processing and chemical treatment costs needed to make an acceptable paper product, "Recycled" paper products made with used material are typically more expensive than paper products made with new or "virgin" material. <http://www.conservatree.org/paper/PaperTypes/RecyMyths.shtml> Changes are coming to the production of paper, moving away from wood base production http://en.wikipedia.org/wiki/Paper#The_future_of_paper Here is a good resource to learn more about paper recycling - <http://www.conservatree.org/index.shtml> Conservatree, 100 Second Avenue San Francisco, CA 94118 (415) 561-6530 Fax: (509) 756-6987 email paper@conservatree.org



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week, **Bloomingfoods Market & Deli** in Indiana. The current cost of membership in this co-op is \$90, payable in full or by means of a payment plan (\$7.50 a month or \$22.50 quarterly). Above and beyond all of these advantages of ownership is the knowledge that members are helping build a strong local business that has demonstrated a firm commitment to its community for the past 30 years. <http://www.bloomingfoods.org/membership/index.shtml>



Co-op Community Bulletin Board

October 15-21 - Co-op Week

- October 19, 2006 - Credit Union Day
 - October 28, 2006 – Co-op Atlantic Fall Zone conferences in Zones 1, 4, 6, 9 and 10
- Nov. 3 –5, 2006 Just Us! Coffee Roasters Co-operative will be celebrating 10 years of business. There will be different events at its Cafes. The Schedule will be its Web site www.justuscoffee.com
- Nov. 4, 2006 – Co-op Atlantic Fall Zone conferences in Zones 2, 3, 7 and 8
 - Nov.12 -15, Global Microcredit Summit, Halifax, NS <http://www.microcreditsummit.org/>
 - Nov. 16-18, *Taking Global to Local* — The Canadian Worker Co-operative Federation Annual Meeting and Conference, Edmonton, AB. Javier Salaberria from the Mondragon co-

operative system in Spain will be a keynote speaker. Full details and registration information will be available at www.canadianworker.coop

- Nov. 17 – Dollars and Sense.....Ethical Fashions for the Socially Conscious – a fundraiser for the Co-operative Development Foundation, Charlottetown, PEI
- Nov. 18 – Co-op Atlantic Fall Zone conference in Zone 5
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.

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



Contest of the week -Announcing last week's winner: Ron Levesque NB –All entries in October will be added to the Contest Can and the lucky submission for October will be announced the first week in November. Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca

Last week's Contest

Which number does not have 6 as a factor?

14,412

28,734

18,548

53,796

38,888

Answer: Two of the numbers don't have 6 as a factor - 18548 and 38888.

This week's contest: Word Challenge

1. A three word phrase which means 'to like more' or 'to like less'.
2. Acceptance and approval or disapproval and punishment.
3. A two-word phrase meaning either 'working' or 'refusing to work'.
4. A two-word phrase meaning either 'definite' or 'not possible'.
5. A two-word phrase meaning a small leap or a massive leap.
6. A two-word phrase meaning to stop something and to start something



It's Easy to Cook -We would like to include your recipes made with Co-op brand products like Co-op Gold, Market Town and Harmonie. Tell us a bit about why your recipe is a favourite. Those who contribute recipes will be eligible to win a cookbook.

So many varieties of apples are available this month at your local co-op store. This recipe calls for Granny Smiths but I have used different varieties with equal success.

Mom's Harvest Apple Pie

3 large Granny Smith apples, peeled, cored, and sliced

The peel of 1 orange, cut into very thin strips (zested)

1 cup fresh cranberries

1/3 cup raisins

1/4 cup walnuts, chopped (optional be careful of those with allergies)

1/4 cup all-purpose flour

1/2 cup brown sugar

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

Pie crust dough, enough for top and bottom (from your own favourite recipe)

1/4 cup half-and-half (1/8 cup whole milk and 1/8 cup cream)

Sugar, for sprinkling

Preheat the oven to 400 degrees F. In a large bowl, combine the sliced apples, orange zest, cranberries, raisins, walnuts, flour, brown sugar, cinnamon, and nutmeg and mix well. Roll out the bottom dough and place it into a 9-inch pan, leaving 1-inch of pie dough hanging over. Pour the pie filling into the crust. Roll out the top dough and cut it 15 strips. Gently twist the strips 2 or 3 times, beginning with the longest ones, place them on top of the pie, working outward and in various angles. Gently fold the bottom crust up over the edge of the pie and flute the edges with your fingertips. With a pastry brush, gently brush the half-and-half (milk /cream) over the entire top crust and edges

and then sprinkle generously with sugar. Bake until apples are cooked, about 45 to 50 minutes. (You can check the apples with a fork to make sure they are tender). Remove to a rack to cool. Serve warm or at room temperature.



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

- *I love getting your "Co-op Circles"*. – H.C., Calgary



Co-op Circles is part of Rising Tide Co-operative'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: coop_circles_subscribe@email.com or to unsubscribe:

coop_circles_unsubscribe@email.com Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Next *Co-op Circles*: Wednesday, Oct. 25, 2006



Week of Oct. 29– Nov. 4, 2006, Vol. 2, No. 3
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Openings – *“I am not interested in picking up the crumbs of compassion thrown from the table of someone who considers himself my master. I want the full menu of rights.”* – Archbishop Desmond Tutu www.tutu.org/ **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **The Nova Scotia Co-operative Council**, in partnership with Nova Scotia Business Inc and Credit Union Central of Nova Scotia, is sponsoring a series of meetings across the province to outline details of new financing and equity programs available to local businesses. The luncheon meetings are open to all business operators and entrepreneurs interested in learning more about financing and collaborative risk sharing opportunities. The sessions will be held: **Oct 31** - Best Western Glengarry Hotel, Truro; **Nov 2** - Ramada Plaza Hotel, Dartmouth; **Nov 8** - Old Orchard Inn, Wolfville; **Nov 10** - Maritime Inn, Port Hawkesbury. All meetings begin at noon. Pre-registration is required by contacting (902) 893-8966 or via email at nscoopcouncil@eastlink.ca It is an opportunity to meet the credit union and NSBI managers in your area and hear about the various financing and equity programs available in your community and for your business clients.
- A group of PEI residents have been meeting with the intent to form **The Citizens – Farmers Organic Alliance Co-operative**. They are hoping to incorporate a co-operative which will create a vehicle to more closely address access to local produce on a small scale. The previous meeting saw more than 50 people attend, so organizers have determine there is a real interest. The next public meeting is set for Wednesday Nov. 8 at 7 p.m. at the University of Prince Edward Island in Main 130. For more info, e-mail pamelach@isn.net (Prof. Pamela Courtney-Hall) or telephone 902-569-8724 (Jeanne Maki).
- **Mobilizing Youth to Deliver Advisory Services (MYDAS)** is organizing consultations about the formation of co-operative councils for both New Brunswick and Prince Edward Island, says MYDAS Coordinator, David Daughton. An initial opportunity for co-ops to get together will take place on Friday, November 10th at the Hillsborough Community Centre in Charlottetown. The all-day event is being sponsored by the “Inclusion and Empowerment” sub-node of the Social Science and Humanities Research Council (SSHRC) project on the Social Economy in Atlantic Canada, in which MYDAS is a partner. Several Island co-ops are among the presenters and all co-operators are welcome to attend. The event is free and a meal will be served. For more information, you can contact David at 902-626-7399 or via e-mail at info@mydas-mjasc.coop



Expanding Your Back Yard – 2015: A Water Odyssey by Bob Sandford: A ten-year vision for Canadian Water http://www.corporateknights.ca/content/page.asp?name=water_odyssey – Author says what is happening presently in Canada with respect to our fresh water resources is very troubling.



Governing For Tomorrow – Bylaws: How Strong is Your Co-op's Foundation? By Karen Zimbelman - A quick assessment for board members: Are you thoroughly familiar with your co-op's bylaws and Articles? Do you understand all aspects of your bylaws and Articles? Can your members or fellow directors read and understand your bylaws the first time through? Do your bylaws consistently answer procedural questions without providing so much detail that you have to change them each time your board changes the way it wants to operate? If you answer "no" to any of these questions, you need to devote some time to your bylaws.
<http://cooperativegrocer.coop/articles/index.php?id=39>



What is Your Vision Statement? – **Foothills Forage Association** in Alberta provides unbiased forage information to forage producers. It partners with industry, government and the agriculture community to achieve the goals of the association. The members of this co-operative are actively involved and there is skilled leadership and management including staff and volunteers.
<http://www.foothillsforage.com/about.shtml> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – **Black Gold** www.blackgoldmovie.com is a movie about the Multinational coffee companies which rule our shopping malls and supermarkets and dominate the industry worth over \$80 billion, making coffee the most valuable trading commodity in the world after oil. However, the price paid to coffee farmers remains so low that many have been forced to abandon their coffee fields. Nowhere is this paradox more evident than in Ethiopia, the birthplace of coffee. Tadesse Meskela is on a mission to save his 74,000 struggling coffee farmers from bankruptcy. As his farmers strive to harvest some of the highest quality coffee beans on the international market, Tadesse travels the world in an attempt to find buyers willing to pay a fair price. He is general manager for the Oromia Coffee Farmers Cooperative Union in Ethiopia. Approximately 425,300 households are involved in coffee production. The coffee in the Oromia region is shade grown and is bird friendly. All of the coffee is of the Arabica type.
<http://www.oromiacoffeeunion.org/>



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week from Kansas, the **Community Mercantile Coop**. It strives to provide its community with outstanding selection of the finest and freshest foods in the region by emphasizing natural and organic foods, locally produced food, and food that was produced in a sustainable way. The co-op is committed to its community and to education and outreach within its community. <http://www.communitymercantile.com/mission>
This Lawrence, Kansas cooperative has over 2,700 member/owners strong.



Co-op Community Bulletin Board

- Nov. 2 – Microcredit workshops, Halifax. For more information contact brenda.mackinnon2@ns.sympatico.ca or go to www.acic.caci.org/microcredit

- Nov. 3 –5, 2006 Just Us! Coffee Roasters Co-operative will be celebrating 10 years of business. There will be different events at its Cafes. The Schedule will be its Web site www.justuscoffee.com
- Nov. 4, 2006 – Co-op Atlantic Fall Zone conferences in Zones 2, 3, 7 and 8
- November 10 - In a collaboration between the Social Economy Research Network and the Co-operative Sector, there will be a Fall Workshop on the theme of “Citizen Power” at the Hillsborough Community Centre on Friday 10th November from 9 a.m. to 4 p.m. The event will help to demystify the “Social Economy” and will address ways that individuals, organizations and enterprises can help to build inclusive communities on sustainable and ethical foundations. For more information, contact David Daughton: 902-626-7399 or info@mydas-mjasc.coop
- Nov.12 -15, Global Microcredit Summit, Halifax, NS <http://www.microcreditsummit.org/>
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Contest of the week - Announcing last week’s winner – Jeannette Holmden, Moncton. and the lucky winner for October is Carole MacInnis, Port Hawkesbury.

A small gift is on the way. All entries have been added to the Contest Can and the lucky submission for November will be announced the first week in December.

Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca

Last week’s Contest and answer - I was born in December .As my birthday approaches I start to collect loonies, but I enjoy it! On the first day of the month I collect one loonie, on the second day I collect two and so on. So by my birthday I will have collected 276 loonies altogether. On which day of the month is my birthday? ***Answer: My birthday is December 23rd. This week’s Contest:*** Bob is a keen dog admirer and over the years has had a number of dogs. He has had an Alsatian, a Dalmatian, a Poodle and a Great Dane, but not necessarily in that order. Bob had Jamie first. The Dalmatian was an adored pet before the Great Dane. Sammy, the Alsatian, was

the second dog Bob loved. Whitney was housed before the Poodle and Jimmy was not a Great Dane. Can you tell each of the dog's name and the order in which Bob had them?



It's Easy to Cook - We would like to include your recipes made with Co-op brand products like Co-op Gold, Market Town and Harmonie. Tell us a bit about why your recipe is a favourite. Those who contribute recipes will be eligible to win a cookbook.

When I was travelling in Asia recently, the fresh vegetable dishes were wonderful, beautifully presented and cooked with just the right amount of seasoning so that the natural flavours predominated. I was reminded how many recipes there are for stir-fries so I decided I would try a new one each week for a while. This can be cut in half for a family of four. Remember, peppers are on special this week at your Co-op.

Teriyaki Stir Fry (makes 8 servings)

3 tablespoons canola oil
1 red bell pepper, julienned
1 green bell pepper, julienned
1 yellow bell pepper, julienned
1/2 cup red onion, julienned
1 cup thickly cut yellow squash (half-moon slices)
1 cup thickly cut zucchini (half-moon slices)
1 clove garlic, minced
1 to 2 tablespoons peeled and minced ginger
1/4 cup sesame oil
1/2 cup teriyaki sauce
1/2 cup canned straw mushrooms
3 cups sliced bok choy
2 cups fresh bean sprouts
1/3 cup sliced bamboo shoots
1 teaspoon garlic powder
1/2 teaspoon fresh ground black pepper
1/2 teaspoon kosher salt
1/8 teaspoon cayenne pepper, optional
1/2 cup snow peas

Start by preparing and cutting all the vegetables and measuring your ingredients so that they are ready to go. Once you begin stir-frying, it goes very quickly. In a wok or large sauté pan, heat canola oil over high heat, until it is almost smoking. While stirring constantly, 1 at a time, add in the peppers and onions, followed by the squash, zucchini, garlic, ginger, sesame oil, and teriyaki sauce. Cook for about 2 minutes and then add in the remaining ingredients and seasonings, except for the snow peas. Cook about 2 minutes more. Stir in snow peas when done and remove from heat.



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Openings –

*“He drew a circle that shut me out -
Heretic, rebel, a thing to flout;
But Love and I had the with to win:
We drew a circle that took him in!*

*There is a destiny that makes us brothers,
No one goes his way alone;
All that we send into the lives of others,
Comes back into our own.” - Edwin Markham*

http://www.english.uiuc.edu/maps/poets/m_r/markham/markham.htm **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **York Credit Union** (www.yorkcu.nb.ca) in Fredericton, NB, held an “Open House” at both branches with beautiful cakes, beverages and snack trays, all purchased at Fredericton Co-op. The credit union had the official presentation of its \$10,000 cheque to the York Sunbury Search and Rescue organization, with the logo'd trailer parked out front of the Fredericton office all day (see it at www.yorkcu.nb.ca). There were prize draws all day for owners, but “the real fun was at our ATMs. We substituted a number of \$20s with \$50 bills and one \$100 bill, at all 3 of our ATMs (2 branches and the Fredericton Co-op). Needless to say, this was very popular. We made it a fun day and week,” says general manager Dennis Williams.
- **Bayview Credit Union** (www.bayviewnb.com) in Saint John, NB, is helping its members stay healthy this winter. They are hosting member flu shot clinics in partnership with the Victorian Order of Nurses. On December 4, there will be a free seniors clinic at the East Saint John branch. On Dec 5 and 6, there will be member clinics at the West Saint John and East Saint John branches respectively. Charge is \$10 per member. Registration deadline is Nov. 27. Contact Bayview to register.
- Elizabeth Chisholm, vice-president of Bayview Credit Union’s board of directors, presented six \$1,000 Bayview scholarships to the 2006 recipients: Shawn Cripps, Thomas Duchesne, Matthew Florczynski, Kathleen Griffin, Gillian Hayes and Thomas Shannon. This is the 5th year that Bayview has awarded these scholarships in its commitment to continuing its support of local youth and education. The Fredericton area credit unions, co-ops, The Co-operators and Caisse Populaire got together and developed a great 4 page spread in The Daily Gleaner that was 60% ads and 40% co-operative stories.

- Robert Penney, CA, chairperson, has announced that the **New Brunswick Credit Union Deposit Insurance Corporation** (NBCUDIC) launched its new Web site. Easier to locate than the previous one, NBCUDIC's site is now listed under the Agencies portion of the government web site. The address is: <http://www.assurancemb.ca/index-e.asp>
- In 2006, Prince Edward Island credit unions presented 38 scholarships to students across Prince Edward Island. They have invested over \$300,000 in the form of scholarships to Island youth over the past 10 years.
<http://www.peicreditunions.com/news/article.php?ID=480>
- For the second year in a row, an independent survey has found that credit unions rank higher than any other financial institution, including the Big 5 banks, in several customer service measures. <http://www.peicreditunions.com/news/article.php?ID=476>
- **Laurent Brideau**, manager of La Coopérative Cartier Ltée, received the prestigious “Jean-Claude Richard Commemorative Manager of the Year” award given by Kent Enterprise Development Commission during the “Gala Entrepreneurial” that was held recently in Richibouctou.
- **EduNova Co-operative Ltd.**, in Halifax, has received \$200,000 from the Atlantic Canada Opportunities Agency to help it with its marketing activities. EduNova is a member driven co-operative association that focuses on international student recruitment and international education and training projects, in fields such as education management, professional development and education consulting. Current membership includes all 11 universities, the 13-campus Nova Scotia Community College, the seven English school boards through the Nova Scotia International Student Program, two private schools and several private-sector training organizations. EduNova members have connections with more than 140 countries around the globe. For more information, visit www.edunova.ca



Expanding Your Back Yard –Cooperative restaurants have popped up in tucked-away corners of California, Ohio and Virginia. Now some New York City restaurant workers have found a measure of success as collective owners in an experiment modeled after the successful cooperative movement in Italy. But does the European co-op phenomenon have a long-term future in the frenetic restaurant market of Manhattan? More importantly, can split-second business decisions be made when a business is ruled by committee?

<http://70.47.124.114/node/328>



Governing For Tomorrow –Knowledge of **parliamentary procedure** helps members of co-operatives accomplish what they want to achieve at their meetings and run them more efficiently. Here's some help - Making the right motions, their purpose and enacting them –from Robert's Rules of Order <http://www.managementhelp.org/boards/roberts.htm>



What is Your Vision Statement? – **Grease Works** is a biodiesel fuel co-op in Corvallis, Oregon. What is the vision of its members? *“We are a group of environmentally conscious biologists, students, working human beings, lawyers, farmers, professors and small business owners, who are committed to supporting renewable, domestically produced, vegetable-based alternative fuels. We adhere to the philosophy of leading by example, and thus use biodiesel and SVO in our personal vehicles. If change is to come, we, as individuals, must change. We have a vision of a world where the most important facet of any decision is the health of the Earth and the health of its inhabitants--both human and non-human alike. It is our belief that renewable*

energy and appropriate technology will, in the years to come, be the modus operandi of our western culture--not so much out of desire as necessity. The unifying thread of our Co-op is sustainability, and to those ends we stare boldly into the future and offer a viable alternative to petroleum.” www.greaseworks.org Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, I have had the pleasure of travelling with four Ukrainian credit union leaders who are here in Canada as part of a Canadian Co-operative Association sponsored delegation to the Global Microcredit Summit in Halifax. As well as learning a few Ukrainian words and having lots of laughs and taking lots of pictures as they visited Moncton and Halifax, I heard about the development of their credit union system over the past 15 years. I also learned about **Buduchnist Credit Union** in Toronto. It was the result of the vision, effort, courage and perseverance of a group of enthusiasts who, 50 years ago, were inspired by the co-operative spirit. Today, Buduchnist is the largest Ukrainian credit union in Canada. <http://www.buduchnist.com/membership/about-bcu.html>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week from Lexington, Kentucky, the **Lexington Farmers’ Market**. It is a co-operative run by a board of directors elected by the membership. It was established in 1975 as the Farm and Garden Market Cooperative Association. It is not part of nor is it supported by the Lexington Fayette Urban County Government or any other entity. It pays all its own expenses including, insurance, advertising and portable toilets. The market is held on leased land two days per week and on a downtown street on Saturday. It has developed into a four day per week market during the season. The Lexington Fayette Urban County Government has enacted ordinances that have allowed the market to operate and sell the products it sells. It has 65+ paid members at this time. Many of these farmers come to the market only during the season for their specialty, such as sweet corn or tomatoes and others come year round with value added or an expanded product line. Its normal season is mid-April until late November.

<http://www.lexingtonfarmersmarket.com/pages/about.html>



Co-op Community Bulletin Board

- November 10 - In a collaboration between the Social Economy Research Network and the Co-operative Sector, there will be a Fall Workshop on the theme of “Citizen Power” at the Hillsborough Community Centre on Friday 10th November from 9 a.m. to 4 p.m. The event will help to demystify the “Social Economy” and will address ways that individuals, organizations and enterprises can help to build inclusive communities on sustainable and ethical foundations. For more information, contact David Daughton: 902-626-7399 or info@mydas-mjasc.coop
- Nov. 11 – We Remember <http://www.cbc.ca/news/background/remembranceday/>
- Nov.12 -15, Global Microcredit Summit, Halifax, NS <http://www.microcreditsummit.org/>
- Nov. 16-18, *Taking Global to Local* — The Canadian Worker Co-operative Federation Annual Meeting and Conference, Edmonton, AB. Javier Salaberria from the Mondragon co-operative system in Spain will be a keynote speaker. Full details and registration information will be available at www.canadianworker.coop

- Nov. 17 – Dollars and Sense....Ethical Fashions for the Socially Conscious – a fundraiser for the Co-operative Development Foundation, Charlottetown, PEI
- Nov. 18 – Co-op Atlantic Fall Zone conference in Zone 5
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- Remember to send news items and bulletin board items to News1@nbnet.nb.ca



Contest of the week - Announcing last week's winner **Susan King**, Sydney, NS. We had eight correct answers this week. Thanks to everyone for sending in your entries. It's nice to check our mail and find notes and letters along with the contest entries. Don't forget. Everyone gets his/her name placed in the contest can and the lucky submission for November will be announced the first week in December. Contest entry deadline each week is Tuesday, 12 noon.

Send your answer to contest1@nbnet.nb.ca

Last week's answer: Bob is a keen dog admirer and over the years has had a number of dogs. He has had an Alsatian, a Dalmatian, a Poodle and a Great Dane, but not necessarily in that order. Bob had Jamie first. The Dalmatian was an adored pet before the Great Dane. Sammy, the Alsatian, was the second dog Bob loved. Whitney was housed before the Poodle and Jimmy was not a Great Dane. Can you tell each of the dogs' name and the order in which Bob had them?

Answer: Bob had Jamie the Dalmatian first, then Sammy the Alsatian, Whitney the Great Dane and finally, Jimmy the Poodle ***This week's contest:*** During Co-op Week and on Credit Union Day four friends decided to play paint ball. The paint came in blue, yellow, green, and red. Coincidentally, the four friends had T-shirts in those same colours. Brenda used blue paint balls. They had a lot of fun and decided to be co-operative and let everyone win. The person in the green T-shirt used yellow paint balls. They decided next year to get 7 players and do the rainbow flag colors. James was not wearing a red T-shirt which matched his red hair. Dianne used green paint balls and wore a blue T-shirt. Simon was the only person who used paint which was the same colour as his T-shirt which everyone wore when their picture was taken for their local newspaper. Can you tell which colour paint they each used and the colour of their respective T-shirts?



It's Easy to Cook -We would like to include your recipes made with Co-op brand products like Co-op Gold, Market Town and Harmonie. Tell us a bit about why your recipe is a favourite. Those who contribute recipes will be eligible to win a cookbook.

French Toast with Apples

Days are shorter and colder now that November has arrived. Here in Moncton we had our first snow flurries this week. On the weekend you may want to spend a bit of time preparing a fun brunch. Prepare this recipe in advance by layering all the ingredients in one pan. When you're

ready to cook, pop the pan into the oven. The French toast will come out moist and adorned with a fragrant smell of apple. Serve it just as is without any additional fruit, butter or syrup.

Ingredients:

4 tart apples, such as McIntosh or Granny Smith

2 tablespoons fresh lemon juice

1/2 teaspoon ground cinnamon

3 tablespoons butter or margarine

1/2 cup (firmly packed) light brown sugar

1 tablespoons maple syrup

2 large eggs

1/2 cup milk

1 teaspoon vanilla extract

4 to 5 slices French or Italian bread (cut about 1-inch thick)

Preheat oven to 375 F. Peel, core, and cut each apple into 3/4 inch thick wedges. Place the apple wedges in a large mixing bowl, and toss gently with the lemon juice to prevent discoloration.

Sprinkle the cinnamon over the fruit and toss well to combine. Melt butter in a large skillet over medium-high heat. Add the fruit and sauté until tender, about 30 seconds. Add the brown sugar and maple syrup and cook until the sugar is dissolved, 30 seconds longer, remove from heat.

Pour the contents into a lightly buttered 9- inch round baking dish. In a medium size bowl, beat the eggs, and then stir in the milk and vanilla. Dip the bread slices into the egg mixture just to moisten (both sides), then place them over the fruit in a single layer in the pan, making sure to cover the fruit entirely. Pour any leftover egg mixture over the bread. Let the mixture sit for 10 minutes. (This can be prepared up to this point in advance, covered and refrigerated overnight)

Bake the French toast, uncovered until the top is golden, 30-35 minutes. Cool for 5 minutes.

Place a serving tray over the pan, and carefully turn them over to unmold the French toast. Spoon any syrup or fruit left in the pan over the bread, and serve at once.



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- *What a nice lift to find your newsletter in my e-box today. Always something interesting or to occupy the mind.-GW, NS*



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coop_circles_unsubscribe@email.com Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Next *Co-op Circles*: Wednesday, Nov. 15, 2006



Week of Nov. 12– Nov. 18, 2006, Vol. 2, No. 5
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: coop_circles_subscribe@email.com

To unsubscribe: coop_circles_unsubscribe@email.com

Openings – “Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” --Mark Twain www.twainquotes.com

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This Week in Co-op Circles

- **ACA Co-operative Ltd.** was named Outstanding Large Business at the Eastern Kings Chamber of Commerce annual business awards held recently at the Old Orchard Inn in Greenwich, NS.
- October 6, 2006 was National Denim Day in support of Breast Cancer Research. <http://www.denimday.com/> Funds raised from National Denim Days exceed \$1.7 million nation-wide. Eagle River Credit Union in NL earlier this year held a fund raising day. To show their support to this important cause, Eagle River staff put on their jeans and raised \$335.34. <http://www.eaglerivercu.com/Media.asp?ID=4>
- On Nov. 6, more than 60 people attended the ceremony for a new 31,000 square foot full service co-op being constructed in Dieppe, NB. <http://www.dieppe.coop/e/news103006.htm> Co-op president Paul LeBreton, the chair of the membership committee, Marc Lanteigne, and the Mayor of Dieppe, Achille Maillet, all participated in the ceremony. The target date for completion is mid-summer, 2007. There will also be a pharmacy and gas bar. For more information go to www.dieppe.coop or call (506) 382-2667 (coop) or e-mail: info@dieppe.coop



Expanding Your Back Yard – The privatization of water is making life very precarious for people in poorer nations. The people of El Salvador have decided to do something about it. From Upside Down World an article titled: *Not For Sale: El Salvador's Movement Against Water Privatization* <http://upsidedownworld.org/main/content/view/445/1/>



Governing For Tomorrow – How engaged are your co-op's members in the governance and direction-setting of your co-operative? How healthy is engagement for the individual? For the co-op? Read *Democracy and Member Engagement: Co-ops Not Immune to Democratic Deficit*. <http://www.coopscanada.coop/newsletter/CSR/index.html#DemocraticDeficit>



What is Your Vision Statement? – **Glen Valley Organic Farm** is a co-operatively owned farm located in the Fraser Valley near Abbotsford, BC. Its vision is “to feed and educate present and future generations by co-operatively holding, stewarding and Sustainably farming our land.” <http://www.gvofc.org/> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links –As I continued travelling through New Brunswick and Nova Scotia with four Ukrainian visitors last week, on behalf of the Canadian Co-operative Association, my interest grew about this former Soviet Country and the role co-operatives are taking in its development. The Post-Soviet states, also commonly known as former Soviet republics, are the independent nations that split off from the Union of Soviet Socialist Republics in its breakup in 1991. Co-operatives are a relatively new concept in Ukraine and there is a need for them in small villages that have very small economies and limited job potential

<http://dairyoutlook.aers.psu.edu/Weekly/2006/WeeklyDairyMarketOutlook021906.htm>

<http://www.delukr.ec.europa.eu/page39536.html>

<http://www.eth.mpg.de/dynamic-index.html?>

<http://www.eth.mpg.de/research/d2/comparisons/cellarius-kaneff.html>

http://www.uwcc.wisc.edu/info/uwcc_ed/bb/bb6/bb6_files/frame.html



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week from Minnesota, **Forward Minnesota** <http://www.mncooperate.org/> is a federation of worker cooperatives, volunteer collectives, and democratically run non-profits in Minnesota.



Co-op Community Bulletin Board

- Nov.12 -15, Global Microcredit Summit, Halifax, NS <http://www.microcreditsummit.org/>
- Nov. 16-18, *Taking Global to Local* — The Canadian Worker Co-operative Federation Annual Meeting and Conference, Edmonton, AB. Javier Salaberria from the Mondragon co-operative system in Spain will be a keynote speaker. Full details and registration information will be available at www.canadianworker.coop
- Nov. 17 – Dollars and Sense....Ethical Fashions for the Socially Conscious – a fundraiser for the Co-operative Development Foundation, Charlottetown, PEI
- Nov. 18 – Co-op Atlantic Fall Zone conference in Zone 5
- Nov. 24 – 25 – La recherche sur les cooperatives a l'Universite de Moncton Contact: André Leclerc, 165, boulevard Hébert Edmundston, Nouveau-Brunswick, E3V 2S8 Téléphone : (506) 737-5193, Télécopie : (506) 737-5373, Courriel : andre@umce.ca
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
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Answer:

Brenda	Yellow T-shirt	Blue Paint
James	Green T-shirt	Yellow Paint
Dianne	Blue T-shirt	Green Paint
Simon	Red T-shirt	Red Paint

This week's Contest: If March = 43 and May = 39, then by the same logic, what does July equal?



It's Easy to Cook - We would like to include your recipes made with Co-op brand products like Co-op Gold, Market Town and Harmonie. Tell us a bit about why your recipe is a favourite. Those who contribute recipes will be eligible to win a cookbook.

Pumpkin Gingerbread Trifle

This is a new twist on trifle and a popular fall recipe and it is best to make it a day ahead. It is lovely served in clear glass dishes.

1 pan of gingerbread made from your favourite recipe or a mix. Bake and cool.

1 package cook-and-serve vanilla pudding mix

1 (30-ounce) can pumpkin pie filling

1/2 cup packed brown sugar

1/2 teaspoon cinnamon

1 (12-ounce) container co-op frozen whipped topping

6 gingersnap cookies (optional)

Bake the gingerbread and cool completely.

Prepare the pudding and set aside to cool.

Stir the pumpkin pie filling, sugar, and cinnamon into the pudding. Break up half of gingerbread into the bottom of a large glass bowl. Pour half of the pudding mixture over the gingerbread.

Then add a layer of whipped topping. Repeat with the remaining gingerbread, pudding, and whipped topping. Sprinkle the top with crushed gingersnaps, if desired. Refrigerate overnight.



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Next *Co-op Circles*: Wednesday, Nov. 22, 2006



Week of Nov. 19– Nov. 25, 2006, Vol. 2, No. 6
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Openings – “If a person is called to be a street sweeper, they should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. They should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did their job well.” - Martin Luther King, Jr. www.martinlutherking.org

Thanks to **Garth Lawson, Rexton Credit Union** www.rextoncreditunion.ca for sharing his favourite quote. **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Atlantic Co-operative Youth Leadership** program (ACYL) www.acyl.coop is moving to a larger space in Co-op Atlantic's McEwen Centre. **Carole Findlay**, program manager, says, “The ACYL Program is more than an experience that teaches participants about co-operatives and co-operation. It's the best marketing tool today reaching youth at their level. ACYL is still being described as a life-changing experience after 10 years by many former participants. When the program was reviewed last year, 47 letters of support were received from campers, staff, parents and co-operative organizations in a 24 hour period; a phenomenal response!” As part of the outcome from the review process, the group of five owners has formed a Governance Committee for ACYL and moving to a larger space is one of the recommendations. New contact info: 123 Halifax Street, P.O. Box 750, Moncton, NB E1C 8N5 Tel: (506) 862-0737 Cell: (506) 381-COOP (2667) Email: leadership@acyl.coop
- Mel MacConnell, president and CEO, Scotsburn Dairy www.scotsburn.com, was recognized recently as the Pictou County Chamber of Commerce's business person of the year for 2006.
- The vendors of the **Marché Moncton Market** and the **Farmers Market Co-op** will be reuniting under one roof at 120 Westmorland Street in downtown Moncton. The decision was made to amalgamate after both parties met numerous times to discuss options. Both markets are excited about enhancing their services for customers of the now two Moncton establishments.
<http://www.moncton.org/search/english/CITYHALL/inthenews/2006/m20061107.pdf> The City of Moncton also fully supports this new development, and is looking forward to increasing the market's presence in the downtown core. “The restructuring will no doubt fill Moncton's downtown Market and Festival Hall as we approach the busy holiday season,” commented Shane Porter, Moncton's Community Development Officer for Festivals and Events.



Expanding Your Back Yard –The **Bill & Melinda Gates Foundation** has granted \$6.7 million to **World Council of Credit Unions** and \$2 million to World Council's Worldwide Foundation for Credit Unions to implement a Credit Union Growth Program in Africa and Latin America.

The new microfinance program will test product development tools for rapid credit union growth and provide outreach to the poor.

http://www.woccu.org/press/press_rel/pressr.php?pressr_id=1215



Governing For Tomorrow – Ever wonder how your co-op or credit union would respond in a crisis? Some help with communicating in difficult situations:

<http://www.mbrservices.com/commtools/crisis.cfm>



What is Your Vision Statement? – **TruWest Credit Union** with branches and ATMs in Arizona and Texas has as its vision statement: “*People so trust and value our financial solutions and level of service that they select TruWest Credit Union as their primary financial institution.*” <http://www.truwest.org/> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – Leading up to Christmas, we will feature co-operatives products that can be given as a Christmas gift. They are unique because they are a gift that keeps on giving. This week, Fair Trade Coffee **COOCAFE** is the only certified Fair Trade Coffee Co-operative in all of Costa Rica. www.coo cafe.com/ They represent more than 3,500 small coffee producers, in nine independent co-operatives throughout the country. COOCAFE, the Consortium of Coffee Cooperatives of Guanacaste & Montes de Oro, was created in 1988 when six remote co-ops in Costa Rica banded together to tackle their shared struggles as small-scale coffee farmers. <http://www.equalexchange.com/profile-of-coocafe-in-costa-rica> In 1991, Equal Exchange <http://www.equalexchange.com/> met with COOCAFE and helped them explore the possibilities of Fair Trade.



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week, the **Potomac Association of Housing Cooperatives** in Maryland. The Association was founded in 1976 by representatives from 13 housing cooperatives and 1 condominium association. The primary objective of the association was, and still is, continuing education for Board of Directors and members of co-operative communities. <http://www.potomacassoc.com/>



Co-op Community Bulletin Board

- Nov 20 – Dec. 4 – Consumers Community Co-operative Member Association Meetings in New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador.
- Nov. 20 – 25 – La recherche sur les cooperatives a l’Universite de Moncton Contact: André Leclerc, 165, boulevard Hébert Edmundston, Nouveau-Brunswick, E3V 2S8 Téléphone : (506) 737-5193, Télécopie : (506) 737-5373, Courriel : andre@umce.ca
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John’s, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador’s Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the

conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.

- 2007 – May 28-June 1 -three organizations will come together for the first time in a joint conference. [The International Co-operative Alliance Committee on Co-operative Research \(ICA\)](#), the [Canadian Association for Studies in Co-operation \(CASC\)](#), and the [Association for Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the [2007 Congress of the Humanities and Social Sciences](#). <http://usaskstudies.coop/socialeconomy/Congress2007>

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Contest of the week - Announcing last week's winner: **Dennis Williams**, York Credit Union, Fredericton, NB. Thanks to everyone for sending in your entries.

Don't forget. Everyone gets their name placed in the contest can and the lucky submission for November will be announced the first week in December.

Contest entry deadline each week is Tuesday, 12 noon. **Special prize announcement:** We will make one draw on Dec. 22 from all the names we have collected

for 2006 and send them off a special grand prize. Be sure to get lots of entries in before then. Send your answer to contest1@nbnet.nb.ca

Last week's contest and answer: If March = 43 and May = 39, then by the same logic, what does July equal?

ANSWER: July = 68. Each letter is replaced by the number of its position in the English alphabet. Then the numbers are added together.

This week's contest: A bookworm eats from the first page of an encyclopedia to the last page. The bookworm eats in a straight line. The encyclopedia consists of ten 1000-page volumes and is sitting

on a bookshelf in the usual order. Not counting covers, title pages, etc., how many pages does the bookworm eat through?



It's Easy to Cook -We would like to include your recipes made with Co-op brand products like Co-op Gold, Market Town and Harmonie. Tell us a bit about why your recipe is a favourite.

Those who contribute recipes will be eligible to win a cookbook. Including this week, we have only five issues of *Co-op Circles* left before Christmas dinner. This year my husband, my Mother and I have been invited to my daughter's new home for Christmas dinner, her first big meal entertaining her family. I was telling her that with a bit of preplanning Christmas dinner is easy to cook. So each week I will share a simple but easy recipe for the great day. – *Maureen*

Christmas dinner –The Vegetable Dish

Baked Carrots with Cumin, Thyme, Butter and Wine

1 pound of baby carrots, scrubbed and left whole

1/2 teaspoon cumin seeds, crushed

1/4 cup fresh or dried thyme leaves

4 T butter or margarine

Salt and freshly ground black pepper
5 ounces white wine

Preheat the oven to 425 degrees Fahrenheit. Assemble 2 pieces of kitchen foil, 2 to 3 feet in length, so you have double thickness. Place everything but the wine and seasoning in the middle of the foil. Bring up the sides and pour in the white wine. Season well. Fold or scrunch the foil together to seal. Cook in the preheated oven for 45 minutes or until the carrots are tender.

Next week: Coleslaw and Dressing



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

Next *Co-op Circles*: Wednesday, Nov. 29, 2006



Week of Nov. 26– Dec. 2, 2006, Vol. 2, No. 7

Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: coop_circles_subscribe@email.com

To unsubscribe: coop_circles_unsubscribe@email.com

Openings – “Some people, no matter how old they get, never lose their beauty. They merely move it from their faces into their hearts.” - Martin Buxbaum

<http://www.worldofquotes.com/author/Martin-Buxbaum/1/index.html> Thanks to **Glenna Weagle, Bridgewater, NS** for sharing her favourite quote. **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- [Concentra Financial](#) has announced that Erin Hancock, Fredericton, NB, is the recipient of the 2006 *Dennis Lyster Leadership Bursary*. Hancock is a young co-operator, living in Fredericton, NB, pursuing her Masters in Philosophy in Public Policy Studies at the University of New Brunswick. She obtained her Bachelor of Philosophy in Leadership Studies from the University of New Brunswick in 2005, receiving the *Lieutenant-Governor of New Brunswick Silver Medal* for outstanding grade point average. Hancock is a member of [Capital Credit Union](#), [Mountain Equipment Co-op](#) and vice-president and member of the Mobilizing Youth to Deliver Advisory Services (MYDAS) co-operative in Atlantic Canada. The *Dennis Lyster Leadership Bursary*, established in 2004, provides a maximum of \$5,000 annually to promote the development of leadership within co-operatives and credit unions.
- On Thursday, November 23, 2006, Sidney (Sid) Pobihushchy, age 74, passed away peacefully at the Dr. Everett Chalmers Hospital.
<http://www.canadaeast.com/ce/classifieds/obits.php> Sidney was born in 1932 in Saskatchewan. He was a past-president of both Co-op Atlantic and Fredericton Direct Charge Co-op. He was a professor of political science at the University of New Brunswick for 27 years, retiring in 1995. Sidney was also an advocate for the rights of aboriginal people. Sympathy is extended to his wife, Joy, and his four daughters and one son. In lieu of flowers, donations in memory of Sidney Pobihushchy may be made to the Masters of Management, Co-operatives and Credit Unions Bursary Fund at Saint Mary's University through York Credit Union in Fredericton. Donations can also be mailed directly to the MMCCU Bursary Fund, c/o Tom Webb, Faculty of Management, 330 Sobey Bldg., St. Mary's University, 923 Robie Street, Halifax, NS, B3H 3C3.
- David Daughton, Prince Edward Island, was re-elected to the board of the Canadian Worker Co-op Federation at the AGM held in Alberta recently. There were approximately 80 people in attendance. Participants from the Atlantic region were: David Daughton, Peter Hough, Patricia Poll from CareForce Homecare Workers Co-op in New Minas, Marc Henrie (MYDAS and Université de Moncton), and Krystal Payne and Nick Scott, formerly with Under the Ground Café, and now students at St. Thomas University in Fredericton, NB. Conference proceedings should be on the CoopZone web site within a week www.coopzone.coop and on the CWCF site a little later.

- Moncton Restaurant Equipment Co-operative www.gormans.ca celebrated its fifth year in business on Sept 21, 2006. Since forming in 2001, the Co-operative has continually expanded in Atlantic Canada. With the acquisition of Summertime Restaurant Equipment Ltd. in September 2005, the Co-operative has established itself as a major player in restaurant equipment and supplies sales in the region.



Expanding Your Back Yard –Canadians should care about the Canadian Wheat Board fight. Go to www.theholmteam.ca/Dawson.CL.pdf Is Medicare next?



Governing For Tomorrow – When you are getting ready for a meeting at your credit union, who attends to all the details? **Meeting Preparation: A Dirty Job, But Someone's Got to Do It, Are You Ready?** by Karen Zimbelman

<http://www.cooperativegrocer.coop/articles/index.php?id=72>



What is Your Vision Statement? – **White River Valley Electric Co-operative** in Missouri, focuses on improving members' quality of life. It serves more than 39,000 consumers in five counties. It does more than provide reliable electricity to their members. This integrated system also offers energy-efficient and economic development incentives, sponsors electrical safety and youth programs, and participates in community development efforts. <http://www.whiteriver.org> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – The Organic Consumers Association was formed in 1998. <http://www.organicconsumers.org/clothes/leaders.cfm> Read about their vision and programs. It is an online and grassroots non-profit public interest organization campaigning for health, justice, and sustainability. The OCA deals with crucial issues like food safety, industrial agriculture, genetic engineering, children's health, corporate accountability, Fair Trade, environmental sustainability and other key topics. In time for Christmas, the Association's buying guide can be found at www.organicconsumers.org/btc/BuyingGuide.cfm



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week, **Sevananda Natural Food Co-operative** (pronounced "SAY-vuh-NAHN-dah") is one of the United States Southeast's largest consumer-owned cooperatives. For over 30 years now, Sevananda has provided the Atlanta, Georgia area with high quality natural and organic foods. It offers the finest selection of bulk herbs and spices, local and organic produce, vitamins and supplements, and natural foods groceries. Its kitchen serves fresh and nutritious baked goods, soups, sandwiches and salads. It offers ongoing health, cooking and nutrition classes and a variety of information brochures on healthy living.

http://www.sevananda.coop/retailer/store_templates/shell_id_1.asp?storeID=C5G13S77A6GB8P0JT1P2Q4XBHR8BFXX2



Co-op Community Bulletin Board

- Nov 20 – Dec. 4 – Consumers Community Co-operative Member Association Meetings in New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador.
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED

Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.

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Contest of the week - Last week we received several answers. None were exactly correct, but Ron Levesque, Moncton, was the “closest” to the total amount.

Thanks to everyone for sending in your entries. Don't forget! Everyone gets his/her name placed in the contest can and the lucky submission for November will be announced the first week in December. Contest entry deadline each week is Tuesday, 12 noon. Also, we will make one draw on December 22 from all the names we have collected for all of 2006 and send them off a special Grand Prize so be sure to get lots of entries in before then.

Send your answer to contest1@nbnet.nb.ca

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The encyclopedia consists of ten 1000-page volumes and is sitting on a bookshelf in the usual order. Not counting covers, title pages, etc., how many pages does the bookworm eat through? Answer: He eats through 8,000 pages.

This week's contest: A petrol tanker drives along at a steady 30 kph. At the moment it began to move, someone put a hole in the petrol tank and ignited the petrol.

The flames are following it at a speed of 25 kph. After 26km, it stops. How long before the flames reach it?



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Those who contribute recipes will be eligible to win a cookbook. As of this week we have only four issues of *Co-op Circles* left before Christmas dinner. With a bit of preplanning, Christmas dinner is easy to cook. Each week, I will share a simple, but easy to make, recipe for the great day. Do you have a favourite recipe that you always make at Christmas that you would like to share? If so please send to news1@nbnet.nb.ca

Coleslaw

1 head green cabbage, shredded
2 carrots, grated
1 red onion, thinly sliced
2 green onions (white and green parts), chopped
1 fresh red chile pepper, sliced
1 1/2 cups mayonnaise
1/4 cup Dijon mustard
1 tablespoon cider vinegar
1 lemon, juiced
Pinch sugar
1/2 teaspoon celery seed
Several dashes hot sauce (optional)
Sea salt and freshly ground black pepper

Combine the cabbage, carrots, red onion, green onions, and chile in a large bowl. In another bowl, stir together the mayonnaise, mustard, vinegar, lemon juice, and sugar. Pour the dressing over the cabbage mixture and toss gently to mix. Season the coleslaw with the celery seed, hot sauce, salt, and black pepper. Chill for 2 hours in the refrigerator before serving. You can make this the day ahead. Makes about 8 servings. **Next week: Dressing to Die For**



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- *I'm delighted to see this MYDAS event from the (wonderful!) Co-op Circles newsletter!) I hope that this idea might take root elsewhere. Perhaps regionally/sub-provincially in Ontario? Please keep me in touch with developments. – JC, ON*



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Next *Co-op Circles*: Wednesday, Dec. 6, 2006



Week of Dec. 3– Dec. 9, 2006, Vol. 2, No. 8

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Openings – “*Do what you can, for who you can, with what you have, from where you are.*” - We don't know who said it but **Heather Clarke**, a director with **Clarenville Co-operative** in Clarenville, NL, shared it as one of her favourites. If you know who did say it, please send us an e-mail. **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- This **Friday, Dec. 8**, people in the Metro Halifax area and beyond are invited to come celebrate both the holidays and the one year partnership anniversary between **TEAM Work Cooperative** and **The WorkBridge Association**. The first Annual Open House Christmas Party will be held at The Village at 7071 Bayers Rd, Suite M278 from 2-5 pm. The Four Amigos will get people in the holiday spirit with their merry tunes. The Veith Street Gallery will also have some fine artwork created by some of the city's best on display. For more information or to RSVP please contact Nancy McIntyre at (902) 422-8900 or nmcintyre@teamworkcooperative.ns.ca
- The Co-operative Secretariat team encourages all co-operatives to **submit** their Co-operative Development Initiative “Innovation and Research” funding proposals before December 18, 2006. All groups wishing to develop an innovative co-operative project can apply to this federal funding program for financial assistance. The CDI Steering Committee will meet for one of the last times in February to review the proposal submitted to the “Innovation and Research” component. For more details on proposals and the key dates, visit the Co-op Secretariat website at the following address: <http://www.coop.gc.ca>
- The **Co-operative Development foundation of Canada (CDF)** <http://www.coopscanada.coop/coopdevelopment/coopdevfoundation/> and the **Voluntary Resource Centre (VRC)** in Charlottetown PEI presented a partnership fundraiser “**Dollars and Sense...Sounds and Fashions for the Socially Conscious**” on November 17. The evening featured an ethical fashion show featuring preloved clothes, musical performances, door prizes and an international food bazaar. Doug Bridges from Metro Credit Union was the emcee for the evening. More than 150 tickets were sold and over \$1400 was raised to be shared by CDF and VRC.
- An ambitious program designed to confront the challenge presented by increasing weather-related catastrophes, recently celebrated an important milestone, with the completion of Canada's first safer living home. Located in Prince Edward Island, and designed and constructed to withstand winds of 200 km/hour, the house is the first to be completed under the Designed...for safer living program. The program is a partnership between the Institute for Catastrophic Loss Reduction (ICLR) and the Canadian insurance industry. The construction, which involved special construction material and methods from the foundation to the roof, was funded by The Co-operators. <http://www.cooperators.ca/> “The cost of damage from natural disasters has doubled every five to seven years since the 1950s, and more and more people are living in vulnerable areas. This is an alarming trend that is not

sustainable and must be confronted,” said Kathy Bardswick, president and CEO of The Co-operators and member of the ICLR board of directors. “We’re proud to support this program because as an insurer, we see first-hand the devastation wrought by natural disasters. It is incumbent upon us to do all we can to promote safer living, and we hope this will encourage all stakeholders to embrace safer standards.” For further information:

Leonard Sharman, The Co-operators, 1-877-795-7272, ext. 2707, cell: (519) 820-4133.

- **Consumers Community Co-operative (CCC) stores** across the region have just completed member association meetings. These meetings are held twice yearly, in the spring and in the fall. They are an opportunity for members to participate in governing their co-operative, to here about changes in operations and to learn more about their co-operative. Many CCC stores are moving toward the Co-op Food Market concept, which focuses on four key areas: support for local producers through the agri-food strategy, fair trade, healthy food choices and making membership meaningful. Both Moncton locations at Record Street and on Mapleton Road, held very successful grand re-openings this past weekend. Locations in Sackville, NB, and the River Road store in the Saint John area, have already had re-opening celebrations. To learn more about the co-op in your community, go to <http://mycoop.co-opsonline.com>
- It’s Mitten Knittin’ Time Again! **Advance Savings Credit Union** continues with the mitten program started by (formerly Trico Credit Union) member Joan Steeves.
http://www.advancesavings.ca/your_credit_union_newsletter.htm
For the past two years, the owners of the four branches of Trico Credit Union have generously helped donate more than 700 pairs of mittens to local schools. The credit union is asking owners for donations. “Whether you are a knitter or you might be able to purchase a pair of mittens or gloves to donate, it doesn’t matter. What does matter is that they are definitely appreciated and needed.” The mittens are all displayed as they decorate the branch Christmas Trees in the spirit of giving. All mittens brought into each branch are then given to the respective school in the community. Joan Steeves, the Advance Savings owner who started this whole tradition, is nearing 100 pairs, all on her own!
- **Grenfell Memorial Co-op** contributed the largest amount in an Atlantic Co-operative Development Foundation fundraiser. The co-op in St. Anthony, NL, a community of 4,500, made the single largest donation of \$968 in the Co-op week event. Manager Gordon Head has been supportive of international development since his exposure to the Canadian Co-operative Association’s international programming at Atlantic Co-operative Youth Leadership seminars. Eleven co-ops and credit unions in Atlantic Canada helped raise funds during Co-op Week for infrastructure reconstruction in the fishing villages of Banda Aceh, Indonesia. Those involved in the fundraiser were Dalhousie Credit Union, Beaubear Co-op, Beaubear Credit Union, Consumers Community Co-operative (Mapleton Road-Moncton, Sackville, Antigonish locations), Baie Verte Co-op and Grenfell Memorial Co-op in NL, Community Credit Union in Amherst, Bass River and Truro, OMISTA Credit Union in Moncton, and Rexton Credit Union in Rexton, NB. A total of \$3,109 was raised. Grenfell manager’s commented that “this is something we as a community are happy to do. People in Newfoundland know about depending on fisheries and we wanted to support the rebuilding of these communities through CCA’s work.” To read more about CCA’s work in Indonesia <http://www.coopscanada.coop/pdf/tsunami/AsiaReconstructionBulletinWinter05.pdf> (Page 2)
- Local council chairs and board presidents and/or secretaries should have by now received the notice for submitting resolutions to the **2007 Co-op Atlantic Annual General Meeting**. All

resolutions must be submitted to the resolution committee before the January 31, 2007 deadline.



Expanding Your Back Yard – *McOrganic? Is corporate organic changing the organic landscape in Canada?* by Hillary Lindsay
<http://dominionpaper.ca/agriculture/2005/11/24/mcorganic.html>



Governing For Tomorrow – Should we hold “in camera” sessions at meetings? Should we take minutes of “in camera” sessions?
<http://www.coopscanada.coop/NewsLetter/Governance/April2006/#a4>



What is Your Vision Statement? – **Digital Federal Credit Union** is a not-for-profit financial cooperative owned by and operated for its members. DCU was chartered in October of 1979. Since then, DCU has been chosen as the credit union for more than 640 companies and organizations. DCU serves more than 250,000 members and their families in all 50 states. Its vision – “*All members achieve financial well-being*”
<http://www.dcu.org/infodesk/membrshp/eligibil.html#about> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, we feature an option for escaping the consumerism of big brand name shopping and consumer advertising overload. Check out **La Siembra Co-op**. It is a leading North American fair trade organization offering consumers high-quality, certified fair trade organic products that improve the livelihoods of family farmers and the well being of communities at home and abroad. <http://www.lasiembra.com/home.htm> **La Siembra** means the ‘sowing’ or ‘planting’ time in Spanish. Its cocoa comes from co-operatives of family farms that grow organically, under a shade canopy in the rainforests of the Dominican Republic. Looking for a unique gift that can be mailed and shipped without breaking? Think chocolate and hot chocolate. Think Fair Trade Christmas gifts. Check out La Siembra’s retail network in Canada to find a store near you: <http://www.lasiembra.com/retail.htm>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative formed to meet a particular need in communities around the world. This week, **Edwards Plateau Prescribed Burning Association (EPPBA)**: <http://www.ranchmanagement.org/eppba/page2.html> Members of the EPPBA are restoring Edwards Plateau rangeland through the application of prescribed fire. They use fire to suppress noxious woody plants and improve rangeland health. In reality, it is neighbor helping neighbor so the Texas Rangelands can be restored and sustained for future generations. Members of EPPBA share equipment and labor and foster good relations between neighbors and also within the community in regards to the use of prescribed fire. EPPBA has more than 200 members who represent over a million acres of rangeland. The association says the application of prescribed fire on these rangelands improves wildlife habitat, water quality and yield, carrying capacity for domestic livestock and restores their historical diversity and productivity.



Co-op Community Bulletin Board

- Dec. 13, 2006 ACORN Organic Workshop: “Managing Weeds, Insects, and Diseases Organically” in Truro, NS. Learn state-of-the-art tools, technologies, and resources to produce food, control pests and disease and maintain a healthy ecosystem. Price per day:

\$20 (ACORN members), \$30 (non-members), \$45 (special rate: membership + 1 workshop). Pre-registration is required. For more information or to register, please call ACORN at 1-866-322-2676, email admin@acornorganic.org or visit our website at www.acornorganic.org

- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB
- 2007 – May 28-June 1 -three organizations will come together for the first time in a joint conference. [The International Co-operative Alliance Committee on Co-operative Research \(ICA\)](#), the [Canadian Association for Studies in Co-operation \(CASC\)](#), and the [Association for Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the [2007 Congress of the Humanities and Social Sciences](#). <http://usaskstudies.coop/socialeconomy/Congress2007>

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Contest of the week - Announcing last week's winner - Ron Levesque, Moncton. We want to thank Ron as he submits an answer almost every week and we appreciate his participation. Thank you to everyone for sending in your entries. The lucky winner for October is Ruth Sampson, Halifax. A small gift is on the way. It is fun for us to interact with our readers. Don't forget! Everyone gets their name placed in the contest can and the lucky submission for December will be announced the first week in January. Contest entry deadline each week is Tuesday, 12 noon. **Special prize announcement:** We will make one draw on Dec. 22 from all the names we have collected for all of 2006 and send them off a special grand prize. Be sure to get your entry in before then. Send your answer to: contest1@nbnet.nb.ca

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Answer: 10 minutes and 24 seconds.

This week's contest: There are four bungalows in the Winter Haven cul-de-sac. The people living in them are having a decorating contest and everyone hopes to win a prize. All of the houses are decorated for Christmas. They have themed yards - Angels, Santas, Snowmen and Christmas trees. Mrs Scott's bungalow is somewhere to the left of the yard where many Santas are on display and the third one along has lots of snowmen made of wire with arms and heads that move. Mrs Jones owns bungalow with a 10 ft angel in front and Mr Tinsley does not live at either end, but lives somewhere to the right of the one with the Christmas trees of all sizes and shapes in the yard. Mr Smith lives in the fourth bungalow, and the first bungalow does not have any angels. Left to right, who lives where?



It's Easy to Cook - We would like to include your recipes made with Co-op brand products like Co-op Gold, Market Town and Harmonie. Tell us a bit about why your recipe is a favourite. Those who contribute recipes will be eligible to win a cookbook. We are on our way to Christmas dinner. Three weeks left! This week, we share a recipe for a bread and savoury dressing. Although easy to make, this is a "Christmas time only" dish at our house and everyone looks forward to it.

Our Family's Favourite Dressing

1 cup celery chopped

½ cup onion chopped

1 cup fresh or canned mushrooms cut in pieces

Cook these in ½ cup of margarine until soft. Add the following and mix well:

1 cup chicken broth or bullion

1 tsp summer savoury (or more depending on your taste)

1 slightly beaten egg

¼ cup chopped green pepper

salt and pepper and a bit of seasoning salt

5 slices of bread cut or torn in small pieces

Put stuffing into turkey cavity, which has been rubbed with lemon juice and salt. Hint: My friend makes stuffing bags out of tulle fabric. Sew the fabric into a rectangle 4 inches by 10, leaving one end open. Place stuffing into the tulle bag. Fold over the end and place in turkey. When cooked, all stuffing can be removed at once, just cut the bag and dispose of it. Place stuffing in an attractive dish. Another way in which "It's easy to cook".



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Please note: We have had to change our *Circles* subscribe and unsubscribe e-mail addresses due to technical difficulties. See new addresses below and at beginning of newsletter. If you subscribed or unsubscribed in the past three weeks, please send us another message to confirm. *Co-op Circles* is part of Rising Tide Co-operative's commitment to the Co-op Principles of Co-op Education and Concern for Community. This electronic newsletter is published every week. It is available free of charge to anyone with an e-mail address and an interest in co-operative and community development in Atlantic Canada and around the world. We will be happy to put you on our *Co-op Circles* mailing list. We are proud that co-operators from Canada, the U.S, England, the Philippines, Australia and New Zealand are part of our Circle. To subscribe: circles1@nbnet.nb.ca or to unsubscribe: circles2@nbnet.nb.ca Tell your friends about it. Please e-mail us with your questions, suggestions and memories at News1@nbnet.nb.ca

Next *Co-op Circles*: Wednesday, Dec. 13, 2006



Week of Dec.10– Dec. 16, 2006, Vol. 2, No. 9

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To subscribe: circles1@nbnet.nb.ca

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Openings – “*The mind is its own place, and in itself, can make a heaven of hell, and a hell of heaven.*” – John Milton <http://www.luminarium.org/sevenlit/milton/> If you know who did say it, please send us an e-mail. **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Heritage Credit Union** <https://www.heritagecu.com/> with branches in the Halifax Regional Municipality and eastern NS area, has raised 433 pounds of food, enough to feed 36 families. After collecting food in their branches, the donation was made by the Heritage Credit Union elves on the morning of Friday, December 2 at MicMac Mall. The elves had a meeting with Lisa Blackburn from radio Q 104 and chatted on-air about their great results. All proceeds were donated to FEED Nova Scotia.
- Credit Union Atlantic employee **Terry Moore** has been elected as Chair of Junior Achievement of Nova Scotia. <http://www.cua.com/aboutcua/newsandinfo.cfm> Moore is currently Director, Marketing and Communications for Credit Union Atlantic. Moore’s appointment makes her the first female Chair in Junior Achievement of Nova Scotia’s history. She has served on the Junior Achievement board for the past six years, and in addition sits on the board of the Nova Scotia Credit Union Charitable Foundation, is a member of the Nova Scotia Credit Union Provincial Marketing committee and serves on a National Marketing Advisory Committee for the Credit Union MasterCard.



Expanding Your Back Yard –From **The Republic of East Vancouver**, *How to create more co-operative economy in the Lower Mainland: That was the question facing conference attendees, alumni of the VanCity-BCCA-University of Bologna co-op study program*, by Kevin Potvin

http://www.republic-news.org/archive/152_repub/152_kevin_potvin_coop.htm



Governing For Tomorrow – Local autonomy versus rationalized integration; user control versus investor control – the evolution of Ireland’s co-op movement is traced through the efforts of co-operators to address these two major organizational dilemmas, familiar to successful co-operatives around the world. ***Irish Agricultural Co-operatives: An Overview*** – Olive McCarthy, Robert Briscoe, Michael Ward www.uce.ie/acad/foodbus/ccs/DiscussionPapers/c_dp2_b.html



What is Your Vision Statement? – This week, we share with you the Vision of **ICAN (Immigrant & Refugee Co-op/CED Action Network)**, based in Prince Edward Island.

ICAN seeks collective solutions to conditions in immigrant and refugee communities, with the

common vision of a healthy, sustainable inclusive economy in which: we grow a new multiculturalism akin to a chemical reaction where both parties are changed by the interaction, there is no poverty, all people live in dignity and have opportunity to meet their full potential, it is planned for 7 generations, it is locally controlled, a relocalised economy, which is values based, there is greater public space, and there is a redistribution of wealth and therefore a power shift. Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, we continue with our look at Christmas as the opportunity to give gifts that are ethically or socially just. We feature **Just Us Coffee Roasters** <http://www.justuscoffee.com/AboutJustUs.aspx> Just Us! Coffee Roasters was founded in the fall of 1995 and, in March 1996, was formally incorporated as a worker-owned co-operative, to import, roast and market organic coffee on a fair trade basis.

<http://www.justuscoffee.com/AboutJustUs.aspx> Located in the Annapolis Valley in Nova Scotia, you can read more about them at <http://www.justuscoffee.com/2009.aspx>

Just Us! Coffee Roasters Co-op is Canada's first Fair Trade (read about fair trade <http://www.justuscoffee.com/Links.aspx>) coffee roaster, and one of Canada's most successful worker-owned co-operatives. To find out what they have to offer, call Colleen 1-888-668-8436 Ext. 228 or email info@justuscoffee.com Fax 902-542-4436 It is a business based on a firm belief in "people and the planet before profits". Fair Trade is an innovative model for international trade, which offers, not only a fair price, but respect and empowerment for Third World producers



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, with the murders of sex workers in Ipswich, England, we have been hearing through the media, about the **English Collective of Prostitutes**. Since 1975, they have been part of the **International Prostitutes Collective**. It has been campaigning for the abolition of the prostitution laws which criminalize sex workers and our families, and for economic alternatives and higher benefits and wages. The collective's believe is that no woman, child or man should be forced by poverty or violence into sex with anyone. It provides information, help and support to individual prostitute women and others who are concerned with sex workers' human, civil, legal and economic rights.

<http://www.allwomenscount.net/EWC%20Sex%20Workers/SexWorkIndex.htm>



Co-op Community Bulletin Board

- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB

- 2007 – May 28-June 1 -three organizations will come together for the first time in a joint conference. [The International Co-operative Alliance Committee on Co-operative Research \(ICA\)](#), the [Canadian Association for Studies in Co-operation \(CASC\)](#), and the [Association for Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the [2007 Congress of the Humanities and Social Sciences](#). <http://usaskstudies.coop/socialconomy/Congress2007>
- April 26, 2007 – Annual General Meeting, Consumers Community Co-operative
- April 27-28, 2007 – Annual General Meeting, Co-op Atlantic

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



Contest of the week - Announcing last week's winners: Catherine Ann Fuller, Baddeck, and Cathy Darland, Advance Savings Credit Union, Moncton. Their correct answers arrived within seven minutes of each other so they are both winners. Don't forget! Everyone gets their name placed in the contest can and the lucky submission for December will be announced the first week in January. Contest entry deadline each week is Tuesday, 12 noon. We will make one draw on Dec. 22 from all the names we have collected in 2006 and send a lucky winner off a special grand prize. Be sure to get lots of entries in before then. Send your answer to contest1@nbnet.nb.ca

Last week's answer: Mrs. Scott with the Christmas Trees, Mrs. Jones with the angels, Mr. Tinsley with the snowmen, and Mr. Smith with the Santas. **This week's contest:** Saint Nicholas was on holiday last year on Holiday Island. He arrived on Dec. 26 for 2 weeks. He had Mrs. Nicholas with him and several small adult children of short stature. Holiday Island is a really peculiar shape for an island. It is rectangular, 20 miles long and only 15 feet wide, and totally covered in trees! It has two tiny villages on it - Merry and Christmas. Unfortunately, a fire started at Merry and was travelling toward Christmas at around 1 mile per hour. There was also a wind, which was blowing toward Christmas at around 2 miles per hour. Now, St Nicholas and all the family, who are at Christmas, had no way of getting off the island. They cannot pass through the fire. They could not put the fire out as coming from a home in the far north they have no experience fighting forest fires or working with water as they are mostly accustomed to ice ponds and frozen rivers. There is no one to help them because he wanted a rest and Saint Nicholas booked a retreat holiday on the secluded part of the Island near Christmas. They all got together and discussed several plans. Mrs. Nicholas had an idea. How did she save every one?



It's Easy to Cook - On our way to Christmas dinner. Two weeks left! This week, gravy. I picked the following hint up from a cousin. She makes the gravy about an hour ahead of time and stores it in a wide mouthed thermos. It is an attractive thermos from a "kitchen store", one with a handle. She uses it many times during the year for hot and cold beverages. Just before the meal, she removes the gravy, reheats it in the microwave and returns it to the thermos to keep it hot during the meal.

Our Family's Favourite Giblet Gravy

1 tablespoon butter

2 teaspoons olive oil

Giblets, liver, and neck from 1 turkey or commercially prepared stock from a can

1 cup diced onions
1/3 cup minced celery
1/3 cup peeled and minced carrots
2 cloves garlic, peeled and minced
4 teaspoons all-purpose flour
1/4 cup dry white wine
1 1/2 cups chicken broth
1 sprig fresh thyme or dried thyme, if it is fresh
Salt and freshly ground black pepper

In a medium-sized, heavy pot, melt the butter and the olive oil over medium-high heat. Add the giblets, liver, and turkey neck, and cook, stirring until brown, 2 to 3 minutes. Add the onions, celery, carrots, and garlic, and sauté an additional 5 minutes, or until the vegetables are soft. Stir in the flour and cook, stirring for 1 minute. Add the chicken broth, thyme sprig, and any reserved juices from the bottom of the roasting pan, and cook, stirring constantly, until thickened. Strain gravy to remove giblets. Adjust seasonings with salt and freshly ground black pepper. Serve warm.



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- *"I would like to be kept on the e-mail list...I find the newsletter very interesting and informative. Thanks."* – D.C., NL
- *"We found at the store level that there were not always issues to be dealt with in-camera and so allowed that, at the beginning of our meetings, any director or member could request an in-camera session. These in-cameras were held at the beginning of the meeting. They were not scheduled on a regular basis. Re "minutes at in-camera sessions": In-camera is a term for a meeting within a meeting where there are no minutes - that's why people feel free to express their opinions. If there is a resolution of a problem that requires a motion, the motion is made following the in-camera, within the regular meeting where minutes are kept."* – G.W., NS



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Next *Co-op Circles*: Wednesday, Dec. 20, 2006



Week of Dec.17– Dec. 23, 2006, Vol. 2, No. 10
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Openings – “Our time here is magic! It's the only space you have to realize whatever it is that is beautiful, whatever is true, whatever is great, whatever is potential, whatever is rare, whatever is unique, in. It's the only space.” - **Ben Okri** <http://emeagwali.com/nigeria/biography/ben-okri-19jul92.html> If you know who did say it, please send us an e-mail. **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



Expanding Your Back Yard –A Christmas story - **Dulce Domum**, the Christmas chapter from *The Wind in the Willows*, by Kenneth Grahame <http://etext.lib.virginia.edu/etcbin/toccer-new2?id=GraWind.sgm&images=images/modeng&data=/texts/english/modeng/parsed&tag=public&part=5&division=div1>



Christmas Links – <http://artandcraftcooperative.blogspot.com/2006/12/christmas-card-tutorial.html>

Christmas traditions - <http://wilstar.com/xmas/xmassymb.htm>

All things Christmas - <http://www.allthingschristmas.com/traditions.html>

Christmas traditions all over the world -<http://www.christmascarnivals.com/tradition/>

Why do we persist in perpetuating some traditions -

<http://www.mymerrychristmas.com/2005/christmastraditions.php>



Co-op Community Bulletin Board

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- April 26, 2007 – Annual General Meeting, Consumers Community Co-operative

- April 27-28, 2007 – Annual General Meeting, Co-op Atlantic
Remember to send news items and bulletin board items to News1@nbnet.nb.ca



It's Easy to Cook - On our way to Christmas dinner... This week, we share a family favourite for Graham Cracker Pie. We usually have lemon, apple, and/or pumpkin pie as well, but Christmas at our house means Graham Cracker Pie or the meal just isn't Christmas dinner.

Graham Cracker Pie

2 cups graham cracker crumbs
1/2 cup margarine melted
1 cup sugar, plus 1 tablespoon
2 cups whole milk
3 tablespoons cornstarch
3 eggs, separated and yolks slightly beaten
1/2 teaspoon vanilla extract

Preheat oven to 400° F. Mix the graham cracker crumbs, margarine, and 1/2 cup of the sugar in a bowl. Set aside 1/2 cup of the graham cracker mixture. Add the remaining mixture to a deep pie plate or pan and press into place using the back of a large spoon. Bake the crust for 6 minutes. Remove from oven and set aside. Heat 1 3/4 cups of the milk in a medium saucepan until just boiling; lower heat to medium. In a small bowl, mix another 1/2 cup of the sugar with the cornstarch and the remaining milk. Gradually whisk the mixture into the hot milk and cook until creamy, about 2 minutes. Stir a small amount of the hot milk mixture into the egg yolks; add this back into the mixture. Stir constantly for 1 to 2 minutes or until the custard has thickened. Remove from heat and let cool. While the custard is cooling, beat the egg whites then add with 1-tablespoon sugar and beat until stiff. Stir the vanilla into the cooled custard and pour into the graham cracker pie shell. Gently spread the egg-white mixture over the top of the custard. Sprinkle with the remaining graham cracker mixture and place in a 400° F oven for 2 minutes or until the meringue is slightly browned. Chill at least 4 hours before serving. Be sure you do this or the pie won't cut properly.



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Next *Co-op Circles*: Wednesday, Dec. 27, 2006



Week of Jan. 7– Jan. 13, 2007, Vol. 2, No. 11

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Openings – “Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler.” - Henry David Thoreau

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



This Week in Co-op Circles

- **OMISTA** (www.omista.com) in Moncton, NB, reports that the recent Baggin' It for the Food Banks Fundraiser event was a great success accumulating more than \$3,400 in donations. An auction raised \$875.00, more than \$1,100 was raised in cash, more than \$300 was raised in UPC donations and \$1050 in food value donations. All in all, it puts OMISTA's grand total for donations to \$11,404 since last fall.
- The Nova Scotia Co-operative Council (NSCC) has unveiled its new and improved website at www.nasco-opcouncil.ca. The site has many new features, such as announcements and events, publications, and photo gallery, plus much more. There is also a membership contact page where NSCC members can list their contact information.
- Donelda MacDonald and a team of volunteers had a successful Co-operative Development Foundation of Canada (CDF) fundraising activity held at Shean Co-op in Inverness, NS in mid-December. MacDonald is vice-president of the co-op's board of directors. CDF is sincerely grateful to all the co ops and credit unions across Atlantic Canada that contributed to its fundraising events in 2006.



Expanding Your Back Yard –From *The Globe and Mail* - When an occasional car will do the trick: Ownership costs, green concerns accelerate business of vehicle sharing - by Richard Blackwell

<http://www.theglobeandmail.com/servlet/story/LAC.20061228.RCARSHARE28/TPStory/Business>



Governing For Tomorrow – Practical tips for strengthening your board's governance - http://www.iog.ca/boardgovernance/html/prg_gov.html



What is Your Vision Statement? – This week, **Designers Ink** is structured as a co-operative and the client is a fundamental part of that structure. Its vision statement includes the principles that guide and inform its operations and all those involved with Designers Ink. <http://www.designers-ink.co.uk/pages/vision.htm>. Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links –In 2000, Brenda MacKinnon and I had the opportunity to attend a National Cooperative Business Association sponsored event in Washington, DC. .During that week we met a representative from the Federation of Southern Cooperatives <http://www.federationsoutherncoop.com/overview.htm> Each year I have been interested in visiting the Federation’s Web site and learning more. During its 35-year history, it has successfully provided self-help economic opportunities and hope for many low-income communities across the South. It is the only organization in the Southeast United States that has as its primary objectives the retention of black owned land and the use of cooperatives for land-based economic development. <http://www.federationsoutherncoop.com/index.html>
To learn more about African-American Land Ownership:
<http://www.federationsoutherncoop.com/aalandown04.htm>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. **Kit Carson Electric** has been serving northern rural New Mexico since 1934. Its service area includes the counties of Taos, Colfax and Rio Arriba. "*Owned by those we serve*", it is committed to providing quality products and services to our member-owners. Kit Carson Electric continues to progress as it moves further into the new century. It offers northern New Mexico an opportunity to choose pollution free, renewable wind generated electricity. Wind power is available from the co-op in 100 kilowatt "blocks" through its Green Power program. <http://www.kitcarson.com/dialup/index.html>



Co-op Community Bulletin Board

- Jan 18, 7 PM, 4th Fl, Sobe Building, St Mary’s University, Halifax, NS - An engaged workforce improves productivity, raises morale and stimulates innovation. It can also raise tension. How do you do it right? – a workshop with researcher and consultant Ryszard Stocki
- Feb 4-10 - International Development Week
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John’s, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador’s Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
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Contest of the week - Week 9 - there was no correct entry. The lucky submission for December was Cathy Darland, Moncton, NB. A small gift is on the way. The special yearly prize draw winner was Glenna Weagle. Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca **Week 9 Contest and Answer** - Saint Nicholas was on holiday last year on Holiday Island. He arrived on Dec 26 for two weeks. He had Mrs. Nicholas with him and several small adult children of short stature. Holiday Island is a really peculiar shape for an island. It is rectangular, 20 miles long and only 15 feet wide, and totally covered in trees! It has two tiny villages on it - Merry and Christmas. Unfortunately, a fire started at Merry and was travelling toward Christmas at around 1 mile per hour. There was also a wind, which was blowing toward Christmas at around 2 miles per hour. Now, St Nicholas and all the family, who are at Christmas, had no way of getting off the island. They cannot pass through the fire. They could not put the fire out as coming from a home in the far north they have no experience fighting forest fires or working with water as they are mostly accustomed to ice ponds and frozen rivers. There is no one to help them because he wanted a rest. Saint Nicholas booked a retreat holiday on a secluded part of the Island near Christmas. They all got together and discussed several plans. Mrs. Nicholas had an idea. How did she save everyone? **Answer:** The simplest method is to go back toward Merry and out 1 mile. Then light a new fire about 1 mile from Christmas. This fire will burn toward Christmas (because of the wind) and when it reaches Christmas, it will go out. Mrs. Nicholas and the group can then go to Christmas, knowing that the main fire cannot reach everyone as her smaller fire has already burned all of the trees down. **This week's contest:** My grandson, aged 6, belongs to a chess club at his school. I am amazed at how much he has learned since September. So, Brenden, and all you folks out there, at the local games evening, four lads were competing in the Scrabble and chess competitions. Liam beat Mark in chess, James came third and the 16 year old won. Liam came second in Scrabble, the 15 year old won, James beat the 18 year old and the 19 year old came third. Kevin is 3 years younger than Mark. The person who came last in chess, came third in Scrabble and only one lad got the same position in both games. Can you determine the ages of the lads and the positions in the two games?



It's Easy to Cook - With Christmas over and the return to a more regular eating schedule here is something that is easy and "green". Salads seem to be a bit tasteless this time of year; perhaps because the greens have been transported such a long distance. I just had a craving for something easy, inexpensive, low cal and attractive to serve.

Oven Roasted Green Beans

1 1/2 pounds green beans

2 tablespoons extra-virgin olive oil

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Preheat the oven to 425 degrees F.

Trim the ends of the green beans and place in a bowl. Then toss with the olive oil, salt and pepper and spread out evenly on a parchment lined baking sheet. Roast, stirring once halfway

through, until lightly caramelized and crisp tender, 12 to 15 minutes. I served these with a small piece of oven baked fish with lemon and rosemary and a side of wild rice.



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Next *Co-op Circles*: Wednesday, Jan. 17, 2007



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Openings – “*The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.*” – **Thomas Merton** www.quotationspage.com/quotes/Thomas_Merton/ **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The town of Wolfville, NS, <http://www.town.wolfville.ns.ca/> wants to become the first officially designated “fair trade” town in Canada. A launch with TransFair Canada, a national non-profit certification and public education organization, is being planned for February. The launch will include fair trade products like roses, chocolate, coffee, tea and sugar. Mayor Bob Stead said being a fair trade town means that the people accept the concept of a fair return to the producer for a good product. Media, PA, became the first fair trade town in the United States last July. <http://www.mediaborough.com/>
- **Correction:** In a joint initiative, **OMISTA** (www.omista.com), **PSE Credit Union**, **Advance Savings Credit Union** and **Rexton Credit Union** www.rextoncreditunion.ca in Moncton and Rexton, NB, reports that the recent Baggin’ It for the Food Banks Fundraiser event was a great success accumulating more than \$3,400 in donations. An auction raised \$875.00, more than \$1,100 was raised in cash, more than \$300 was raised in UPC donations and \$1050 in food value donations. Together, these credit unions have had tremendous success in making sure Moncton and area food banks are well stocked.
- **The Co-operators** www.cooperators.ca moves up in the list of best 50 Employers in Canada. International human resources firm Hewitt Associates announced today that for the fourth consecutive year The Co-operators is on the firm’s list of the 50 Best Employers in Canada. The Co-operators, based in Guelph, Ontario, is ranked No. 20, up from No. 25 last year. <http://micro.newswire.ca/release.cgi?rkey=1501032791&view=27607-0&Start=0>
- The annual general meeting of **Fredericton Direct Charge Co-op** www.frederictoncoop.nb.ca was held in mid-January in Fredericton, NB. Fredericton Direct Charge as placed in Atlantic Progress magazine’s annual Top 101 businesses in Atlantic Canada. As well, it was recognized by the federal government’s Co-operative Secretariat as one of the top 50 non-financial co-operatives in Canada. The co-op opened a new on-site 14,000 square foot warehouse in September. With this facility, the store was able to consolidate its storage under one roof, freed itself of the trailer units parked at the rear of the store and eliminated the need for off site warehousing. You can visit Fredericton Direct Charge Co-op at www.frederictoncoop.nb.ca
- Four credit unions in the Halifax Regional Municipality joined forces this year, collecting more than 250 toys for the Salvation Army Angel Tree Toy Drive. Toys were donated by staff members, customer-owners, family and friends at credit unions located throughout HRM.

“**Heritage Credit Union** www.heritagecu.com has been involved in the toy drive for a decade,” says marketing manager Janet Brine. “But 2006 was our biggest year ever with **Province House, Teachers Plus** and **Halifax Civic Credit Unions** joining us to collect toys for those less fortunate.” On-air coverage of the credit unions’ toy drive by the Q-104 Breakfast Crew also helped provide awareness and support from the community.

- **Robert (Bobby) McVeigh**, first vice-chairperson of the board of Credit Union Central of Canada, board member of the Credit Union Central of Nova Scotia and past-chairman of the board of the World Council of Credit Unions, is representing the credit union system on the new United Nations Advisors Group on Inclusive Financial Sectors. The advisory group, which has 25 members from around the world, is working to increase the number of poor people and micro and small businesses that have access to a broad range of financial services. McVeigh is one of 10 members of the UN group from alternative financial institutions, and is the only one from Canada. Other members are from government, central banks, universities and the private sector.
- Atlantic Canada’s **League Savings and Mortgage Company** www.lsm.ca is celebrating its 40th anniversary. Founded under a special act of the Parliament of Canada in 1966, League Savings was initially established to assist credit unions in meeting the mortgage needs of their customer-owners. Today, League Savings is a leading credit union service provider in Atlantic Canada, enhancing credit unions’ ability to deliver a full range of mortgage and investment products to their customer-owners. Credit unions in Atlantic Canada and the credit union centrals of Nova Scotia and New Brunswick are the primary shareholders of League Savings.



Expanding Your Back Yard –What **VanCity Credit Union** is doing to be part of the solution around climate change <https://www.vancity.com/MyCommunity/WhereWeFocus/Climate/>



Governing For Tomorrow – What is Governance? "**Governance**" - a word derived from the French "gouvernance" - was first used in English by Chaucer and refers to the exercise of authority and control. "Corporate Governance" entered the mainstream in 1992 with the publication in Britain of the watershed [Cadbury Committee](#) report, whose definition is broadly accepted today: *Corporate Governance is the system by which companies are directed and controlled...Boards of directors are responsible for the governance of their companies. (Cadbury Committee Report, U.K. 1992)* <http://www.coopscanada.coop/NewsLetter/Governance/>



What is Your Vision Statement? – This week, **Emma’s Eco-Clean**, an environmentally conscious, women-owned housecleaning cooperative. Located in California, its vision statement is “to preserve the environment and promote the health of our customers and ourselves, to share with their customers what they have learned so that they may be more informed and environmentally responsible. The members have formed this cooperative based on their desire to support their families and be economically self-sufficient. When their cooperative is successful, they wish to help other women start their own businesses.”

<http://www.wagescooperatives.org/emmas.html#ourvision> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – CFRO is a community radio station in Vancouver, British Columbia. Broadcasting at 102.7 FM, the station operates as a co-operative and is branded as **Co-Op Radio**. The station was launched in 1975 by a coalition of activist groups in Vancouver. The station airs public affairs, music and multilingual programming. Co-op radio, non-corporate media, is located in the downtown eastside. The Radio Station Cafe, which is an attached but separate unit to the station hosts special live broadcasts, and serves fresh fair-trade coffee daily. CFRO, 102.7FM <http://www.coopradio.org/> is a non-commercial, co-operatively-owned, listener-supported, community radio station. Located in the heart of Vancouver's Downtown Eastside, Co-op Radio is a voice for the voiceless that strives to provide a space for under-represented and marginalized communities. As a member-owned co-operative, Co-op Radio does not have one owner – it has approximately 30,000 owners. They do not accept commercial advertising, so remain accountable to those who matter most, listeners and members. The heart of Co-op Radio is more than 400 volunteer programmers who produce the programming. Each programmer at Co-op Radio is required to contribute 2 hours of non-programming-related time to the co-op every month <http://en.wikipedia.org/wiki/CFRO-FM>



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Mountain States Lamb Cooperative** in Douglas, Wyoming. It consists of a group of family ranchers raising premium quality lambs in the high plain and mountain areas of the American West. They take pride in the way they care for their lambs and their land. <http://www.mslamb.com/>



Co-op Community Bulletin Board

- Jan 18, 7 PM, 4th Fl, Sobey Building, St Mary's University, Halifax, NS - An engaged workforce improves productivity, raises morale and stimulates innovation. It can also raise tension. How do you do it right? – a workshop with researcher and consultant Ryszard Stocki
- Feb 4-10 - International Development Week
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB
- 2007 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland, April 18-21, 2007, and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- April 26, 2007 – Annual General Meeting, Consumers Community Co-operative
- April 27-28, 2007 – Annual General Meeting, Co-op Atlantic
- 2007 – May 28-June 1 -three organizations will come together for the first time in a joint conference. [The International Co-operative Alliance Committee on Co-operative Research \(ICA\)](#), the [Canadian Association for Studies in Co-operation \(CASC\)](#), and the [Association for Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective

organizations and will be held in conjunction with the [2007 Congress of the Humanities and Social Sciences](http://usaskstudies.coop/socialeconomy/Congress2007). <http://usaskstudies.coop/socialeconomy/Congress2007>

- July 20-22 – Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week - We welcome back many of our regular contest participants after a Christmas holiday. We received a new co-operative group submission from Asurion in Moncton. You are always welcomed to work together with family, friends or co-workers to enter. The first correct entry to arrive (based on the e-mail time stamp) was from Glenna Weagle in N.S. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer*** - At the local games evening, four lads were competing in the Scrabble and chess competitions. Liam beat Mark in chess, James came third and the 16 year old won. Liam came second in Scrabble, the 15-year-old won, James beat the 18 year old and the 19 year old came third. Kevin is 3 years younger than Mark. The person, who came last in chess, came third in Scrabble and only one lad got the same position in both games. Can you determine the ages of the lads and the positions in the two games?

ANSWER:

Name	Age	Scrabble	Chess
James	15	1	3
Kevin	16	4	1
Liam	18	2	2
Mark	19	3	4

This week's contest - For Christmas, we received a new game called S.T.O.P.

(State, Territory or Province)- North American Edition. We thought as Canadians we would have more than a 50/50 chance because both Provinces and Territories are familiar to us but of course there are 50 states and 10 provinces so we were still at a disadvantage. For fun I have included a sample. This weeks contest features 3 questions from the game. See if you can answer with out using the Internet. Play as if you were sitting at the kitchen table.

What State? _____ "Boasting the largest stained glass church window in the world is the Cathedral Basilica of the Assumption."

What territory? _____ "Only seasoned white water purists should travel the Bonnet plume."

What province? _____ "The 19th century shipbuilding industry is commemorated at Green Park Shipbuilding Museum."



It's Easy to Cook - Following along with last week's theme, I went looking for something easy and fresh. This recipe can be made ahead and looks great served in a clear glass baking dish.

Make ahead vegetable dish

1 1/2 bunches broccoli (about 1 1/2 pounds)

1 large head cauliflower (about 2 pounds)

1 pound carrots, peeled and cut into 1/4-inch slices on a diagonal

1 tablespoon vegetable oil

4 tablespoons unsalted butter

2 cups very coarse dry bread crumbs
1/2 cup grated Parmesan
1/2 teaspoon cayenne

Trim broccoli, and cut florets into 1-inch pieces. (yield 5 cups). Trim cauliflower and cut florets into 1-inch pieces. (about 5 cups) In a large saucepan of boiling salted water cook vegetables until crisp-tender, 2 to 5 minutes. In a colander drain vegetables and refresh under cold water to stop cooking. (Be sure to drain vegetables well. This can be prepared 24 hours ahead) In a large heavy skillet heat oil and 2 tablespoons butter over moderately high heat until foam begins to subside and sauté bread crumbs, stirring, until golden. Stir in Parmesan, cayenne and salt to taste and sauté, stirring, until crisp. Bread crumbs mixture may be prepared 3 days ahead and kept in an airtight container.

Preheat oven to 350 degrees F. In skillet melt remaining tablespoon butter over moderate heat and in it toss vegetables with salt and pepper to taste. Sprinkle vegetables with bread crumbs and toss to combine. Transfer mixture to a glass baking dish and bake, uncovered, 10 minutes, or until just heated through



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



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

Next *Co-op Circles*: Wednesday, Jan. 24, 2007



Week of Jan. 21– Jan. 27, 2007, Vol. 2, No. 13
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “*Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.*” - Martin Luther King Jr. nobelprize.org/nobel_prizes/peace/laureates/1964/king-bio.html **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Marian Lucas-Jefferies** will travel to Soweto, South Africa, on behalf of the Canadian Co-operative Association to work with the Soweto Home-based Caregivers Co-op, a group of 21 people caring for people with AIDS. This is her second trip to provide support for the work of this co-operative. To learn more about the co-operative, visit: www.coopscanada.coop/pdf/newsletter/IDDigest/Autumn2004/page.pdf and www.ica.africa.coop/news_d.php?news_id=13
- **Fredericton Direct Charge Co-op** (www.frederictoncoop.nb.ca) has rescheduled its annual meeting to Monday, Feb. 5, at 7 p.m. It will be held at the Fredericton Inn.
- **The Master of Management – Co-operatives and Credit Unions program** www.smu.ca/mmccu at Saint Mary’s University in Halifax, NS, was invited by the Canadian Institute of Chartered Accountants to submit a proposal for a Centre of Excellence in Accounting and Reporting for Co-operatives and the proposal was accepted in November 2006. The objective for the centre is to be the global thought leader for co-operative performance reporting through: identifying research needs and encouraging and funding research, developing accounting tools for co-operatives, holding conferences, symposia and think tanks on a regular basis, disseminating research and knowledge to not-for-profit and co-operative business managers as well as the academic and accounting practitioner communities, documenting excellent practice, developing case studies and curriculum materials and building on existing networks linking academics, professional associations, standards bodies and co-operative businesses.



Expanding Your Back Yard – Is Nicaragua too green? By Rory Carroll from The Guardian Weekly – finding a balance between sustaining forests and sustaining livelihoods.



Governing For Tomorrow – Monitoring Reports: Closing the Loop on Member Expectations, by Patricia Cumbie: “At many food co-ops, members have expressed the desire that their co-op make a real difference in areas like community, education, sustainability, or supporting local food and economic systems. Local board of directors, accountable to the members, have taken these aspirations and created policies that guide the activities of the co-op to these ends.” <http://cdsfood.coop/sept2006.html>



What is Your Vision Statement? – This week, **Canora Credit Union’s** vision: *Working together to build a better community and provide the best financial service – anywhere, anytime,*

and any way. This credit union is located in Canora, SK Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – In January, we are looking at co-op media in Canada. **Wireless Nomad** is a non-profit cooperative based in Toronto, providing subscriber-owned home and business internet along with free Wi-Fi wireless Internet access to Toronto residents. Free Wi-Fi web access is available at each of the 100+ nodes, making it one of the largest free Wi-Fi networks in the country. <http://wirelessnomad.com/>

As a co-op, Wireless Nomad's members are the owners of the co-op, so the profits that shareholders would normally receive are used to improve the network, support our community and lower access costs for everyone. For more information, write to: 422-1071 King St. W., Toronto, ON M6K 3K2; phone 647-722-2094



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit an initiative of Wisconsin Federation of Cooperatives (WFC). In 2003, WFC created **Co-opCare** to take on one of the biggest problems facing its cooperative members: the high cost of health insurance. By working hand in hand with elected officials, WFC was successful in getting legislation enacted to create "Co-op Care," a pilot project consisting of five health insurance purchasing cooperatives focused mainly on rural areas of Wisconsin.

<http://www.wfemac.coop/wm/coopcare/coopcare.htm>



Co-op Community Bulletin Board

- Feb 4-10 - International Development Week
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB
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Social Economy conference in Saskatoon in May 2007 is rapidly approaching. The deadline is February 1st. <http://www.usaskstudies.coop/socialeconomy/Congress2007>

- July 20-22 – Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the week - The first correct entries to arrive (within minutes of each other) were from Ron Levesque, Moncton and David Kerr, Manitoba. Congratulations to both of you!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer*** --3 questions from a game called STOP. See if you can answer without using the Internet. Play as if you were sitting at the kitchen table. What state? (**Kentucky**) - "Boasting the largest stained glass church window in the world is the Cathedral Basilica of the Assumption." What territory? (**Yukon**) - "Only seasoned white water purists should travel the Bonnet plume." What province? (**PEI**) - "The 19th century shipbuilding industry is commemorated at Green Park Shipbuilding Museum." ***This week's contest*** - A blind beggar had a brother who was killed in an automobile accident. At the funeral it came out that the deceased had no brother. What, then, was the relationship between the two?



It's Easy to Cook - This week we continue with "green vegetables". It is a two-part recipe that makes asparagus into an attractive and easy side dish. Begin by making your bread crumbs ahead of time.

Seasoned Bread Crumbs:

1 1/2 teaspoons olive oil

2 cloves minced garlic

1/4 cup fine dried bread crumbs

Pinch salt

Freshly ground pepper

1 tablespoon finely chopped fresh parsley leaves

1 teaspoon freshly grated lemon zest (grated lemon)

1 tablespoon freshly grated Parmesan cheese

Heat the olive oil in a small skillet over medium-high heat until hot. Tilt the pan and then add the minced garlic and sauté briefly until pale gold. Add the bread crumbs, season with salt and pepper, and lower the heat to medium. Cook, stirring occasionally, until the bread crumbs are toasted, about 3 minutes. Pour into a small bowl and add the parsley, lemon, and Parmesan. Toss well and cool. These will keep, tightly sealed and refrigerated, for several days.)

Asparagus

1 large bunch asparagus, about 1 1/2 pounds, trimmed to even lengths and blanched for 4 minutes in boiling, salted water

Salt and freshly ground pepper

Seasoned bread crumbs

8 thin slices mozzarella cheese

2 tablespoons olive oil

Preheat the oven to 400 degrees F. Butter a shallow baking dish that is long enough to hold the asparagus. Season the asparagus with salt and pepper, bread crumbs, mozzarella and olive oil, to taste.



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- *To my fellow co-operators at Rising Tide Co-operative Ltd. Thanks for Co-op Circles. I find it very useful and have passed on many announcements and tips from the content. – DK, Manitoba*



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Next *Co-op Circles*: Wednesday, Jan. 31, 2007



Week of Jan. 28– Feb. 3, 2007, Vol. 2, No. 14

Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

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Openings – *“Have you ever noticed a tree standing naked against the sky,
How beautiful it is?*

All its branches are outlined, and in its nakedness

There is a poem, there is a song.

Every leaf is gone and it is waiting for the spring.

When the spring comes, it again fills the tree with

The music of many leaves,

Which in due season fall and are blown away.

*And this is the way of life.”- Krishnamurti <http://www.jkrishnamurti.org/>**Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives,*

communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **PEI Organic Farmer-Citizen Co-operative Organization** is one of 18 new projects — five biofuel and 13 value-added — to qualify for Technical Assistance funding under a new program that helps farmers and rural communities pursue biofuel and other value-added opportunities through co-operative ventures. To date, 25 groups have received more than a half-million dollars in funding under the Agricultural Co-operative Development Initiative (Ag-CDI). A partnership between the federal Co-operatives Secretariat and the co-operative sector, Ag-CDI is funded by Agriculture and Agri-food Canada and co-managed by the two national co-op associations — the Canadian Co-operative Association (CCA) and the Conseil Canadien de la Coopération (CCC). The program was announced by Agricultural and Agri-Food Minister Chuck Strahl last July. It runs from September 2006 to March 31, 2007. While the deadline to apply for Technical Assistance has passed, groups can still apply for up to \$5,000 in Learning Exchange funds. In addition, Ag-CDI is still accepting applications for Skills Development for co-op developers and agricultural business advisors. For more information, visit the website at www.coopzone.coop/en/ag-cdi
- **Brigitte Gagné** has been named the new Director General of the Conseil Canadien de la Coopération (CCC). She will assume her duties in March. Ms. Gagné comes to the position with many years of experience in the areas of the environment and international development, and was most recently Executive Director of the Canadian Environmental Network. Gagné replaces Sylvie St-Pierre Babin who resigned from CCC at the end of December after 19 years with the association. Founded in 1946, CCC unites eight provincial francophone co-op councils across the country. It represents more than eight million co-opertors in almost 3,500 co-ops across the country.
- **Laurie Gallant** of Prince Edward Island and **Margaret Thompson** of New Brunswick are among ten Canadian credit union professionals who will soon begin their three-week assignments sharing skills and knowledge with credit unions in Ghana. Beginning February 4 they will provide on-site coaching to managers, staff, and elected officials at credit unions

across the country as part of the fourth running of the Canadian Co-operative Association's annual Credit Union Coaching Program. The coaches are: Laurie Joseph Gallant (PEI), Larry Carnegie (SK), Robert Clark (ON), Gene Creelman (BC), Barry Delaney (BC), Marcia Greenwood (SK), Owen Nicklin (SK), Gail Peterson (SK), Margaret Thompson (NB), and Lorraine Moyse (SK). Barry Delaney and Marcia Greenwood will post blogs (internet connections allowing) about their work with credit unions in two different regions of Ghana. Visit www.coopscanada.coop to follow developments.



Expanding Your Back Yard – In Cuba, state farms now control only a quarter of all agricultural land – down from 80 per cent a few years ago. There is no doubt this worker-managed co-operative model has boosted food production. However, the transition is by no means complete and there are problems – the main one is the centralized management legacy of the state
<http://www.newint.org/issue301/land.htm>



Governing For Tomorrow – CUNA presents **Tips for a Successful Member Education Effort**
http://buy.cuna.org/static/educ_members.html



What is Your Vision Statement? – *This week, our vision statement comes from Advance Savings Credit Union in Moncton, NB – “To be the financial institution of choice, where our owners succeed in meeting their financial goals.”* Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – In January, we are looking at co-op media in Canada. The Canadian Press is a private co-operative, owned and operated by its member newspapers. This Canadian news agency was established in 1917 as a vehicle to permit Canadian newspapers of the day to exchange their news and information. Created by an Act of Parliament, the news co-operative was formed to help newspapers cover and distribute news across the vast country. Initially operating as a distribution network, CP's first editorial staff came on board during World War I to report on the efforts of Canadians soldiers overseas. With the arrival of television and radio, CP branched out and created a subsidiary, Broadcast News, to deliver text specifically written for broadcasters as well as the production of newscasts and audio clips. CP and BN operate in both English and French, Canada's official languages. The French Service of CP was established in 1951. CP has bureaus across Canada and in Washington, DC. CP also operates a photo service which generates hundreds of images each day.
http://en.wikipedia.org/wiki/Canadian_Press



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Rose City Cooperative Preschool** in Northeast Portland, Oregon, in the Rose City Park neighborhood. It is located in, but not affiliated with, the Rose City Park United Methodist Church, where the children enjoy a wonderfully bright classroom and spacious basement play area (with two jungle gyms and year-round bike-riding). <http://www.rosecitycoop.org/>



Co-op Community Bulletin Board

- Feb 2 - 3, 2007 - 2nd Annual Atlantic Sustainable Campuses Conference, University of King's College, Halifax, Nova Scotia - Key-note Speaker: Elizabeth May, O.C. Former Executive Director of the Sierra Club of Canada, Special Guest: Dr. David Suzuki, Science Broadcaster and Environmental Activist -The conference will focus 3 tracks - building sustainable operations and policy, curriculum, and campus culture - all of which will span the core concepts of sustainability: economics, society and environment. Contact atlantic@syc-cjs.org
- Feb 4-10 - International Development Week
- Feb 4 at 2:30 pm, Spring Garden Public Library, 5381 Spring Garden Rd, Halifax Public screening of the film "Wal-Town" There will be a special appearance by two of the six activists who, in the summer of 2004 and 2005, ventured across the country to put Walmart's feet to the fire about their business practices and the effects they were having on Canadian cities and communities. A free event presented by NSPIRG and the Halifax Public Libraries. A second screening of Wal-Town on Monday, February 5 at 8:30pm NSCAD Bell Auditorium, Room D440 4th Floor 5163 Duke Street, Halifax, NS.
- Feb 8 from 12 Noon to 3 pm, Westin Nova Scotia, 1181 **Hollis St., Halifax, NS** -In celebration of International Development Week, the Atlantic Council for International Cooperation is hosting the Engendering Change Luncheon. Speakers will discuss the importance of gender equality in contributing to economic growth, sustainable development, and reducing poverty around the world. For tickets call 431-2311 or email communications@acic-caci.org. For more information please visit www.acic-caci.org
- Feb 8 -Panel Discussion - Right to Be Heard: The World of Human Trafficking, 7 PM, UNB Fredericton Head Hall, Dineen Auditorium. Speakers Ric Esther Bienstock, award winning producer/director of documentaries, Dr. Jo Anne Lyon, founder of World Hope International, and Alberta Kaikai, anti-trafficking coordinator for World Hope Sierra Leone, address the issue of human trafficking through a panel discussion. The work is funded by CIDA, Canadian International Development Agency, by a grant to World Hope Canada.
- Feb. 16 -deadline for submission of papers for the Co-operative Innovation: Influencing the Social Economy conference being held in Saskatoon this Spring has been extended to February 16, 2007. The call for papers and instructions on how to submit a proposal can be found on the conference website at: www.usaskstudies.coop/socialeconomy/Congress2007
- Feb 21-22 - Bio-Fuels and Value-Added Co-ops – What are they all about? Through a series of plenaries, case studies and break-out sessions lead by a variety of experts from all over North America, we will explore a variety of topics, including: Government policy, Establishing governance models and board policies, Membership and equity drives, Funding for co-ops, By-laws, policies and operations, Financing and taxation implications for co-ops in planning equity, Success stories, Research on new generation co-ops in Manitoba, Working together as a province. This conference is taking place in Portage la Prairie, MB If anyone in the Atlantic region is interested in following up on this conference, please contact info@manitoba.coop
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB
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Contest of the week - The first correct entry to arrive was from Pierre Dupuis in Moncton, NB Congratulations! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca **P.S. Make sure your computer clock is set to the correct time. That is how we decide whose correct answer arrived first. Also, one of Week 12's correct answers has been disqualified because the person did not read the details and used the Internet, giving him an unfair advantage. He did, however, admit that he didn't follow instructions and we are allowing him to play again this week!** *Last week's contest and answer* - A blind beggar had a brother who was killed in an automobile accident. At the funeral it came out that the deceased had no brother. What, then, was the relationship between the two? They were sister and brother. The beggar was a woman. **This week's contest:** Each of the Johnson brothers has as many sisters as he has brothers. Each of the Johnson sisters has twice as many brothers as she has sisters. How many brothers and sisters are there in the Johnson family?



It's Easy to Cook - This week, we are serving a green vegetable served with fish – a good, healthy combination.

Oven Fish and Garlic Broccoli

3 tablespoons Dijon mustard

3 tablespoons olive oil

1 tablespoon minced garlic
1 tablespoon thyme leaves
2 teaspoons balsamic vinegar
1 teaspoon marjoram leaves
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 package (approximately 2-pound) fish fillets
1 lemon, thinly sliced into rounds

Preheat the oven to 400 degrees F. In a bowl, combine the mustard, 2 tablespoons of the oil, the garlic, thyme, vinegar, marjoram, salt and pepper and mix well. Rub the fish with 1/2 teaspoon of the oil and place in a roasting pan. Brush the mustard mixture onto the fish and lay the lemon slices over the top. Drizzle with the remaining 2 1/2 teaspoons oil and roast until the fish is cooked through, about 20 minutes. Place the fish on a platter and arrange the broccoli around the fish.

Garlic-Parmesan Broccoli

1 head broccoli, trimmed and cut into florets
3 tablespoons olive oil
4 cloves garlic, thinly sliced
1 teaspoon fresh lemon juice
1/2 teaspoon salt
Pinch red pepper flakes
1/4 cup very finely grated Parmesan

In a pot of lightly salted boiling water, cook the broccoli until just tender, 5 minutes. Drain. In a large sauté pan or skillet, heat the oil over medium heat. Add the garlic and cook, stirring, until fragrant and starting to turn golden, 1 1/2 to 2 minutes. Add the lemon juice, salt and pepper flakes and stir to combine. Add the broccoli and cook until warmed through and coated with the oil mixture. Adjust the seasoning to taste. Toss with the Parmesan and serve immediately.



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



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Next *Co-op Circles*: Wednesday, Feb. 7, 2007



Week of Feb. 4 – Feb. 10, 2007, Vol. 2, No. 15
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “You must stick to your conviction, but be ready to abandon your assumptions.” – Denis Waitley <http://www.waitley.com//> **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Interested co-operators can join 200 credit union, co-operative and community investment representatives at the 2nd Annual Corporate Social Responsibility (CSR) and Community Investment Forum in Guelph, Ontario, May 15, 16 and 17, 2007. While there, they can learn about best practices and leading trends in CSR and community investing, network with peers, and help grow a national CSR network of co-operatives and credit unions. Registration is \$175 with financial assistance available on application. This conference is organized by a steering committee of credit union and co-operative representatives, including Credit Union Central of Canada and Canadian Co-operative Association, following the first successful 2006 Forum. Contact Miruna Nichita at Miruna_nichita@cooperators.ca for registration information.
- A group of professionals in New Brunswick are making a difference in Guinea using microcredit and other community development models. **The Lyceum Group** (TLG) is a collective of mostly New Brunswick professionals who are working to improve lives in Guinea, West Africa. [http:// www.grouplyceum.com](http://www.grouplyceum.com) The outcome is a model village now being visited by many from both Guinea and abroad. Efforts have been made to teach school children about their isolated ecosystem, collate the history of their people and culture, and stimulate pride in the empowerment of each resident.
- This is **International Development Week** 2007. It ends on Saturday and there are many events happening across the region. **Thursday, February 8th**, 12 Noon – 3 PM, Westin Nova Scotia, 1181 Hollis St., Halifax, NS In celebration of International Development Week, the Atlantic Council for International Cooperation is hosting the Engendering Change Luncheon. Speakers will discuss the importance of gender equality in contributing to economic growth, sustainable development, and reducing poverty around the world. Cost: \$20 – includes a three-course meal (\$15 for students) For tickets call 431-2311 or email communications@acic-caci.org. **Friday, February 9**, International Opportunities Fair, 5:30 pm – 8:30pm UNB Saint John Grand Hall, Scotiabank Building, King Square, Uptown Saint John NB; 6 – 7 pm - Working in International Development in Africa Panel Discussion: Listen to inspiring stories and advice from UNB students and graduates who have worked in Africa; 7– 8:30 pm Right to Be Heard: A Look into the World of Human Trafficking Listen to speakers Ric Esther Bienstock, award winning producer/director of documentaries, Dr. Jo Anne Lyon, founder of World Hope International, and Alberta Kaikai, anti-trafficking co-ordinator for World Hope in Sierra Leone as they address the issue of human trafficking,

share their personal stories and show clips from Ric Esther Bienstock's documentary "Sex Slaves / The Real Sex Traffic"

- Canadians are blogging their experiences while helping Ghana's credit unions. For the next three weeks, you can follow the adventures of two credit union professionals as they blog their experiences helping credit unions in the West Africa country of Ghana. Barry Delaney and Marcia Greenwood are in Accra, Ghana's capital city with the Canadian Co-operative Association's *Ghana Coaching Program*. To follow Barry's and Marcia's blogs, go to: www.coopscanada.coop and follow the links.



Expanding Your Back Yard – Social and environmental entrepreneurs have a lot to teach big business by John Elkington and Mark Lee

<http://www.grist.org/biz/fd/2006/12/20/entrepreneurs/>



Governing For Tomorrow- Possibly no other area within the cooperative contains as much potential for either success or disaster as does that of board/general manager relationships by Geoffrey F. Smith and Karen Zimbelman

<http://www.cooperativegrocer.coop/articles/index.php?id=19> Assessing Management Performance



What is Your Vision Statement? – This week, our vision statement comes from the **Keystone Development Center** (KDC) in York, Pennsylvania. It was created in 1998 by an all-volunteer group of individuals, including one farmer and several working at various service organizations. All were devoted to cooperative and rural development in Pennsylvania. Its vision is to sustain communities, economies and resources in rural areas through cooperatively owned businesses.

<http://www.kdc.coop/home/>

Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, I read an interesting e-mail from a Canadian Co-operative Association staff person in Sri Lanka. I decided to share some news stories and links to co-operatives in that country. Only two years ago, Sri Lanka was devastated by the tsunami.

<http://www.coopscanada.coop/pdf/Resources/NewsReleases/Tsunami%20appeal%20jan05.pdf>

http://www.desjardins.com/en/a_propos/salle_presse/la_une/communiqués/2006112202.jsp

and <http://www.coopscanada.coop/pdf/tsunami/AsiaReconstructionBulletinWinter05.pdf>

It is always good to reflect on past and present co-operative development and preparations for the future. http://www.colombopage.com/archive_07/January2061909JV.html

Iran and Sri Lanka have agreed to bolster their co-operation in the co-operatives sector

<http://www.tamilinsight.com/index.php?news=4398>

Women's Bank, Colombo, Sri Lanka

<http://www.caledonia.org.uk/gamage.htm>



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit the **River Market Community Co-op** in Stillwater, Minnesota. www.rivermarket.coop



Co-op Community Bulletin Board

- Feb 4-10 - International Development Week
- Feb 4 at 2:30 pm, Spring Garden Public Library, 5381 Spring Garden Rd, Halifax Public screening of the film “Wal-Town” There will be a special appearance by two of the six activists who, in the summer of 2004 and 2005, ventured across the country to put Walmart’s feet to the fire about their business practices and the effects they were having on Canadian cities and communities. A free event presented by NSPIRG and the Halifax Public Libraries. A second screening of Wal-Town on Monday, February 5 at 8:30pm NSCAD Bell Auditorium, Room D440 4th Floor 5163 Duke Street, Halifax, NS.
- Feb 8 from 12 Noon to 3 pm, Westin Nova Scotia, 1181 Hollis St., Halifax, NS -In celebration of International Development Week, the Atlantic Council for International Cooperation is hosting the Engendering Change Luncheon. Speakers will discuss the importance of gender equality in contributing to economic growth, sustainable development, and reducing poverty around the world. For tickets call 431-2311 or email communications@acic-caci.org. For more information please visit www.acic-caci.org
- Feb 8 -Panel Discussion - Right to Be Heard: The World of Human Trafficking, 7 PM, UNB Fredericton Head Hall, Dineen Auditorium. Speakers Ric Esther Bienstock, award winning producer/director of documentaries, Dr. Jo Anne Lyon, founder of World Hope International, and Alberta Kaikai, anti-trafficking coordinator for World Hope Sierra Leone, address the issue of human trafficking through a panel discussion. The work is funded by CIDA, Canadian International Development Agency, by a grant to World Hope Canada.
- Feb. 16 -deadline for submission of papers for the Co-operative Innovation: Influencing the Social Economy conference being held in Saskatoon this Spring has been extended to February 16, 2007. The call for papers and instructions on how to submit a proposal can be found on the conference website at: www.usaskstudies.coop/socialeconomy/Congress2007
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Last week's contest and answer -- Each of the Johnson brothers has as many sisters as he has brothers. Each of the Johnson sisters has twice as many brothers as she has sisters. How many brothers and sisters are there in the Johnson family? Answer: 4 brothers and 3 sisters

This week's contest: How much money would I have had if, in spending $\frac{1}{5}$ and then $\frac{1}{5}$ of the remaining I had altogether spent \$36.00?



It's Easy to Cook – In February, we will feature apples, readily available from apple growers in Atlantic Canada at this time of year.

Squash and Apple Bake

- 2 lbs butternut or buttercup squash, peeled, seeded and cut into 1/2 inch pieces
- 2 Nova Scotia or New Brunswick baking apples, cored and cut into 1/2 inch slices
- 1/2 cup packed brown sugar
- 1/4 cup butter or margarine, melted
- 1 tbsp flour
- 1/2 tsp salt
- 1/2 tsp mace or 1/4 tsp nutmeg or cinnamon

Place squash in ungreased 12 inch x 8 inch baking dish; top with apple slices. Combine remaining ingredients; spoon over apples. Bake at 350° for 50-60 minutes or until squash and apples are tender.

http://www.nsapples.com/recipes/intronew/rec_squashandapplebake.htm

More recipes can be found at

http://www.tasteofnovascotia.ns.ca/recipe_directory/apples_pears.php



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Next *Co-op Circles*: Wednesday, Feb. 14, 2007



Week of Feb. 11 – Feb. 17, 2007, Vol. 2, No. 16
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

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Openings – “A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.” – Rosalynn Carter

www.whitehouse.gov/history/firstladies/rc39.html **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The PEI Seniors Safety Program enhances seniors' knowledge and helps them access the information and services they need to help them remain independent and safe in their community. This organization provides many services to PEI seniors, including the **Vial of Life** program. It provides a source of vital medical information for those first responding to the scene of a medical emergency. This year, through the financial sponsorship of **Prince Edward Island Credit Unions**, this program has been updated and expanded. Through this sponsorship, the vials have been standardized Island-wide and are a free service to residents of PEI. A database has been created in which Vial owners will be contacted every six months to see if they have any health changes and to ensure those changes are noted within their Vials. <http://www.peicreditunions.com/news/article.php?ID=528>
- A cheque in the amount of \$2,741 was given to **L'Arche Cape Breton** through a payroll deduction program from **East Coast Credit Union** for 2006. www.eastcoastcreditunion.ca
L'Arche Cape Breton, founded in 1983 by Tom and Anne Gunn, is home to approximately 50 people with developmental disabilities. L'Arche believes the East Coast Credit Union's philosophy of caring for and helping people in our rural communities closely mirrors the L'Arche Cape Breton vision of care giving, where the values of compassion, inclusion and diversity are upheld and lived by each person. In 2005 East Coast Credit Union entered into a non-financial partnership with L'Arche Cape Breton. Through this partnership East Coast Credit Union has provided opportunities to raise public awareness of L'Arche. Credit union staff members from all 13 branches of East Coast have had a chance to tour the L'Arche Cape Breton community. They decided they wanted to do something more. In July 2006, the East Coast Credit Union L'Arche Payroll Deduction Plan was introduced. When the Board of Directors of East Coast Credit Union heard of the staff initiative they applauded their efforts by agreeing to match their 2006 total, dollar for dollar. www.ns-creditunions.com/default.asp?mn=1.21.42.103&sfield=content.id&search=214
- A Nova Scotia credit union employee is representing Canada on the Kilimanjaro Initiative to benefit at-risk youth in East Africa. **Jeff Healy**, Marketing Manager with **Teachers Plus Credit Union**, www.teachersplus.ca was selected this month to represent Canada on the climb, taking place February 24th to 28th. . The main objective of the Kilimanjaro Initiative www.kilimanjaroinitiative.org is to encourage young people to believe in themselves and to assist in providing opportunities that will enable them to take on a constructive role in their communities. Healy is being sponsored on the climb by the World Council of Credit Unions

(WOCCU). He has worked for the credit union system for three years. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.103&sfield=content.id&search=212>

- The first **national governance award** for the co-operative and credit union system will be launched at CCA's AGM and Congress in Newfoundland in June, 2007. The award will acknowledge examples of best practice and innovation amongst boards and directors within the co-operative system. CCA has brought together leading corporate governance experts, academics, directors and staff responsible for the board together to identify the unique elements of corporate governance within co-operatives and credit unions. The first awards will take place at the 2008 AGM and Congress with details, including criteria and categories, of the award being announced at this year's congress in St John's, NL. Further details will be available shortly at www.coopsCanada.coop.



Expanding Your Back Yard – Cooperative Merger/Consolidation Negotiations: The Important Role of Facilitation www.rurdev.usda.gov/rbs/pub/cir52.pdf



Governing For Tomorrow- *Defining the difference a cooperative makes in the world and the dramatic impact that fulfilling that difference can produce.*

<http://www.cooperativegrocer.coop/articles/index.php?id=323>



What is Your Vision Statement? – This week, our vision statement comes from the **Florida Credit Union League**. Its vision is to be the source of advocacy, information, and support for all credit unions in Florida. http://www.fcul.org/For_Credit_Unions_46.htm Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, there has been discussion on one of the co-op list serves about coop or democratically run schools. I though some Circles readers might be interested in one in **Sudbury Valley School** located in Framingham, Massachusetts http://www.sudval.org/00_home_01.html It is a place where people decide for themselves how to spend their days. Here, students of all ages determine what they will do, as well as when, how, and where they will do it. This freedom is at the heart of the school. It belongs to the students as their right, not to be violated. The Sudbury Valley School ® is a democratic school. Students and staff each get one vote on all matters of substance, including the school rules and hiring/firing of staff. The school has no grades, tests, or scores. The students initiate all their own activities and create their own environments. The physical plant, the staff, and the equipment are there for the students to use as the need arises. The school provides a setting in which students are independent, are trusted, and are treated as responsible people; and a community in which students are exposed to the complexities of life in the framework of a participatory democracy.



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit the **Open Harvest** in Lincoln, Nebraska. <http://www.openharvest.coop>



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Contest of the week - The first correct entry to arrive for Week 16 was from Ron Levesque, Moncton. Congratulations!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer*** - How much money would I have had if, in spending 1/5 and then 1/5 of the remaining I had altogether spent \$36.00? You would have started with \$100.00. ***This week's contest*** – Below are thirteen 5 lettered, everyday words, each of which has had two of its letters removed. In total, these 26 letters are A-Z. The remaining letters in each word are in the correct order. There are no words which are spelled differently based upon location (favour/favor, etc) and there are no plurals. Can you determine the original words?

APE
BAE
BOD
ANC
ROE
ARF
RAY
BUC
ORA
UMB
SUA
LOL
GES

For example, APE = APPLE



It's Easy to Cook – In February, we will feature apples, readily available from apple growers in Atlantic Canada at this time of year. The first apple trees in Nova Scotia were planted near Port Royal in the early 1600's by Acadian settlers. Over the years, Nova Scotia apple growers have improved the quality of the fruit through better handling methods immediately following the harvest. Did you know apples are the major tree fruit grown in Nova Scotia, contributing more than 50 million dollars to the local economy? Visit www.nsapples.com

Apple Bread

This moist bread is made with raw apples. If you're tired of banana or pumpkin bread, try it for a nice change. Preheat the oven to 350°F. Grease a 9-by-5 inch loaf pan.

1/2 cup oil

2 eggs

3/4 cup sugar

1 1/2 cups flour

1 1/4 tsp. baking soda

1 tsp baking powder

1/2 tsp salt

1 tsp cinnamon

1/2 tsp nutmeg

2 cups peeled, coarsely chopped raw apple

1/2 cup chopped walnuts (optional)

Using an electric mixer, beat the oil, eggs, and sugar together until thoroughly blended. Sift the flour, baking soda, baking powder, salt, cinnamon, and nutmeg together and stir into the egg

mixture. Add the apple and nuts. Place in the prepared pan and bake at 350°F for approximately 55 minutes.



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



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Next *Co-op Circles*: Wednesday, Feb. 21, 2007



Week of Feb. 18 – Feb. 24, 2007, Vol. 2, No. 17

Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

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Openings – “Setting an example is not the main means of influencing others; it is the only means.” - Albert Einstein www.nobelprize.org/nobel_prizes/physics/laureates/1921/einstein-bio.html **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Canadian Co-operative Association** www.coopsCanada.coop is seeking 10 credit union professionals for a group technical assistance assignment in **Uganda** and **Malawi**. The group will travel to Africa together and be briefed together. Then they will be divided into teams of two to provide on-site coaching and assistance to primary credit unions. Please send applications (attached) to Monique Charron or John Julian by email: monique.charron@coopscanada.coop, john.julian@coopscanada.coop, by mail (address on application form) or fax: (613) 567-0658.
- An exploratory meeting and workshop to determine whether a co-operative development council should be put in place for New Brunswick will be held on March 16 at the Delta Beausejour in Moncton, beginning at 10:30 am. For further information, contact Dan Meades at danmeades@hotmail.com or 709-579-8986. A similar meeting will be held in Prince Edward Island. The initiative involves a partnership among Co-op Atlantic, the Canadian Co-operative Association, MYDAS Worker Co-op and the Nova Scotia Co-operative Council.



Expanding Your Back Yard – First, it was spinach. Now, it is cantaloupe. Are you concerned about the food you are eating? According to Health Canada, approximately 10,000 cases of **food poisoning** are reported every year. But those cases represent only a fraction of the real number. <http://www.cbc.ca/consumers/market/files/food/supermarket/illnesses.html>



Governing For Tomorrow- Cleaning Up Your Bylaws by Jan Moore – “Sometimes it helps us to get on with life if we “clean up” a task that we have been putting off. Cleaning up bylaws is one of those tasks about which many boards are prone to procrastination. Yet, it is often unwieldy bylaws that give rise to board practices that are incompatible with effective governance.” http://www.governancecoach.com/JJ_bylaws.htm.



What is Your Vision Statement? – This week, our vision statement comes from the **Tidal Creek Cooperative Market Natural Foods and Deli** in Wilmington, North Carolina. Its vision is to foster and nourish health of the individual, community and planet by offering: high quality natural and organic foods and other environmentally sound products, a comfortable, affordable place to shop and share knowledge, and education and training to help people make informed

choices towards well being www.tidalcreek.coop/ Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, **Royal Star Foods Limited**, Tignish, PEI <http://www.royalstarfoods.com/> which is a subsidiary of Tignish Fisheries Co-operative Association Ltd. It has a long history dating back to 1922. The company was formed by a group of concerned fishermen who wanted a better way of life for themselves, their families and their community. It was then called Tignish Fishermen's Union. The Co-op boasts a strong membership of 215 and an employee work force of 350 to 400. For more information, e-mail: sales@royalstarfoods.com



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit Jamestown, North Dakota and First Community Credit Union. It was organized in 1939 and its field of membership is community based, covering approximately a third of the state.

<https://www.firstcommunitycu.com/welcome.asp>



Co-op Community Bulletin Board

- Feb 21-22 - Bio-Fuels and Value-Added Co-ops – What are they all about? Through a series of plenaries, case studies and break-out sessions lead by a variety of experts from all over North America, we will explore a variety of topics, including: Government policy, Establishing governance models and board policies, Membership and equity drives, Funding for co-ops, By-laws, policies and operations, Financing and taxation implications for co-ops in planning equity, Success stories, Research on new generation co-ops in Manitoba, Working together as a province. This conference is taking place in Portage la Prairie, MB If anyone in the Atlantic region is interested in following up on this conference, please contact info@manitoba.coop
- Mar 2-3 - Members of the Social Economy and Sustainability Research Network are invited to take part in *Bridging, Bonding and Building Policy Research, Future Inns, Moncton, NB* For registration information, contact: Erin Hancock by Friday, February 23, 2007, m8b5c@unb.ca, 1-506-472-6003 (tel), 1-506-447-3224 (fax)
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB
- April 18-21 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please

contact [Lynne Markell, lynne.markell@coopsCanada.coop](mailto:lynne.markell@coopsCanada.coop) if you are planning on submitting a co-op topic.

- April 26, 2007 – Annual General Meeting, Consumers Community Co-operative
- April 27-28, 2007 – Annual General Meeting, Co-op Atlantic, Crowne Plaza and Moncton Coliseum
- May 28-June 1, 2007 -three organizations will come together for the first time in a joint conference. [The International Co-operative Alliance Committee on Co-operative Research \(ICA\)](#), the [Canadian Association for Studies in Co-operation \(CASC\)](#), and the [Association for Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the 2007 Congress of the Humanities and Social Sciences. <http://usaskstudies.coop/socialeconomy/Congress2007> Please note that the deadline for submitting proposals for presentations at the [Co-operative Innovation: Influencing the Social Economy](#) conference in Saskatoon in May 2007 is rapidly approaching. The deadline is February 1st. <http://www.usaskstudies.coop/socialeconomy/Congress2007>
- June 22, 23 and 24 - 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- July 20-22 – Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – We did not have any correct entries for Week 16. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca

Last weeks Contest and answer: Below are thirteen 5 lettered, everyday words, each of which has had two of its letters removed. In total these 26 letters are A-Z. The remaining letters in each word are in the correct order. There are no words which are spelled differently based upon location (favour/favor, etc) and there are no plurals. Can you determine the original words?

APE,BAE,BOD,ANC,ROE,ARF,RAY,BUC,ORA,UMB,SUA,LOL,GES

Answer: Apple, brake, boxed, manic, froze, dwarf, gravy, bunch, cobra, jumbo, squat, loyal, guess

This week's contest –Bill, John, and Fred are going to marry Betty, Joan, and Sally. Tell which girl is going to marry which man if the following facts are true: Bill is a lawyer. Betty is not engaged to the engineer. The doctor's future wife is not Joan. John is engaged to Sally. Fred is the engineer



It's Easy to Cook – In February, we will feature apples, readily available from apple growers in Atlantic Canada at this time of year. Apple varieties include Cortland, Empire, Gravenstein, Idared, McIntosh, Red Delicious, Russet, Spartan. When stored correctly, apples will stay crisp and crunchy at home. Some tips to help keep 'em crunchy:

- Handle with care to prevent bruising.
- Don't wash apples until you are ready to use them.

- Store plastic bags of apples in the refrigerator. This prevents decay, slows down ripening and helps maintain juiciness. Apples soften 10 times faster at room temperature.
- Store baskets of apples in a cool, dark, well-ventilated room (0-4 C or 32-40 F). Cover with perforated plastic to prevent shriveling.
- As apples mature, they produce ethylene gas. You can use an apple to help ripen pears, bananas, peaches and plums - simply put an apple in a paper bag with these fruits.
- Because ethylene gas can damage them, don't store apples with cucumbers, cole crops (i.e., broccoli, cabbage and cauliflower) or leafy greens (such as lettuce and spinach).
- Don't store bruised or damaged apples with other apples. They may cause the other apples to break down.
- If apples begin to get soft - MAKE APPLESAUCE!

Basic Applesauce (makes about 3 cups)

- 8 medium-sized Nova Scotia apples
- 2 mL cinnamon = 1/2 tsp
- 125 mL water = 1/2 cup
- 5 mL salt = 1 tsp
- 15 mL reconstituted lemon juice = 1 tbsp
- 125 mL brown sugar or more = 1/2 cup

Core and dice apples; place in saucepan, add water and salt, simmer until soft. Press through sieve or food mill; add cinnamon, salt, lemon juice and add sugar to taste; stir until dissolved. Serve hot or cold.



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Next *Co-op Circles*: Wednesday, Feb. 28, 2007



Week of Feb. 25 – Mar. 3, 2007, Vol. 2, No. 18
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Openings – “*To live more simply is to unburden our lives -- to live more lightly, cleanly, aerodynamically. It is to establish a more direct, unpretentious and unencumbered relationship with all aspects of our lives: the things that we consume, the work that we do, our relationships with others, our connections with nature and the cosmos, and more.*” - Duane Elgin

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



This Week in Co-op Circles

- **Nova Scotia credit unions** are an important contributor to the success of the **Junior Achievement of Nova Scotia**. The Nova Scotia Credit Unions Charitable Foundation provides financial support for one of JA’s four programs, Our Business World (OBW). OBW teaches grade six students the basics of the business world, from organization and management, to production and marketing. This is the first year of a two-year commitment of \$5,000 annually. **East Coast Credit Union** also contributed \$3,000 to this program. **Bergengren Credit Union** contributed \$1,500 to Company Program. Company Program is offered to high school students across the province, providing them with hands-on business experience. The students establish and run their own company, make a product and sell it in their community. Credit Union Atlantic’s Fall Classic golf tournament raised \$29,000 for Junior Achievement in October 2006. Terry Moore, who is the Director of Marketing Communications with Credit Union Atlantic, is the Chair of the Junior Achievement Board of Directors. Other Credit Union Atlantic volunteers this year are Tasha Neal, Loans/Mortgage Officer and Charmaine Willis, Manager/Lending Services. Last year, Melissa Forrest, Marketing Assistant for Credit Union Atlantic had her first JA experience by teaching the OBW program. “I can’t wait to volunteer again! The children were great and really got involved with the program,” says Forrest. “They understood everything so well, which just proves how smart kids are. JA is a great experience, not only for children, but for volunteers as well.” For more information on Junior Achievement of Nova Scotia visit www.janovscotia.org
<http://www.nscreditunions.ca/default.asp?mn=1.21.42.103&sfield=content.id&search=215>
- The **Sydney Credit Union** Outstanding School and Community Involvement Scholarship program recognizes the contribution of the community builders of tomorrow. The growth of Sydney Credit Union exemplifies the achievements of people working together in their own communities. The credit union hopes to encourage those qualities of good citizenship and co-operation through this scholarship program. The scholarship award is valued at \$9,900 per year and the application deadline is end of April.

<https://www.sydneycreditunion.com/Home/InOurCommunity/CommunityPrograms/Scholarships/>

- **Marian Lucas-Jefferies** recently visited the **Soweto Home Care Co-op** in **Africa** and she shares her visit with parishioners and others on the Anglican parish of Upper Kennebecasis Web site. Go to www.ukparish.com. Click on **In Spite of All Odds**. Marian visited Soweto as a technical co-operant with the Canadian Co-operative Association. www.coopsCanada.coop
- Economic Development Minister Richard Hurlburt said Nova Scotians have invested more than \$5.2 million in **Community Economic Development Investment Funds**. Since the government of Nova Scotia introduced CEDIFs in 2000, about 3,000 Nova Scotians have invested more than \$20 million. The investments are helping to fund diverse community businesses, ranging from locally owned wind power to fair trade organic coffee co-ops to a funeral home <http://www.gov.ns.ca/news/details.asp?id=20070216008>
- **Wickwire Cooperative Ltd.** was formed in 2003 as a non-profit organization serving the needs of seniors in King's County, Nova Scotia. It is governed by a volunteer board of directors whose mission is to enhance the independence, well-being, security and dignity of mature adults by developing appropriate housing and supportive services within a sustainable community. <http://www.wickwire.ca/> Wickwire Cooperative's fundraising goal is \$200,000 to cover upfront preconstruction costs - marketing, design and project management fees - activities crucial to the success of the project. Surplus funds may be used to develop supportive services and to start a fund to purchase equity in units - increasing the opportunities for affordability. Wickwire is registered as a Community Economic Development Investment Fund for 2006/2007. If you are over the age of 19 and resident in Nova Scotia, you are eligible for a tax credit equal to 30% of your investment, applied to the Nova Scotia portion of your income taxes up to a maximum of \$15,000 per annum.*As a shareholder you will be a member of Wickwire Cooperative and can participate in the planning and development of Maple Ridge Village, a sustainable community for seniors.



Expanding Your Back Yard – **Is Whole Foods Wholesome?** The dark secrets of the organic food movement- <http://www.slate.com/id/2138176>



Governing For Tomorrow – For a co-operative, there are specific performance indicators based on co-operative values and principles <http://www.australia.coop/docs/governance/>



What is Your Vision Statement? – This week, our vision statement comes from the **Bergengren Credit Union** in Antigonish, NS. It is dedicated to provide you with the most effective financial services and wise financial guidance to empower you to make the best decisions for your financial well being. <https://www.bergengrencu.com> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, after attending an event at The Capital Theatre in Moncton, I started wondering what different kinds of co-op theatre are available. Here are just a few interesting ones. In New Hampshire, **Kids Coop Theatre, Inc.** of Londonderry is one of Southern New Hampshire's oldest and best youth theatre companies. <http://www.kids-coop-theatre.org/index.cfm?task=home>

The Actors Co-op Knoxville, TN now produces 5 Main Stage productions, 2 Whippersnapper (children's theatre) productions and 2 Special Works each season, a theatre-training program

known as the Actors Co-op Training Studio and several arts outreach programs. The Actors Co-op, Inc, PO Box 10192 Knoxville, TN 37939 <http://www.actorscoop.net/> and, of course, from Nova Scotia, **Mulgrave Road Theatre**. With roots in Guysborough County, Nova Scotia, this theatre extends back to 1977. Mulgrave Road Theatre is committed to the creation, development, and presentation of original professional works of theatre.
<http://www.mulgraveroad.ca/>



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, chartered in 1955, **Educational Systems Federal Credit Union** provides a full line of financial services to the greater education community. With almost 31,000 members and assets in excess of \$225 million, many of the Credit Union's members either work for or are related to someone who works for the Board of Education in central or southern Maryland. Educational Systems FCU also serves Prince George's and Charles County public school students and their family members.
<http://www.esfcu.org/about.shtml>



Co-op Community Bulletin Board

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Contest of the week – The first correct entry to arrive this week was from Beverley Rose, Texas Congratulations, Bev, and nice to hear from you!! This week's contest was popular and we received more than 10 entries. Also, apologies to Ron Levesque as he had a winning entry sent in last week which I somehow overlooked. Sorry, Ron, and keep sending us entries (Maureen). Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer*** - Bill, John, and Fred are going to marry Betty, Joan, and Sally. Tell which girl is going to marry which man if the following facts are true: Bill is a lawyer. Betty is not engaged to the engineer. The doctor's future wife is not Joan. John is engaged to Sally. Fred is the engineer Answer: The couples are: Fred and Joan, John and Sally, Bill and Betty. ***This week's contest*** – is similar to last week's but harder. Give it a try. The annual co-op golf tournament has just taken place. Using the following spectator's notes, can you determine who finished in what order? Terry Tipton finished after Larry Limperton and Brian Blessed, but before Michael Miller. Paul Peterson finished before David Dickens and Larry Limperton. Simon Stevens finished after Paul Peterson and before John Jacks and Harry Hill. Kenny Kirkpatrick finished after Paul Peterson, Michael Miller and Terry Tipton. Larry Limperton finished after Brian Blessed and David Dickens, but before John Jacks and Michael Miller. Michael Miller finished after Simon Stevens and Brian Blessed. Brian Blessed finished before John Jacks, Michael Miller and Paul Peterson. David Dickens finished before Kenny Kirkpatrick and Terry Tipton, but after Simon Stevens. John Jacks finished before Kenny Kirkpatrick, Terry Tipton and Michael Miller, but after Paul Peterson and David Dickens. Harry Hill finished before Michael Miller but after Larry Limperton, John Jacks and Terry Tipton.



It's Easy to Cook – This is the last week of February and our last apple recipe from a Nova Scotia Web site featuring Berwick NS. The town of Berwick is known as Nova Scotia's Apple Capital. This recipe is from *The Encyclopedia of Practical Horticulture* published in 1914 These simple recipes offer an intriguing glimpse into the kitchen of 100 years ago

<http://www.applejournal.com/ofr.htm> And, of course, we want to remind readers that a fresh apple eaten daily contains almost zero fat and cholesterol. They are a delicious snack and dessert food that's good for you. A number of components in apples, most notably fiber and phytonutrients have been found in studies to lower blood cholesterol and improve bowel function, and may be associated with a reduced risk of ischemic heart disease, stroke, prostate cancer, type II diabetes and asthma. <http://www.bestapples.com/healthy/index.html>

Ginger Apples

Pare and core some good apples. Fill the cavity in the center of each apple with a spoonful of chopped preserved ginger. Stand them in your baking dish (not tin) and pour over them a syrup

made either of sugar and water flavored with lemon and with a piece of dried ginger cooked in it, or if there is enough ginger syrup this may be used with the addition of a little water. Bake until soft and transparent but not broken, basting occasionally with the syrup. Serve hot or cold with a little whipped cream garnished with some pieces of ginger.



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- *Hi, Our secretary has been using some of the resources from this site, especially on minute taking - <http://www.elimina.com/> It may be helpful to others. Good job on the newsletter. – CG, NB*
- *As always - abundant thanks for this. Last night I had to delete all sorts of things from my in-box (I don't know how to archive to disk from the Thunderbird program that I use). This and that cause me ask you to consider putting all the past issues of Co-op Circles on a simple web-site somewhere - it would form a great resource (of games, recipes, past news, contacts etc). I do hope that you could consider doing this (in co-operation with others, perhaps?) Love to you both/all. In co-operation – JC, ON Here is the link to archived Co-op Circles files. We thank staff at the Marie Michael Library, Coady International Institute, for initiating this and offering a repository.
http://www.coady.stfx.ca/library/coop_circles/index.htm Some of the very early Co-op Circles are not included but will be in the future.*



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Next *Co-op Circles*: Wednesday, Mar. 7, 2007



Week of Mar. 4 – Mar. 10, 2007, Vol. 2, No. 19

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Openings – “*Most of us serve our ideals by fits and starts. The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication.*” – Cecil B De Mille www.cecilbdemille.com/ **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Many of our readers will have met **Neil Tilley**, member owner of a worker co-op, Extension Community Co-op, in St John's, NL. You may have heard that Neil had a kidney, as well as part of the second kidney, removed a year ago due to cancer. He continues to battle daily with his illness. His co-worker and friend, Pat Hann, says Neil's spirits are good and he is feeling strong, even with all the resulting health complications. We are inviting people to e-mail him with news and good wishes. He can be reached at chejnt@web.net. Please feel free to forward his contact information to friends.
- **Credit Unions of Prince Edward Island** started selling PEI Energy Savings Bonds <http://www.peienergysavings.pe.ca/peienergy.php?page=faq> For self-directed RSPs, bonds must be purchased from an investment dealer. PEI Energy Savings Bonds are on sale from December 11, 2006 to December 11, 2011. The PEI Renewable Energy Corporation reserves the right to discontinue sales when cumulative sales exceed \$20 million. To learn more about these bonds <http://www.peienergysavings.pe.ca/peienergy.php?page=green>
- The staff of the **Blacks Harbour Branch** of the **Charlotte County Credit Union** participated in the annual Curl for Cancer on January 19th and 20th. The branch raised \$440 for the Canadian Cancer Foundation. The team consisted of Debbie Alcorn, Cindy Stuart, Tobi Taylor and Katie MacDonald.
[http://www.charlottecountycu.com/web?service=direct/1/WhatsNewList/\\$DirectLink&sp=S1130](http://www.charlottecountycu.com/web?service=direct/1/WhatsNewList/$DirectLink&sp=S1130)
- **The Nova Scotia Co-operative Council** is currently engaged in a project directed local co-operatives, farmers, citizens, and communities being able to participate in direct ownership of local renewable energy facilities. The project is currently in the discussion stage with government officials. It would also be very beneficial if co-operatives and their individual members that support this concept make their views known to government. For complete details on this project, check out our renewable energy section on the web at www.nscopcouncil.ca/energy. If you support this concept, the Co-operative Council has made it easy for you to express your views to government officials. On its website, an example of a letter is posted and a list of government officials as recipients. You can also contact Andrea Jackson at (902) 893-8966, and she will help you through the process.

- **Newfoundland and Labrador Credit Union (NLCU)** www.nlcu.com will hold its Annual General Meeting on Wednesday, March 21, 2007, 7:00 p.m., at the Capital Hotel, Kenmount Road, St. John's, NL. The order of business will include a review of 2006 performance, election of Directors and a proposed by-law change. Refreshments will be served. All owners are encouraged to participate in the democracy of *their* Credit Union, by exercising their right to vote.



Expanding Your Back Yard –A Funny Thing Happened on the Way to the Forum: Business leaders honed in on climate, carbon, and concrete at Davos
<http://www.grist.org/biz/fd/2007/02/09/davos/>



Governing For Tomorrow – **Creating Boards That Lead**, by Ann Hoyt
<http://www.uwcc.wisc.edu/staff/hoyt/boardlead.html>



What is Your Vision Statement? – **The Big Carrot** is a natural food market and Canadian worker owned co-op since 1983. The members of The Big Carrot share a vision that combines a commitment to both natural foods and the building of a democratic workplace. It offers an alternative to commercial supermarkets. As worker owners, the members seek to maintain personal control over the quality of food they sell. www.thebigcarrot.ca Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, I went to see the new motorcycle movie “Wild Hogs”. It was good entertainment and when I was looking for a topic for Co-op Ed and wondered if there was a “bike co-op” somewhere. **Adrenalin Motorcycle Co-op** in British Columbia <http://www.adrenalinmotorcycle.com/> came about when four riders got together and believed there was an opportunity for a more service oriented motorcycle shop in Victoria. Unlike any other before it, Adrenalin was designed with the rider in mind by offering memberships to give riders excellent value and service. There is a case study at <http://www.bcca.coop/pdfs/03Case.pdf> page 10-12 For more information 6-721 Pembroke Street, Victoria, BC, Canada V8T 1H *Motor Dealer #30316*



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, with nearly 100,000 member-owners, **New Mexico Educators Federal Credit Union** is the largest credit union in New Mexico. One of its basic principles is that it provides education and training on matters affecting its members. New Mexico Educators is committed to educating its members about money matters. It provides its members with free evening seminars, an educational newsletter six times a year, and a comprehensive resource library on its Web site. It helps its members increase their confidence in financial planning, buying a car or home, and making other informed buying decisions. <https://www.nmefcu.org/index2.html>



Co-op Community Bulletin Board

- March 21, Newfoundland and Labrador Credit Union Annual General Meeting, Capital Hotel, Ken mount Road, St. John's, NL
- March 30-31, CUCNB Annual General Meeting, Hilton Hotel, Saint John, NB

- April 18-21 - The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
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- April 27-28, 2007 – Annual General Meeting, Co-op Atlantic, Crowne Plaza and Moncton Coliseum
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- June 22, 23 and 24 - 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- July 20-22 – Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – The first correct entry to arrive this week was from Glenna Weagle, NS. This being the first Wednesday in March we are happy to announce that January's winner is Ron Levesque. A small gift is on the way. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca

Last week's contest and answer: Terry Tipton finished after Larry Limperton and Brian Blessed, but before Michael Miller. Paul Peterson finished before David Dickens and Larry Limperton. Simon Stevens finished after Paul Peterson and before John Jacks and Harry Hill. Kenny Kirkpatrick finished after Paul Peterson, Michael Miller and Terry Tipton. Larry Limperton finished after Brian Blessed and David Dickens, but before John Jacks and Michael Miller. Michael Miller finished after Simon Stevens and Brian Blessed. Brian Blessed finished before John Jacks, Michael Miller and Paul Peterson. David Dickens finished before Kenny Kirkpatrick and Terry Tipton, but after Simon Stevens. John Jacks finished before Kenny Kirkpatrick, Terry Tipton and Michael Miller, but after Paul Peterson and David Dickens. Harry Hill finished before Michael Miller but after Larry Limperton, John Jacks and Terry Tipton **Answer:** Brian Blessed, Paul Peterson, Simon Stevens, David Dickens, Larry Limperton, John Jacks, Terry

Tipton, Harry Hill, Michael Miller, Kenny Kirkpatrick **This week's contest:** If two hours ago it was as long after one o'clock in the afternoon as it was before one o'clock in the morning, what time would it be now?



It's Easy to Cook – In March we will feature cole crops

<http://plantanswers.tamu.edu/vegetables/colecrop.html> All cole crops are cultivated varieties of the species *Brassica oleracea*. They are cool-season vegetables that prefer 60–70° F temperatures for optimal growth and can withstand light frosts without injury.

Carrots & Turnips With Parsley

600g turnip, halved

1 tbsp balsamic vinegar

1 tbsp chopped parsley

50g butter

1 tbsp honey

50ml water

1kg bunched carrots, trimmed & cut lengthways

1 tbsp balsamic vinegar

1 tbsp chopped parsley

50g butter

1 tbsp honey

50ml water

Cook turnip and carrots separately. Carrots: Put all of the ingredients except parsley and vinegar in a pan. Heat over a high heat until mixture is simmering away. Turn down heat. Cover and simmer for about 10 minutes, frequently checking and stirring the carrots to make sure they don't stick and burn. When almost cooked, uncover, increase heat slightly and add balsamic vinegar. Stir to combine. Turn off heat and add parsley. Cook turnip in the same way. When carrots and turnips are cooked, mix together.



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



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

Next *Co-op Circles*: Wednesday, Mar. 14, 2007



Week of Mar. 11 – Mar. 17, 2007, Vol. 2, No. 20
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – *“It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.”* - **Robert Kennedy** www.rfkmemorial.org/

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



This Week in Co-op Circles

- **Co-operators in New Brunswick** - are you interested in having a provincial council to support co-op development? A meeting will be held this **Friday, March 16** in **Moncton** at the Delta Beausejour to explore interest and determine whether a co-operative development council should be put in place for New Brunswick. Meeting begins at 10:30 am. Lunch is provided at no charge. To register, or if you want additional information in order to decide if you should attend, call David Daughton, 902 626 7399. The initiative involves a partnership among Co-op Atlantic, the Canadian Co-operative Association, MYDAS Worker Co-op and the Nova Scotia Co-operative Council. Please circulate this invitation to anyone on you email list who might want to attend.
- **Co-operators in Prince Edward Island** - are you interested in having a provincial council to support co-op development? A meeting will be held **Monday, March 19**, in **Charlottetown** at the Delta Prince Edward to explore interest and determine whether a co-operative development council should be put in place for PEI. Meeting begins at 10:30 am. Lunch is provided at no charge. To register, or if you want additional information in order to decide if you should attend, call David Daughton at 902-626-7399 This initiative involves a partnership among Co-op Atlantic, the Canadian Co-operative Association, MYDAS Worker Co-op and the Nova Scotia Co-operative Council. Please circulate this invitation to anyone on your e-mail list who might want to attend.
- **Junior Achievement** of Newfoundland and Labrador launched the 2007 Business Hall of Fame in December, 2006, and the **Newfoundland and Labrador Credit Union** is a platinum sponsor.
(<https://www.nlcu.com/Home/InOurCommunity/CommunityPrograms/CorporateSponsorship/>) Allison Chaytor-Loveys, CEO of Newfoundland and Labrador Credit Union, says the credit union is pleased to be involved once again in this year's program. In 2007, Newfoundland and Labrador Credit Union celebrates 50 years of providing financial services to the people of Newfoundland and Labrador. "We are proud to crown these celebrations through our platinum sponsorship of the Junior Achievement Business Hall of Fame." Junior Achievement is

calling for nominations to the Business Hall of Fame. Laureates will be inducted at a Gala Ceremony on May 24, 2007 at the St. John's Convention Centre.

- At the **Consumers Community Co-operative- Moncton location** membership meeting held this week, the **local council** made its third donation of \$1,000 to local charities. Raised thorough its successful 50-50 draws, with strong support from the staff, the council has been able to assist various community groups. This week **CCC-Moncton** donated \$1,000 to Mobile 1 Soup Kitchen. Last fall \$1,000 was donated to the Salisbury Boys and Girls Club and \$1,000 was donated to Head Start. This is in addition to the Huntington's Society of Canada and IWK Children's Hospital fundraising done by the two CCC stores in Moncton.
- Carolyn Grant, **Bergengren Credit Union** in Antigonish, NS, and Mel Gosse of **League Savings and Mortgage Company** in Halifax will be plenary session speakers at the upcoming international **YSI: Youth Strategy Investigation Conference** on June 4-6 in Banff, Alberta. and we thought that other Atlantic credit unions would want to know this information. YSI: Youth Strategy Investigation Conference is an international Credit Union Strategy Conference for the attraction and retention of Youth, presented by SaskCentral and the Credit Union Association of New Mexico (CUANM). This is the first-ever international conference that will help credit unions incorporate youth strategies into their overall plan for success. Everything you need to know about youth culture and understanding it, marketing to youth and what works, human resources attraction and retention, research techniques to target youth and technology that connects to youth. Who Should Attend: CEOs, Boards of Directors, GMs, Human Resource and Marketing Professionals and of course bring your younger staff members. Full details and registration information can be located at:
<http://www.cumarketsolutions.com/retail/conferences/ysi.htm>
- This Friday, you can find out about **Greening your Institution! – a Training March 16, Fri. 9:30am – 4pm** if you are in the Tatamagouche, NS area. This workshop offers something for those getting started, as well as for those who have gone down this road and experienced some challenges. Topics include: reducing energy consumption in buildings; ideas for saving energy in transportation; integrating cost-effective renewable energy sources; and introducing work practices that save energy and money. Leadership is provided by Eric Tusz-King. He has co-led "Reducing Your Church's Ecological Footprint" workshops throughout the Maritimes, and currently manages EnerGreen Builders Cooperative in Sackville NB, building energy-efficient and solar homes. Cost is \$85 To register: 1-800-218-2220, tatacent@tatacentre.ca www.tatacentre.ca
- A **micro credit conference** will be held April 4, 2007, at the Best Western Glengarry Hotel, Truro. The conference will feature keynote speakers Kathleen Close, CEO of Micro Business USA, and Catherine Ludgate, Manager of Community Business Programs at Vancity Credit Union, a micro client trade show, panel presentations, workshops, and a discussion on the possible creation of an Atlantic Canada Micro Credit Institute. Representatives from the Nova Scotia Co-operative Council, Rural Secretariat, Credit Union Central of Nova Scotia, and the Province of Nova Scotia will also be presenting. Contact nscoopcouncil@eastlink.ca or (902) 893-8966 to register.
- **SeaSpray Atlantic** is looking for input on HACCP workshop needs. The co-op wants to hear from you on interest in HACCP (Hazard Analysis Critical Control Points) workshops to be offered in early 2007. Familiarize yourself with on-farm safety, the whys, and how to establish a HACCP for your own operation. In order to make this right for you, please take a minute to let SeaSpray know what your specific needs are: do you want a centralized meeting

or one in your home province? Are you a livestock, field crop, horticultural producer or a mixed operation? Please call or email Allison Grant, SeaSpray Atlantic Organic Farmers Cooperative, ph 902 798 7997 seasprayatlantic@hotmail.com



Expanding Your Back Yard – **Is Whole Foods Wholesome?** The dark secrets of the organic food movement by *Field Maloney* <http://www.slate.com/id/2138176/>



Governing For Tomorrow – **Building and Improving Membership Programs** by Marilyn Scholl and Karen Zimelman Members are the lifeblood of a co-op: a truism of cooperatives. Without members, a co-op wouldn't be a co-op; it would be just another local grocery store. A co-op exists to serve the needs of its members.

<http://www.cooperativegrocer.coop/cg1999/membership.shtml>



What is Your Vision Statement? – **Peak of the Market** is one of Canada's premier grower owned vegetable suppliers and has grown quality produce in Manitoba for 65 years. **Peak of the Market** supplies over 120 different varieties of Manitoba grown vegetables. They are year round suppliers of various vegetables as Manitoba growers have one of the most technologically advanced storage programs anywhere in North America. Many vegetables can be stored for long periods in controlled environment storage facilities. In these storage facilities, the temperature, humidity and air movement are carefully monitored to ensure the vegetables are maintained in optimum condition to provide excellent quality and value to consumers. Some of the vegetables that can be stored for long periods are beets, cabbage, carrots, onions, parsnips, potatoes and shallots. Its vision is "to create a united team of growers and staff focused on exceptional quality and service". http://www.peakmarket.com/v2_who.cfm Check out **Peak's** recipes, available through e-mail subscription. Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, I watched with interest the debate on the co-operative- bus list (cooperative-bus@lists.services.wisc.edu) on employees being elected to boards or hybrid co-ops. Judging from the amount of posts and replies it seems this is an issue with which many organizations are struggling. In a small worker co-op, like Rising Tide, we are both employees and directors. Many people have difficulty with this concept. As people joined the debate, it was great to know friends and acquaintances from all over the globe were willing to contribute their knowledge on this issue. Several examples were given of these hybrid co-ops. An example you might like to read more about is **Weaver Street Market** in Carrboro, North Carolina. <http://www.weaverstreetmarket.com/about/wsm.php> Weaver Street Market Co-operative is owned by both our consumers and our workers. The co-operative owns and operates two grocery stores, Weaver Street Market in Carrboro and Weaver Street Market in Southern Village. It also owns Panzanella restaurant in Carr Mill Mall.



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, from **Rhode Island**, <http://www.rhodyfresh.com/index.html> the **Rhode Island Dairy Farms Cooperative** By purchasing Rhody Fresh Milk, the consumer is getting fresh milk from local farms that do not

use artificial growth hormones. They are also supporting Rhode Island's dairy farmers, and helping to preserve local farms, pastures and wide-open spaces for generations to come.



Co-op Community Bulletin Board

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- March 16: Greening Your Institution, Tatamagouche Centre To register: 1-800-218-2220, tatacent@tatacentre.ca
- March 17: Happy St. Patrick's Day!
- March 19: Interested in a Provincial Co-op Council for Prince Edward Island – Meet at 10:30 am, Delta Prince Edward, Charlottetown, PEI
- March 21: Newfoundland and Labrador Credit Union Annual General Meeting, Capital Hotel, Ken mount Road, St. John's, NL
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- May 28 – 29: ***Co-operative Corporate Governance Conference***, Ottawa, ON. The Canadian Co-operative Association, in partnership with The Co-operators is lining up another strong roster of noted experts, practitioners and professionals working within the corporate

governance and co-operative sectors. Building upon the success of previous conferences, this year's event will be reviewing current trends and developments in corporate governance and relate it to co-operatives and credit unions. Aimed at corporate secretaries, governance professionals and staff working in the corporate secretary's office, the conference will be addressing the themes of development and training; maintaining the integrity and identify of the co-op model; making evaluations effective; and directors liability. The conference also provides the opportunity through facilitated discussion for participants to share experience and best practices amongst their peer group. For further details, contact Quintin.Fox@coopsCanada.coop

- June 22, 23 and 24: 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- June 26 – 29: ***Co-operative Development: Harness the Hidden Potential***, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.
- July 20-22: Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the week – We had no correct entries last week. Please keep trying. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer:*** If two hours ago it was as long after one o'clock in the afternoon as it was before one o'clock in the morning, what time would it be now? ***Answer:*** 9 o'clock ***This week's contest:*** What are the next three in this sequence: 2 1 F 1 1 F 0 1 F 9 F _ _ _



It's Easy to Cook – In March, we will feature cole crops. The plant parts eaten differ between the various cole crops more than in any other group of vegetables. In kale and cabbage, leaves are eaten; in broccoli, the green buds and fleshy flower stalks; in cauliflower, the thick flower stalks making up the round, white head or curd; in Brussels sprouts, the axillary bud; in kohlrabi; the swollen leaf. In honour of St. Patrick's Day this Saturday, we feature corned beef dinner with turnip, carrots, onions, potatoes, and cabbage.

INGREDIENTS:

- 1 corned beef brisket, about 4 pounds
- 1 small bay leaf
- 6 peppercorns
- 1 turnip, cut in chunks
- 1 pound carrots, or about 8 to 10, trimmed, scraped, and left whole
- 12 small whole onions, peeled
- 6 medium potatoes, peeled

- 1 medium head of cabbage, cut in wedges

Place meat in a deep stock pot or kettle; cover with water. Add bay leaf and peppercorns. Bring to a boil; skim off foam. Reduce heat, cover, and simmer for 3 hours. Add vegetables; simmer for about 45 minutes longer, or until vegetables and meat are tender.



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http://www.coady.stfx.ca/library/coop_circles/index.htm

Next *Co-op Circles*: Wednesday, Mar. 21, 2007



Week of Mar. 18 – Mar. 24, 2007, Vol. 2, No. 21
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.” - Howard Thurman
<http://www.howardthurmanbooks.org/> **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Nova Scotia Farmers' Markets are looking for new producers to respond to the increasing demand for locally grown food. Don Black, co-ordinator for the co-operative says, “Taking everything into consideration, it's reasonable for us expect a 25 per cent increase in the number of our customers over the next two years. The relocation of the Halifax market to a larger space in the new Seawall project by itself means a substantial increase in the number of customers we will be able to serve in 2008.
http://nsfarmersmarkets.ca/index.php?option=com_content&task=view&id=71&Itemid=87
Through January and February of this year, Farmers' Markets of Nova Scotia Co-operative personnel met with market communities throughout the province to ask for their help in reaching their farming neighbours who may have produce to sell. For more information contact dblack@chebucto.ca
- Funded by Atlantic Canadian co-operatives and credit unions, the **Atlantic Co-operative Youth Leadership (ACYL) Program** encourages youth to become active leaders in their community and co-operative organizations. Currently the program needs a **co-ordinator**. Reporting to the Chair of the ACYL Governance Committee, the Program Coordinator will be responsible for developing, delivering and evaluating youth programs and overall strategy for the meaningful involvement of youth in co-operatives and credit unions in the Atlantic Provinces. If you are interested, contact ACYL Program, P.O. Box 750, Moncton, NB , E1C 8N5, Fax: (506) 858-6473 Email: recruitment@coopatlantic.ca Deadline date: March 30, 2007
- The **New Brunswick Film Co-op** <http://www.nbfilmcoop.com/history.htm> is presenting the Fredericton Monday Night Film Series. The series partners are the Film Circuit, a division of the Toronto International Film Festival and the UNB Faculty of Arts. The NB Film Co-op is a non-profit, charitable organization involved in the production of 16mm and digital films. It is in its 28th year of operation. The Co-op provides broad-ranging support (workshops/training, creative support and mentoring, grant writing assistance, equipment, human resources, socials, informal writer/director/actor labs). It also presents diverse quality films and videos through its annual provincial Film Festival. The Co-op also seeks to give a voice to, and develop the talents of, artists. The Monday Night Film Series <http://www.nbfilmcoop.com/fs.htm> takes

place at Tilley Hall, Room 102, UNB Campus Telephone: 455-1632 or email info@nbfilmcoop.com

- Heather Harkins, chair, board of directors of the **Atlantic Filmmakers' Cooperative** welcomes everyone to the Is Film Dead? Symposium from March 21-24. Guests will gather with guests from across the nation to discuss the evolution (and revolutions) of media art technologies. In the past year, the Canadian filmmaking community suffered the painful loss of Roberto Ariganello and Helen Hill. It is hoped this symposium will do justice to their memory, and inspire people to express themselves through the medium of film. The Atlantic Filmmakers' Cooperative began in 1974 when a dozen dreamers gathered with a plan to put the tools of filmmaking into the hands of independent artists. . A third of a century later (33 years), says executive director Walter Forsyth, "seems like a great time to gather media artists and academics from across Canada to discuss where film fits in the world of media art. Welcome to the Is Film Dead? Symposium and the inaugural Halifax Independent Filmmakers' Festival." Check out the many events happening during the Symposium at <http://www.afcoop.ca/main.htm>



Expanding Your Back Yard – Wal-Mart's 'China Price' by Joshua Holland
<http://www.alternet.org/workplace/27829>



Governing For Tomorrow – **Effective Organizations Call For Effective Chairs**

Effective leadership is a key quality of any successful organization. A not-for-profit organization is no exception. This information bulletin is dedicated to the role of the Board Chair, so if you are choosing a Chair, or choosing to Chair, you'll know what is involved!

http://www.cd.gov.ab.ca/building_communities/volunteer_community/programs/bdp/services/resources/newsletters/index.asp



What is Your Vision Statement? – “**St. Joseph's Credit Union** will be the provider of choice for the ultimate financial service experience.” Located on Isle Madame in Petit de Grat, NS its Web site is: <https://www.stjosephscreditunion.ca> Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – Last Friday I attended the meeting in Moncton, NB, to explore the level of interest and determine whether a co-operative development council should be put in place for New Brunswick. Nova Scotia Co-operative Council representatives made a presentation on its success and gave examples. I decided to look at some examples from our neighbours to the south where it appears the federal government is supportive of co-op development centres and co-operatives. I am sure we could move ahead quickly with financial support such as they received. The **Cooperative Development Institute**

(CDI) <http://www.cdi.coop/> is the Northeast's center for cooperative business education, training and technical assistance. CDI's mission is to increase economic opportunities and benefits for people in the Northeast by fostering the growth and success of all types of cooperative enterprises. CDI serves communities in Massachusetts, New Hampshire, Vermont, Connecticut, Maine, Rhode Island and New York. The **Cooperative Fund of New England** <http://www.cooperativefund.org/index.html> is a community development loan fund that is a bridge between socially responsible investors and cooperatives, community oriented non-profits, and worker-owned businesses in New England (and parts of New York). Read about their 30 year history http://www.cooperativefund.org/cfne_turns_30.html



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, from British Columbia, **the Redeye Collective**. Redeye has been broadcasting every Saturday morning on Vancouver Cooperative Radio since the late 1970's. For the majority of those years, they have operated as a collective — making decisions together about everything from how they run their meetings to what they cover and who they interview. They say working as a collective is one of the factors that keeps the show vibrant and open to new ideas.

<http://www.vcn.bc.ca/redeye/collective.html>



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- April 4: Microcredit Conference, Truro, NS Contact nscoopcouncil@eastlink.ca or (902) 893-8966 to register.
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governance and co-operative sectors. Building upon the success of previous conferences, this year's event will be reviewing current trends and developments in corporate governance and relate it to co-operatives and credit unions. Aimed at corporate secretaries, governance professionals and staff working in the corporate secretary's office, the conference will be addressing the themes of development and training; maintaining the integrity and identify of the co-op model; making evaluations effective; and directors liability. The conference also provides the opportunity through facilitated discussion for participants to share experience and best practices amongst their peer group. For further details, contact

Quintin.Fox@coopsCanada.coop

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- June 26 – 29: ***Co-operative Development: Harness the Hidden Potential***, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.
- July 20-22: Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – We had no correct entries last week but lots of good guesses including 1 F 7 and 1 9 F. This was a hard one. See the solution and explanation below. Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer:*** What are the next three in this sequence: 2 1 F 1 1 F 0 1 F 9 F _ _ _ ***Answer:*** 8 F 7 from the function keys on a computer keyboard. Starting with F12, F11, F10 reading it backwards. ***This week's contest:*** A fire engine was rushing to a small fire, 15 miles away. The fire engine set out with 120 gallons of water. However, the water tank had a leak and the fire engine was losing water at the rate of 2 gallons per minute. The fire engine travelled at a constant 30 miles per hour. The fire required 50 gallons of water. Did the fire engine have enough water when it arrived?



It's Easy to Cook – In March, we will feature cole crops. This week for those who might like to try a less commonly used vegetable, we are suggesting parsnips.

<http://www.foodland.gov.on.ca/facts/parsnip.htm> The ***parsnip*** (*Pastinaca sativa*) is a root vegetable related to the carrot. Parsnips resemble carrots, but are paler and have a stronger flavor. Parsnips can be boiled, roasted or used in stews, soups and casseroles.

Roast and Vegetables for an Atlantic Sunday Dinner

1 (1 1/2 to 2-pound) roast (Atlantic Tender Beef or Pork)

Marinade:

1/4 cup soy sauce

2 tablespoons dry red wine

1 tablespoon honey
1 tablespoon brown sugar
2 cloves garlic, minced
1 teaspoon grated ginger
1/2 teaspoon ground cinnamon
2 green onions (green parts only), chopped

Combine marinade ingredients in a measuring cup and whisk to combine. Pour over roast in a plastic bag. Marinate overnight. Preheat oven to 350 degrees F. Bake for 45 minutes test and return to oven for approximately 30 minutes more or until meat is cooked . Allow meat to rest about 10 minutes before cutting into 2-inch serving pieces. Drizzle a small amount of the meat juices from cooking over each piece of meat. Serve with the root vegetables

Vegetable Dish

5 parsnips
5 carrots
1 small turnip
2 red onions, peeled and quartered
Olive oil

Seasoning (prepare ahead and use only a small amount. Keep the remainder for use with other dishes)

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder

Preheat oven to 350 degrees F. Peel and cut root vegetables into large chunks. Arrange in a roasting pan and season with olive oil and seasoning. Roast until tender. Check vegetables for doneness after 25 minutes and then every 10 minutes thereafter. Serve with the roast.



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

- *As always very interesting. Things are moving in the co-operative movement.* - L.R., NB



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

Next *Co-op Circles*: Wednesday, Mar. 28, 2007



Week of Mar. 25 – Mar. 31, 2007, Vol. 2, No. 22
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “*There are no passengers on spaceship earth. We are all crew.*” - Marshall McLuhan www.marshallmcluhan.com **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- People in the Strait Area in Nova Scotia are grappling with transportation issues as are many rural communities in Atlantic Canada. Over the fall of 2006, the **Strait-Area Alternative Transportation Committee** received significant feedback from the community through surveys, meetings and discussions on a proposed alternative transportation pilot project for the Strait Region. The team is now developing a business plan/model which will be a co-operative. At this time the committee will be seeking input from communities, businesses, municipalities, provincial and federal representatives and we will be working towards building partnerships to have a pilot project start for the summer of 2007. If you are interested in finding out about the work this group has completed to date, contact Malcolm Beaton at the Strait-Highlands Regional Development Agency www.strait-highlands.ns.ca in Port Hawkesbury. The group’s plan is to purchase busses/vans to connect communities in the area.
- **Dianne Kelderman** of the **Nova Scotia Co-operative Council** has written to ACOA Minister Peter MacKay about cuts to the **Social Economy Initiative** in the Atlantic Region in the 2006 Federal Budget. “The proposal to ACOA was seeking a \$20 million commitment from the federal Social Economy Initiative. In other words, we were offering to commit \$2 for every \$1 of federal contribution. We were also offering the network, expertise, infrastructure, administration, management systems, and access across all of Atlantic Canada, through our network of 287 credit unions.” Kelderman further outlines that “on January 11, 2007, Minister Jean-Pierre Blackburn announced a \$22.8 million non-repayable funding contribution to the Fiducie du Chantier de l’*economie sociale*” after indicating in 2006 that the funding was cut. For more about the NSCC’s activities go to www.nsko-opcouncil.ca
- **Larry Higdon, Baie Verte Co-op** manager says **Advocate Youth Services Co-operative** is now up and running in the town of Baie Verte, NL. Advocate is the name of the now closed mine around which the town of Baie Verte was built. To learn more about the youth co-op and the co-op store’s involvement in it, click on <http://www.thenorwester.ca/index.cfm?iid=2397&sid=20031>
- **Bergengren Credit Union** www.bergengrencu.com and **New Glasgow Credit Union** will vote soon to determine if the two groups will amalgamate to serve Pictou, Antigonish and Guysborough Counties in Eastern Nova Scotia. All branches would be maintained and there would be no loss of staff. Both boards endorse the idea and members of New Glasgow will vote on April 19, which Bergengren members will vote April 26. If the members approve, the amalgamation will be effective July 1 and operate under the Bergengren Credit Union name.

- **Heritage Credit Union** will hold its annual general meeting April 24, at the Brightwood Golf and Country Club in Dartmouth. A reception will follow the meeting. Board candidates biographies and more information about the meeting can be found at www.heritagecu.com Craig Williams has joined Heritage as manager of Commercial Lending. He will be located Heritage's main office at 155 Ochterloney St in Dartmouth.
- The New Brunswick government has set aside up to \$60 million to save Shippagan's financially strapped credit union, **Caisse populaire de Shippagan**, but a taxpayer advocacy group suggests the Liberals should be spending the money "in priority areas."
<http://www.cbc.ca/canada/new-brunswick/story/2007/03/15/nb-caissepopulaire.html?ref=rss>



Expanding Your Back Yard – In January, Carol Hunter, executive director of the Canadian Co-operative Association sat down with Mountain Equipment Co-op CEO Peter Robinson to discuss his perspectives on MEC as one of Canada's most innovative co-operatives and leading corporate citizens, on member engagement and advocacy, and on Canada's co-operative movement. You can hear that conversation by going to: <http://www.coopscanada.coop/resources/conversations/> Mountain Equipment is Canada's largest supplier of quality outdoor equipment. With more than two million members in 192 countries, it is a vibrant retail co-operative with stores across Canada, as well as a comprehensive web store and phone/mail order service.



Governing For Tomorrow – Defending Fundamentals: A well-considered governance system yields results by James Morgan - “Carver has often compared Policy Governance to a clock or watch: don’t expect it to run properly if you add or subtract parts. A board that is drawn into tinkering with Policy Governance at the system level is likely to find itself ornamental but dysfunctional, like the stopped grandfather clock in the hall.”
<http://www.cooperativegrocer.coop/articles/index.php?id=713>



What is Your Vision Statement? –**Kent Credit Union** in Kent, Ohio “*will be the leading source of financial services, advice, innovation, and education for our membership and within the community. Members will equate Kent Credit Union with service excellence, business sophistication, and financial strength. Members will view Kent Credit Union as a highly valued and mutually trusted partner in their lives. The people in the community will understand and appreciate our cooperative structure and values.*” <http://www.ksscu.com/index.php> Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, I helped a friend make funeral arrangements. It was a difficult task, made even more so as it was so unexpected. Although I am a member of Passages Funeral Co-op in my area, I have not yet made use of their pre- planning service. I realize now that it is something we should all do. I looked up a few details on funeral co-ops in Quebec and the Maritimes which you might find interesting.

Here are 10 good reasons to become a member of your funeral co-op:

http://www.cfo.coop/english/profil_cooperatif/comment_devenir_membre.asp For funeral homes in PEI, see <http://www.peifuneralcoops.com/>

In New Brunswick there is Fundy Funeral Co-op <http://www.fundyfuneralhome.com/aboutus.htm> in the Saint John area, as well as La Colombe (Tracadie to Rogersville) and Carleton Funeral Co-op in the Woodstock area. Quebec's 30 odd funeral co-operatives represent an undeniable economic and social force. Out of a population of seven million Quebecois, funeral co-operatives boast 131,000 members and assets of more than \$91 million. Funeral co-operatives are players in

a rapidly growing market in which they occupy an increasingly large share (12.3 per cent of the current market.) In Nova Scotia Arimathea Funeral Cooperative was licensed by the province of N.S. in 1994 to arrange funeral and burial services. in the Upper Musquodoboit area
http://www.coastalcommunities.ns.ca/magazine/backissues/v5_i3.html#make



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, from Wisconsin, the **Willy Street Co-op** <http://www.willystreet.coop/resources/food-lunchbox.html> Since 1974, the Willy Street Co-op has offered an expanding selection of natural and organic products. It strives to uphold owner values in all its activities through adherence to co-op principles.



Co-op Community Bulletin Board

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Contest of the week – We had several correct entries last week and are recognizing three readers as winners as their email arrived within minutes of each other on Wednesday morning. Well done Cathy Darland, Ron Levesque and Diane McCaie. Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca **Last week's contest and answer:** A fire engine was rushing to a small fire, 15 miles away. The fire engine set out with 120 gallons of water, however, the water tank had a leak and the fire engine was losing water at the rate of 2 gallons per minute. The fire engine travelled at a constant 30 miles per hour. The fire required 50 gallons of water. Did the fire engine have enough water when it arrived? **Answer:** Yes, the fire engine would have 60 gallons of water left when it arrived. The fire engine would need 30 minutes to travel 15 miles (at 30 mph). A 2 gallon loss per minute X 30 mins = 60 gallons lost 120 gallons in tank minus 60 gallons lost = 60 gallons remaining (enough to extinguish the fire).

This week's contest: Starting with a five letter word, change one letter to create a new word. This word is then changed by one letter to create another new word. For example, DOG, DIG, FIG etc.

These words in turn mean:

- a gaggle of geese
- a device for measuring time
- what you can do with a mouse
- a baby chicken
- a device to prevent wheels from moving
- a surprise
- a small house
- a pile of cards

a small piece of wood
unable to move



It's Easy to Cook – In March, we will feature cole crops. This week, we feature cabbage. Cabbage is relatively cheap, yet one of the richest when it comes to protective vitamins. Talk about the original weight loss food! One cup of cabbage contains only around 15 calories. There are three major types of cabbage: green, red and Savoy. The color of green cabbage ranges from pale to dark green while red cabbage has leaves that are either crimson or purple with white veins running through. Both green and red cabbages have smooth textured leaves. The leaves of Savoy cabbage are more ruffled and yellowish-green in color. For health benefits, please see <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=19> For many more recipes, see http://www.annes-recipes.com/main_ingredient/vegetable-cabbage_recipes_A.html

Almost Cabbage Rolls the Easy Way

1 head cabbage, clean & quartered, with each quarter halved

Salt & pepper to taste

1 extra large onion, chopped

1 extra large bell pepper, chopped

2-3 stalks celery, chopped

2 cloves garlic, chopped

2-3 sprigs parsley, chopped

1 lb. extra lean chopped or ground beef

2 cups cold cooked rice (make ahead)

1/2 can tomato sauce or 1 large tomato, peeled and chopped. (add after cabbage)

Spray large skillet (that has a good cover) with cooking spray. Brown meat (leave drippings unless too fat). Add onions, bell peppers, celery, garlic and parsley, stirring. Sauté with meat until onions are clear. Add cabbage and tomato paste. Season all very well to taste. Add approximately 1 3/4 or 2 cups hot water and rice. Stir all together and cover. Simmer. Stir occasionally. If too dry, add water. If too wet, uncover after cooking. Cook until cabbage is tender. Serves 4-6. Serve with green salad. Very quick - start to finish, approximately 1 hour.



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

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Next *Co-op Circles*: Wednesday, Apr. 4, 2007



Week of Apr. 1 – Apr. 7, 2007, Vol. 2, No. 23
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

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Openings – “The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live.” - Mortimer Adler www.thegreatideas.org/adlerbio_short.html

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



This Week in Co-op Circles

- **April 30th** is registration deadline for those hoping to attend the **Working together to make a difference** conference at the University of Guelph from May 15-16. It's a national corporate social responsibility and community investment forum for co-operatives, credit unions, community investment organizations and co-operative developers. The forum will be an opportunity to network with peers, learn and share stories and leadership practices. **Willy Robinson** from **iNova Credit Union** in Halifax will be part of a panel on corporate social responsibility along with Peter Robinson from Mountain Equipment Co-op. It is recommended that those attending the forum view the video *An Inconvenient Truth* before attending. There will be a discussion on how co-ops and credit unions can adapt to climate change realities, lead by The Natural Step Canada consultant Chad Park. Register by contacting Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csforum07.com to check further details.
- The Canadian Co-operative Association (CCA) is bringing women managers from credit unions in developing countries to Canada this July as part of the seventh running of its popular Women's Mentorship Program. The fourteen women will be hosted by Canadian credit unions from July 12 – 21 before flying to Calgary to attend the World Council of Credit Unions 2007 Conference. In the past five years over 100 Canadian credit unions have hosted and provided on-site mentoring/job shadowing opportunities to 87 women from Africa, Asia and the Caribbean. To find out how you can mentor a visiting credit union manager this summer contact program manager Laurie Tennian at 613 238-6711 extension 209. Go to www.coopsCanada.coop
- Bayview Credit Union in Saint John, NB, held its 69th Annual Meeting at the Branch 69 Legion on March 20, 2007. There were 201 voting members and 13 guests in attendance. Board President Norma Kelly reviewed the President's Report. <http://www.bayviewnb.com/index.cfm?method=pages.showpage&pageid=fe7de881-b769-79e7-9fba-ad7e14c121fe> Bayview had another strong year with net growth of over \$19 million, a 10.61% increase in net assets amounting to over \$204 million. Board Secretary Shirlee Coleman honoured Bayview members with 50 or more years of membership. There were 23 such members in attendance

- The final selection of coaches going to Uganda and Malawi has been made by the Canadian Co-operative Association. They will be in Toronto from May 19-22 for pre-departure briefings and depart for Entebbe on May 23. They will be back in Canada on June 11, 2007. **The Atlantic participants are Kevin Cooke**, Branch Manager, Coastal Financial, Yarmouth, NS; **Wilberdien (Willy) Robinson**, General Manager, iNova Credit Union, Halifax NS, and **Marsha A. Damon**, Branch Manager, Bayview Credit Union Limited, Saint John, NB.



Youth Co-operators: The Buds on the Co-op Tree with Erin Hancock - Leslie Voellmecke, a previous youth intern in Kenya and now an employee with the Canadian Co-operative Association, along with Victoria Morris of the Saskatchewan Co-operative Association will be hosting a workshop during the 2007 National CCEDNet Conference in St. John's, NL. These young co-operators will be presenting "Your Front Door to the Global Marketplace: Youth Creating Change Through Co-operatives" on Thursday, April 19 from 1:45- 4:15. Their session will offer interactive activities to understand co-op principles as well as profiles of youth involvement in co-ops, including local as well as international examples. Find more information about attending this workshop as part of the larger conference at http://www.ccednet-rdec.ca/en/pages/conference_07.asp.



What is Your Vision Statement? –This week, a vision statement from **NBTA Credit Union**: "Your Financial Well-being is our Business" www.nbtacu.nb.ca Judy Jewett is the general manager of this full service credit union, serving teachers and family in the province of New Brunswick from their offices in Fredericton. Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – This week, we look at a fishing co-operative in NS. Apaqtukewaq Fisheries Co-op was formed in 1995. <http://www.potlotek.ca/cifn/fish2.html> The main activities of the co-op to date have been to fish the band's quotas in lobster and snow crab. The co-op was formed to enable the community of Chapel Island First Nation, St Peters, NS, to open doors for job creation. A case study on this co-operative can be found at http://www.aincinac.gc.ca/pr/ra/coo/apaq_e.html During the peak season, which is from May to September, it employs seven people.



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, from Wales, **South Caernarfon Creameries**. This co-operative was established in 1938 as a farmer owned co-operative, for the purpose of collecting and processing milk. The creamery is situated in one of the most picturesque areas of North West Wales, the Llyn Peninsula, in the foot hills of Snowdonia, famous for their breathtaking scenery and natural beauty. <http://www.sccwales.co.uk/profile.htm>



Co-op Community Bulletin Board

- April 14: New Ross Credit Union Annual General Meeting - Location: Forties Community Centre; Time: Social - 6:00pm, Dinner - 6:30pm, Meeting - 7:30pm
- April 16-17: Credit Union Central of Nova Scotia AGM
- April 18: League Savings & Mortgage Company AGM

- April 18-21: The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- April 26, 2007: Annual General Meeting, Consumers Community Co-operative
- April 27-28, 2007: Annual General Meeting, Co-op Atlantic, Crowne Plaza and Moncton Coliseum
- May 10-13: Atlantic Council for International Cooperation Annual General Meeting and Symposium, St. John's, NL. Theme of this year's conference is "Moving Forward: Future Trends in Development" Tel/Tél: (902) 431-2311 Fax/Téléc: (902) 431-3216 E-mail/Courriel: info@acic-caci.org <http://www.acic-caci.org>
- May 15-16: Working together to make a difference – A National Corporate Social Responsibility (CSR) and Community Investment Forum for co-operatives, credit unions, community investment organizations and co-operative developers, University of Guelph. Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details.
- May 17: Canadian Community Investment Network Co-operative (CCINC) Meetings at University of Guelph – CCINC is a network of community loan funds, social enterprise funds, co-op funds, microloan funds and financial institutions with community investment programs. Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details.
- May 17: CoopZone Forum at University of Guelph (www.coopzone.coop) Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details. CoopZone is a network of co-operative developers and it hosts a Web site which contains practical resources on starting and improving co-operatives.
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[Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the 2007 Congress of the Humanities and Social Sciences. <http://usaskstudies.coop/socialeconomy/Congress2007> Please note that the deadline for submitting proposals for presentations at the Co-operative Innovation: Influencing the Social Economy conference in Saskatoon in May 2007 is rapidly approaching. The deadline is February 1st. <http://www.usaskstudies.coop/socialeconomy/Congress2007>

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- July 20-22: Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the week –We had several correct entries last week. The first to arrive was from Catherine Ann Fuller. A few entries were also awarded “almost correct” as they suggested the last word was “stall “instead of “stuck”. Like horseshoes, close is good. Everyone gets his/her name placed in the contest can and the lucky submission for April will be announced the first week in May. March winner is Dorothy McPhee. A small gift is on the way. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer:*** Starting with a five letter word, change one letter to create a new word. This word is then changed by one letter to create another new word. For example, DOG, DIG, FIG etc. These words in turn mean

a gaggle of geese

a device for measuring time

what you can do with a mouse

a baby chicken

a device to prevent wheels from moving

a surprise

a small house

a pile of cards

a small piece of wood

unable to move

Answer: Flock, clock, click, chick, chock, shock, shack, stack, stick, stuck

This week's contest: Rearrange ‘new door’ to make one word instead.



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

During the year as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. Now, it's a new feature in *Circles* From Sierra B, Grade 6 F, Fredericton NB -

"Today I learned that in the Philippines the church was the biggest building in the community, they have a lot of palm trees, more than two people can ride on a motorcycle and in the world some of the main problems are global warming, hunger, pollution, poverty and disease."



It's Easy to Cook – During the month of April, we will feature Fish recipes: Cod, salmon, trout, smelts, or other Atlantic species. Read about the health benefits of fish

<http://ific.org/publications/brochures/fishbroch.cfm> and

<http://in.rediff.com/getahead/2005/apr/13fish.htm> If you have a favorite Atlantic Fish recipe, please send it to us at news1@nbnet.nb.ca This week, we share an easy and attractive salmon dish

Sesame Crusted Salmon

1/4 cup sesame seeds

1 tablespoon grated orange rind

1/2 teaspoon salt

1 teaspoon sesame oil

4 (6-ounce) salmon fillets (about 1 inch thick)

Cooking spray

Preheat broiler. Combine sesame seeds, rind, and salt in a shallow dish. Drizzle oil over fish.

Dredge fish in sesame mixture. Place the fish on a broiler pan coated with cooking spray. Broil 12 minutes or until the fish flakes easily when tested with a fork.



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Next *Co-op Circles*: Wednesday, Apr. 11, 2007



Week of Apr. 8 – Apr. 14, 2007, Vol. 2, No. 24
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Openings – “*The planet has a fever. If your baby has a fever you go to the doctor. If your doctor says you need to intervene here, you don’t say, well, I read a science fiction novel that tells me it’s not a problem. If the crib’s on fire, you don’t speculate that the baby is flame retardant. You take action.*” - Al Gore www.climatecrisis.net/ **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **GuitarFest Cape Breton Co-operative Limited** is pleased with the success of its inaugural Guitarfest, G-1, which occurred on April 1, 2007, in Sydney, NS. The event, staged to provide professional through to beginner guitarists with a day of guitar performances, workshops, and product demonstrations, saw over 125 musicians attend. “The event exceeded our expectations, the feedback from those participating has been excellent, and yes, we’re planning for next year’s Guitarfest Cape Breton, G-2, with March 31st as a working date,” says John Aylward, president of Guitarfest Cape Breton Co-operative Limited. “We know that we will have even more support from instrument manufacturers and suppliers, and we have already had several guitarists come forward to ask for performance slots on the main stage.”
- **Co-op Atlantic** has announced the appointment of **Annie LaPlante** as its first ever manager of *The Co-operative Difference*. In this role, Laplante will be working with stakeholders across the region to increase partnerships and awareness for the integral role the co-op system plays in our communities. From Co-op Atlantic’s perspective, the four pillars of The Co-op Difference are Grow Atlantic, Member Focus, Community, and the Co-operative Business Model. These pillars reflect the core values that make co-operatives different from other businesses and organizations. As the communities of the region continue to face challenges to their sustainability, The Co-op Difference manager will work with local communities, food producers and co-operatives to ensure that they enjoy the benefits of co-operation. “The time is now to let people know about our Co-op Difference,” says John Harvie, CEO of Co-op Atlantic. “The more we can help people take advantage of this, the greater the benefits for all of us.” Examples of *The Co-op Difference* in action include: helping local Co-op stores increase the amount of Atlantic-produced food for sale in their stores; contributing to programs that provide unique benefits to Co-op members; improving awareness among government officials about how strong co-ops benefit the communities; and helping food producers gain the benefits of working together co-operatively. Laplante is a Professional Agrologist with degrees in agriculture and science. Previously, she had worked for Co-op Atlantic for six years as a Feed Sales Representative. Laplante can be contacted at 506 858-6054 or annie.laplante@coopatlantic.ca.
- **Wolfville, Nova Scotia** www.town.wolfville.ns.ca will become the first Fair Trade town in Canada with a celebration on April 17 at Acadia University’s Festival Theatre building on Main Street from 5 to 7 pm. The event will include booths and displays with the theme of

sustainable communities featuring samples of fair trade products, a viewing of the movie, *Buyer Be Fair*, and a presentation of recognition by TransFair Canada, leader of the Canadian Fair Trade Town Campaign. www.transfair.ca

- **The Creamery Square** building in Tatamagouche, NS, will be undergoing renovations throughout 2007 and will open spring 2008 as the “Creamery Square Museum & Archives”. In 1930, J. J. Creighton purchased the Creamery and after he passed away in 1967, **Scotsburn Dairy Co-operative Limited** acquired it. Scotsburn kept the Creamery operational from 1968 until they closed its doors in 1992. Soon after, they donated the one-acre lot and 2 buildings to the village of Tatamagouche

<http://www.centralnovascotia.com/members/creamerysquare/> ACOA is investing \$619,675 to the project through the Innovative Communities Fund (ICF), The Department of Canadian Heritage is investing \$309,829 under the Cultural Spaces Canada Program.

<http://www.acoa.ca/e/media/press/press.shtml?3780>



Youth Co-operators: The Buds on the Co-op Tree with Erin Hancock - **Krystal Payne**, a founding member of the Underground Co-op Café in Fredericton, NB, and an enthusiastic co-operator, is hoping to better her participation in the co-op movement through advancing her education. She has recently been accepted into the University of London’s School of Advanced Studies, pursuing her Masters in Human Rights. She intends to return home after completing this degree to “help with the co-operative movement in the Atlantic provinces.” Krystal has been resourceful in finding funding to attend many co-op conferences in the past, including the Canadian Worker Co-op Federation conference and AGM last year. She now needs support from other co-operators in order to stay connected and informed about co-operatives in Canada by attending the Canadian Association for Studies in Cooperatives Conference and the Ontario Cooperative Association’s Building Cooperative Futures Youth Conference, both in May of this year. If you are interested in helping Krystal or if you have funding ideas, please contact her at gvmrd@stu.ca



What is Your Vision Statement? –This week, a vision statement from **Saskatchewan Co-operative Association** www.sask.coop Its vision is “Co-operatives...creating a higher quality of living in Saskatchewan communities.” Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – What one co-op can do! A few weeks ago, on a trip to the Annapolis Valley, I had the opportunity to spend some time at **Just Us Coffee Roasters Co-op** at the Wolfville/Grand Pre location <http://www.justuscoffee.com/AboutJustUs.aspx> This was the first time I had the opportunity to see their Coffee museum

<http://www.justuscoffee.com/Resources/Docs/issue%2016%20-colour.pdf> It was great and the member owners and staff were wonderful hosts. They have a movie and interactive displays for everyone. All this, plus the opportunity to snack on the finest fair trade, organic chocolate products on the market. Learn more about this cooperative’s success and its work in the area of fair trade by reading their newsletter archives at

<http://www.justuscoffee.com/pastnewsletters.aspx>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, **Frontier Natural**

Products Co-op which specializes in natural and organic products found in natural products stores and specialty shops throughout the United States and Canada. Frontier is the world's largest global supplier of organic herbs and spices and began as a two-person operation in 1976 in a cabin along the Cedar River in Eastern Iowa. <http://www.frontiercoop.com/company.html>



Co-op Community Bulletin Board

- April 14: New Ross Credit Union Annual General Meeting - Location: Forties Community Centre; Time: Social - 6:00pm, Dinner - 6:30pm, Meeting - 7:30pm
- April 16-17: Credit Union Central of Nova Scotia AGM
- April 17: Wolfville, NS, celebrates becoming first Fair Trade town in Canada
- April 18: League Savings & Mortgage Company AGM
- April 18-21: The 2007 National Community Economic Development Conference will be held in St. John's, Newfoundland and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador's Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- April 26, 2007: Annual General Meeting, Consumers Community Co-operative
- April 27-28, 2007: Annual General Meeting, Co-op Atlantic, Crowne Plaza and Moncton Coliseum
- May 10-13: Atlantic Council for International Cooperation Annual General Meeting and Symposium, St. John's, NL. Theme of this year's conference is "Moving Forward: Future Trends in Development" Tel/Tél: (902) 431-2311 Fax/Télé: (902) 431-3216 E-mail/Courriel: info@acic-caci.org <http://www.acic-caci.org>
- May 15-16: Working together to make a difference – A National Corporate Social Responsibility (CSR) and Community Investment Forum for co-operatives, credit unions, community investment organizations and co-operative developers, University of Guelph. Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details.
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Contest of the week – We had no correct entries last week. Possibly the contest was so simple it looked hard. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca ***Last week's contest and answer:*** Rearrange 'new door' to make one word instead. Answer: ONE WORD ***This week's contest:*** Where in the world are you situated and in what direction are you facing if the following conditions are true?

If you move to the right, it's Saturday, July 1.

If you move to the left, it's Sunday, July 2.

If you move forward, it's summer.

If you move backward, it's winter.



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

During the year as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. This week from Paige, Grade 8B, Truro NS: *Since yesterday I've learned a lot about the Philippines. I have never really thought about them and other similar countries like Guatemala. I also was interested to hear about their Muslim religion. I found it sad to hear how easily these kids can be assisted with so little money (Canadian) and it makes me want to help them!*



It's Easy to Cook – During the month of April, we will feature Fish recipes: Cod, salmon, trout, smelts, or other Atlantic species. If you have a favorite Atlantic Fish recipe, please send it to us at news1@nbnet.nb.ca Read about the health benefits of fish

http://www.medindia.net/patients/patientinfo/fishfood_health.htm This week we share an easy and attractive dish and some details about this fish

<http://www.oceansalive.org/eat.cfm?subnav=fishpage&fish=58>

Mackerel with Sun-dried Tomatoes

4 tablespoons virgin olive oil

3 cloves garlic, smashed

1 small red onion, thinly sliced

1 sprig fresh thyme

1 sprig fresh rosemary

2 strips lemon peel (about 2 1/2 inches long)

2 strips orange peel (about 2 1/2 inches long)

Pinch red pepper flakes

1/3 cup olives

1/3 cup roughly chopped oil packed sun-dried tomatoes

salt and freshly ground black pepper

4 (6-ounce) mackerel fillets, with skin

Heat 2 tablespoons of the olive oil over medium heat in a large nonstick skillet with the garlic until fragrant, about 1 minute. Stir in the onions and cook until brown and tender, about 8 to 10 minutes. Add the thyme, rosemary, lemon and orange peel, pepper flakes, olives, and tomatoes. Season with salt and pepper and cook until herbs and zest are fragrant, about 3 minutes more. Transfer vegetables to a serving platter and cover with foil to keep warm. Wipe out the skillet. Make 1-inch diagonal slashes into the skin to prevent the mackerel from curling while cooking. Add the remaining olive oil to the skillet over high heat and season the mackerel with salt and pepper. Place fish, skin side down, in the skillet and cook undisturbed until crisp brown and a spatula can easily be slipped under the fish to flip, about 2 to 3 minutes. Turn the fish over and cook another 2 minutes, until just firm. Set on top of the pre cooked vegetable mixture and serve.



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Next *Co-op Circles*: Wednesday, Apr. 18, 2007



Week of Apr. 15 – Apr. 21, 2007, Vol. 2, No. 25
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Openings – “*Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.*” - William James www.des.emory.edu/mfp/james.html **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **The Atlantic Filmmaker's Cooperative** announces the broadcast premiere of 30 Takes: Three Decades of Independent Filmmaking in Atlantic Canada (Directors: Chuck Lapp and Walter Forsyth, Producer Sonya Jampolsky). The one hour film will premiere on CBC Atlantic this coming Thursday, April. 19th at 7 pm in the Maritimes, and 7:30 in Newfoundland and Labrador. Commissioned in 2004 in celebration of the 30th Anniversary of the founding of the Atlantic Filmmaker's Cooperative, this documentary brings together thirty filmmakers from three decades to recollect the past, discuss the good times and bad, and share their thoughts on why AFSCOOP is still a central part of the Nova Scotia community thirty years and counting. “In truly cooperative spirit, the entire community came together to make this film happen and it was a great honour to be a part of it,” says Co-Director Walter Forsyth. Woven into the program are ten short films made by past and present AFSCOOP members including Andrea Dorfman, Thom Fitzgerald and Bill MacGillvray. To find out more go to: www.afcoop.ca
- The **Canadian Co-operative Association** is asking fourteen credit unions across Canada to host overseas credit union managers/loans managers this July. The visitors are in Canada as part of the seventh 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. This July 11-21, fourteen women from credit unions in the developing world will spend ten days with credit union women like themselves receiving general leadership training and learning the ins-and-outs of managing a loans program. CCA project officer Laurie Tennian is again asking credit union managers/branch managers/loans managers from across Canada to sign on to host and share their knowledge with the visitors. If your credit union is interested in hosting a woman credit union professional for ten days this July please contact: Laurie Tennian Tel: (613) 238-6711 ext. 209; laurie.tennian@coopscanada.coop or visit: <http://www.coopscanada.coop/coopdevelopment/internationaldev/womensmentoring/>
- **Turnstile Pottery Co-operative**, www.turnstilepottery.com on Gottingen St in Halifax, NS, is holding its annual spring pottery sale Saturday, May 5 and Sunday, May 6, 10 am to 5 pm.

The sale will feature works by many clay artisans. Turnstile is a co-operatively managed, fully equipped, pottery studio, available to clay artists through monthly membership and to the general public through community workshops. The studio is open for pottery sales Fridays 2 to 6 pm or by chance.

- Atlantic Council for International Cooperation's member **Rescue Mission Canada** is seeking an **Environmental Education Intern** to work in Charlottetown and with their partner in India, ARIVU/Peace Child International. Rescue Mission Canada is a youth-run, youth-led organization committed to community involvement through action and education on environmental and world issues. Its mandate is to empower young people to take action on issues that concern them and to support international cooperation through interaction and travel. Arivu is an India-based, registered organization set up in 2001. It works with Dalit (oppressed) and other marginalized communities to raise awareness about health, education, sustainable income generation, and human rights issues. Peace Child India is hosted by Arivu. Go to ACIC Web site to see detailed posting: http://www.acic-caci.org/opp_intern.html#4
- Credit union delegates from Nova Scotia and Newfoundland and Labrador celebrated a successful year at Credit Union Central of Nova Scotia's Annual General Meeting next week. The 73rd annual convention took place April 16-17th in Halifax. "We are pleased to share in the success of the credit unions of Nova Scotia and Newfoundland and Labrador," says Credit Union Central of Nova Scotia Board Chair David MacLean. "Operationally, last year was a very challenging one for credit unions as they began to implement a multi-year strategy to strengthen our credit union network. Despite these internal pressures, they are continuing to grow and prosper by meeting their customer-owners' needs." Between the two provinces, credit union assets rose by more than 7 per cent to approximately \$2.1 billion. Many credit unions are sharing profits with their customer-owners in the form of patronage rebates. "In 2007, work on our multi-year strategy will remain a top priority," adds MacLean. "The purpose of this strategy is to enable all our credit unions to meet all our customer-owners' needs through access to a full range of financial products and services including everything from student accounts and retirement planning to business loans. Other goals include developing rewarding careers for our employees and living up to our commitment to community development." www.nscreditunions.ca
- **League Savings and Mortgage Company** enjoyed another successful year in 2006 growing total assets on and off-balance sheet to \$545 million. The company shared its profits with credit unions by way of a five per cent dividend and other significant fees for referral services. "In 2006, we had a total of \$310 million in mortgage referrals from credit unions," says Bernie O'Neil, President and CEO of League Savings. "The mortgage brokerage enjoyed an exceptionally good year with an increase of close to 50 per cent in funded mortgages. That translates into an additional 165 families that credit unions assisted in meeting their financial dreams of home ownership last year alone." "Building stronger alliances and improving communications with all Atlantic Canadian credit unions is our top priority for 2007 to ensure we understand and meet their needs," says Marion Garlick, Board Chair of League Savings and Mortgage Company. www.lsm.ca
- **Bergengren Credit Union** in Antigonish, NS, has won this year's Coady Award at the annual meeting of Nova Scotia credit unions. Bergengren Credit Union has one of the oldest and most active school savings programs with 1.5 full-time employees dedicated to managing the program. It was also responsible for introducing a high school literacy

program to Canada, which will be available to all schools in Nova Scotia and Newfoundland and Labrador free of charge this fall. Highlights of Bergengren's other community involvement include a generous annual donation of \$20,000 to the St. Martha's Hospital Foundation, sponsoring the Stan Rogers Folk Festival and Festival Antigonish, donating of a piece of land to the St. Andrews Seniors Housing Authority for the construction of a seniors' complex and providing flexibility at work that enables staff to do more volunteer work. The Coady Award is given in memory of Dr. Moses R. Coady. Heralding from Margaree, Nova Scotia, Coady is often described as a man ahead of his time. He was a social activist with a keen interest in the environment. He rose to prominence during the Depression by promoting principles of cooperation, self-help and community development.

www.bergengrencu.com



Youth Co-operators: The Buds on the Co-op Tree with Erin Hancock - **Nick Scott**, a young co-operator living in Fredericton, NB, will be graduating from St. Thomas University this spring. Currently, Nick is finishing his sociology honours thesis on the internal dynamics within a local, collectively run co-operative cafe and bookstore in which he was a founding member (Under the Ground Co-operative, a.k.a Underground Café). His thesis is focused on the structural and inter-personal issues faced by the co-operative in the pursuit of their democratic-collectivist ideals and the delicate balance in which they exist between theory and practice. He has been accepted to the Sociology Graduate program at Acadia University in Wolfville, NS, where he hopes to work under the supervision of Dr. James Sacouman and expand on the research he began at St. Thomas University. Nick is currently seeking support in order to attend upcoming co-operative conferences; the Building Co-operative Futures (youth) conference in Guelph, ON (May), the Canadian Association for Studies in Co-operation conference in Saskatoon (May/June), Saskatchewan as well as the Canadian Worker Co-op Federation's Annual General Meeting and Conference in November. If you or your co-operative are able to help Nick continue his co-operative involvement by attending these conferences, please contact him at gvmpr@stu.ca.



What is Your Vision Statement? –This week, a vision statement from the **Quint Development Corporation in Saskatoon, SK**. Its vision is “*We see citizens who are caring and self-reliant in communities that are safe and stable, where all citizens can participate. We see a vital local economy that uses local resources, sustains jobs, business and community enterprises, with neighbourhoods that are prosperous, beautiful and environmentally sustainable. We see the community initiating and supporting cultural, recreational, educational and social-economic opportunities for us all.*” This corporation specializes in affordable housing through home ownership co-operatives in five core neighborhoods in Saskatoon.

<http://www.quintsaskatoon.ca/index.html> Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – “When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half – and food by 80 percent – people were desperate. This film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens. It is an unusual look into the Cuban culture during this economic crisis, which they call ‘The Special Period.’ The film opens with a short history of

Peak Oil, a term for the time in our history when world oil production will reach its all-time peak and begin to decline forever. Cuba, the only country that has faced such a crisis – the massive reduction of fossil fuels – is an example of options and hope.” The film **The Power of Community: How Cuba Survived Peak Oil**, has won many awards. To find out more about it, go to: <http://www.powerofcommunity.org/cm/index.php>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, the **Harrop-Procter Community Co-operative** situated between the Purcell and Selkirk Mountains of Southeastern British Columbia where the tiny villages of Harrop and Procter are hard at work developing a new approach to forestry in British Columbia. For the first time, local loggers and environmentalists have set off into the woods together to harvest trees from their own watersheds. <http://www.hpcommunityforest.org/>



Co-op Community Bulletin Board

- April 17: Wolfville, NS, celebrates becoming first Fair Trade town in Canada
- April 18: League Savings & Mortgage Company AGM
- April 18-21: The 2007 National Community Economic Development Conference will be held in St. John’s, Newfoundland and is being organized by the Canadian CED Network in partnership with local host Futures In Newfoundland and Labrador’s Youth - *Bring It Home: Building Communities from a Rock Foundation*. Conference organizers are inviting proposals specifically for four conference streams, as well as other topics of interest. The four streams are: Technology and CED, Youth and CED, Aboriginal CED, and Building Bridges. The Canadian Co-operative Association is attempting to coordinate submissions on co-op topics and would appreciate knowing what is being submitted to the conference organizers. Please contact [Lynne Markell](mailto:lynne.markell@coopsCanada.coop), lynne.markell@coopsCanada.coop if you are planning on submitting a co-op topic.
- April 26, 2007: Annual General Meeting, Consumers Community Co-operative
- April 27-28, 2007: Annual General Meeting, Co-op Atlantic, Crowne Plaza and Moncton Coliseum
- May 10-13: Atlantic Council for International Cooperation Annual General Meeting and Symposium, St. John’s, NL. Theme of this year’s conference is “Moving Forward: Future Trends in Development” Tel/Tél: (902) 431-2311 Fax/Télé: (902) 431-3216 E-mail/Courriel: info@acic-caci.org <http://www.acic-caci.org>
- May 15-16: Working together to make a difference – A National Corporate Social Responsibility (CSR) and Community Investment Forum for co-operatives, credit unions, community investment organizations and co-operative developers, University of Guelph. Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details.
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- June 22, 23 and 24: 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- June 26 – 29: ***Co-operative Development: Harness the Hidden Potential***, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.
- July 20-22: Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – We had six correct entries last week. The first to arrive was from Ron Levesque, Moncton and special recognition to Kerniel Aasland, Winnipeg, MB whose detailed response is found below. Contest entry deadline each week is Tuesday, 12, noon. Send your answer to contest1@nbnet.nb.ca **Last week's contest and answer:** Where in the world are you situated and in what direction are you facing if the following conditions are true?

If you move to the right, it's Saturday, July 1.

If you move to the left, it's Sunday, July 2.

If you move forward, it's summer.

If you move backward, it's winter.

Kerniel's answer: "*You are on a boat (hopefully a yacht) in the Pacific Ocean facing North. You are on the precise junction of the equator and the international date line. Because it is July, the northern hemisphere is in Summer, and you enter it when you step forwards. The southern hemisphere is in Winter, and you enter that when you step backwards. Because you are on the date line, moving left puts you in to the new day, Sunday July 2, while moving right puts you into the last point to leave the old day, Saturday July 1. If you had arrived a day early, you could have celebrated Canada Day for 24 hours to the left of the date line and then again for another 24 hours to the right of the date line*". **This week's contest:** Find out what the animals are! (for example, "To run away or escape" could be a "flea")

1. hair-control foam
2. very exposed
3. tellin' falsities
4. a lamenting cry
5. a dull person
6. a precious or loved one
7. first you get a parking ticket, then you get this
8. these make up a chain



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

During the year as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Katie, Grade 8, Charlottetown, PE: "*I thought that all the things from Africa and the Philippines that you showed us were really cool and really interesting to see all the different things that they do and have that we don't. My favorite part was learning about the different things about other people's lives, like about how they pray everyday at school or the rice god. Over all, it was very interesting.*"



It's Easy to Cook – During the month of April, we will feature Fish recipes: Cod, salmon, trout, smelts, or other Atlantic species. If you have a favorite Atlantic Fish recipe, please send it to us at news1@nbnet.nb.ca

Lightly Seasoned Baked Fish Fillets

This recipe, from the **Heart & Stroke Foundation** Web site, provides a delicious, lower-fat alternative to deep-fried fillets or prepared fish sticks. The seasoning is mild, so the dish will appeal to kids as well as adults. For more intense flavour, you can increase the amount of herbs used or experiment with different seasonings.

Makes 4 servings.

1 lb (500 g) sole fillets, fresh or frozen and defrosted

½ cup (125 mL) all-purpose flour

2 egg whites
1 tbsp (15 mL) water
¾ cup (175 mL) dried bread crumbs
¼ tsp (1 mL) each: salt, pepper
1 tsp (5 mL) dried thyme
1 tbsp (15 mL) fresh parsley, chopped
1 tbsp (15 mL) soft, non-hydrogenated margarine, melted
1 lemon, cut in wedges

Cut fillets into finger-sized pieces. Pat fish dry with paper towels.

Place flour in shallow dish. Beat egg whites and water in another shallow dish. In a third bowl, combine bread crumbs, salt, pepper, thyme, and parsley.

Dust each piece of fish with flour. Dip into egg whites, allowing excess to drain off. Dip into herbed crumb mixture.

Grease a baking dish with melted margarine. Place fish in baking dish. Bake at 450 °F (230 °C) for 5 minutes, turn once and bake for another 5 minutes or until fish flakes easily with a fork.

Serve fish with lemon wedges. For more heart healthy recipes, go to

<http://ww1.heartandstroke.ca/Page.asp?PageID=38&SubCategoryID=36&Src=recipes&Type=Article>



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

- *Our secretary has been using some of the resources from the following site, especially on minute taking. <http://www.elimina.com/> It may be helpful to others. Good job on the newsletter.* – CG, NB



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

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

Next *Co-op Circles*: Wednesday, Apr. 25, 2007



Week of Apr. 22 – Apr. 28, 2007, Vol. 2, No. 27

Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn't matter who it is - and that will help you to grow up in greater love for each other.” -Mother Teresa **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



Maureen and I are attending Consumers Community Co-operative and Co-op Atlantic Annual General Meetings in Moncton this week. Watch your mailbox next week for the full version of *Co-op Circles*.



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - It's crunch time to get in your application for the Canadian Co-operative Associations' international internship program, the Youth Experience International. If you are between 19 and 30 and are passionate about international development and co-operatives, this is an excellent opportunity for you. This six-month program is intended to help university graduates gain valuable experience to help them transition to the labour market. Positions are offered in Kenya, Ghana, Uganda and more and there are a variety of positions involving co-operatives/credit unions in the host site; Credit Union Development Office, Social Research Officer, HIV/AIDS and Gender Program Officer and more. The deadline is April 30th, so time is of the essence. To obtain more information about the program, visit

<http://www.coopscanada.coop/coopdevelopment/internationaldev/youthexperience/#about> Here you will find the application form, selection criteria, the internship positions, locations and so forth. If you would like to read what past interns have to say, visit

<http://www.coopscanada.coop/coopdevelopment/internationaldev/youthexperience/alumni/index.html> If you have any questions about the internship, contact Monique Charron of the Canadian Co-operative Association at Monique.charron@coopscanada.coop . Best of luck!



Week of Apr. 29 – May 5, 2007, Vol. 2, No. 28
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Openings – “*We need to be open to the possibility that colleagues and even strangers have information and perspectives that may be of value to us.*” - Margaret Wheatley
<http://www.margaretwheatley.com/> **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Marcel Garvie** is the new president of **Co-op Atlantic**. Other executive members are Norma Tomiczek, Dominion, NS, 1st vice-president, and Wayne Lee, Stephenville, NL, 2nd vice-president. Newly elected to the board at this year’s AGM was Mary MacDonald, Saint John. Other board members in the eight zone structure are Michael Oulton, elected by acclamation, Adelard Cormier, Bertha Campbell, and George Trueman. www.coopatlastic.ca
- The **Credit Unions of P.E.I.** have teamed up with the P.E.I. division of the Canadian Cancer Society to help fight cancer on the Island. The Credit Unions have committed to sponsoring the annual **Relay for Life** fundraising event for the next five years — the largest ever single investment by a P.E.I. business in support of Islanders impacted by cancer. Philip Smith, president of the P.E.I. division of the Canadian Cancer society, said the Relay for Life allows the society to continue to fund some of the best cancer research in Canada, increasing the survival rate of those diagnosed with cancer. “To have this long-term corporate sponsorship really sets a firm foundation for the relay and lets people really focus on the work of raising money for cancer research to support people living with cancer.”
<http://www.theguardian.pe.ca/index.cfm?sid=20104&sc=100>
- **Credit Union Knowledge** network announces a new national designation exclusively for credit union directors. Now directors may earn the distinction of accredited Credit Union Director”http://www.cucentral.com/Cusource_accredit_23mar07
- **Anna Florczynski** is the new Chief Executive Officer of **Bayview Credit Union**. She has been employed with Bayview since 1982, serving in various capacities including acting CEO, Chief Financial Officer, and Finance and Administration Manager. She holds a Certified General Accountant designation, an Associate of Credit Unions Institute of Canada designation, and a diploma in Personnel Human Relations. Additionally, she is a graduate of Dale Carnegie Training and of numerous professional development courses. She is a sitting member of the board of governors for the Certified General Accountants Association of New Brunswick, and a member of the Saint John Board of Trade.
<http://www.bayviewnb.com/index.cfm?method=pages.showpage&pageid=fe7de881-b769-79e7-9fba-ad7e14c121fe> to read about Bayview’s AGM held on March 20 in Saint John, NB.

- **La Caisse Populaire de Shippagan Ltée** announced its new affiliation with the Fédération des caisses populaires acadiennes effective June 1, 2007. As of that date, the francophone Office de stabilization will have the mandate to supervise the Caisse Populaire de Shippagan as well as ensuring that sound business and financial practices are maintained and, consequently, ensuring its continued profitability so it can maintain the excellent service now being provided to its members. La Caisse Populaire de Shippagan Ltée announced its financial results for the 2004-2006 fiscal years, <http://www.cpscu.com/english/home/index.cfm?id=128> The Caisse populaire also announced that its audited financial statements for the year ending May 31, 2003, had to be restated. The President and CEO of the Caisse, Robert S. Charbonneau, informed the members present that the audited financial statements confirm that the Caisse populaire had recorded losses of \$59 million for the previous four years.
- The **Norm Bromberger Research Bursary** has been established in recognition of the outstanding contributions made by Norm Bromberger to the development of credit unions and co-operatives in Saskatchewan and across Canada. <http://www.coopscanada.coop/cooplincs/education/awards/#norm> The bursary will provide \$2,000 each year to encourage research in the area of co-operatives and credit unions. Deadline for application is June 30, 2007 E-mail: coop.studies@usask.ca



Youth Co-operators: The Buds on the Co-op Tree with Erin Hancock - Four young co-operators in Vancouver, BC recently incorporated the **New Practice Facilitators Co-operative** to provide education about co-operatives. All of the four members, Chelsea Lake, Dylan Mulvin, Sarah Hyde and Katie Carachelo have delivered workshops with the British Columbia Co-operative Association (BCCA) in schools or at conferences previously. Chelsea currently works for the BCCA, having just finished her BA at the University of British Columbia with a focus on co-operatives. Dylan is a communications student at Simon Fraser University. Sarah works for the YES (Youth Excellence Society—providing a more inclusive camp environment for youth with disabilities) as the Youth Including Youth coordinator, while Chelsea and Dylan work with the camp as counselors and facilitators. Katie works as a lifeguard and as a care worker in a group home for youth with disabilities. This not-for-profit co-op “was created to provide quality educational workshops to youth and adults relating to community and co-operative development.” They offer personalized workshops in consultation with the groups who request their services. If you would like to learn more about this co-op or are interested in the workshops they offer, contact them at thenewpractice@gmail.com.



What is Your Vision Statement? –This week, a vision statement from **FIRSTSASK Credit Union** in Saskatchewan. “We aspire through commitment and enthusiasm to be recognized as a credit union that partners with our members and communities to enhance financial security.” <http://www.firstsask.ca/> Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – We are wondering if any of our co-op readers are willing to share their problems or experiences around phone internet scams Please send you comments to

news1@nbnet.nb.ca I am sure many of you are as annoyed as I am with the constant e-mails and telemarketing calls that slip through despite filters and security/ firewalls. Lately, my home has been receiving calls that we can't seem to stop from some Ontario firm saying we owe someone money. Repeated calls to the phone company have not proved effective in eliminating this annoyance. We can't reach a real person so that we can speak with them directly. All of us need the Internet and phone to operate our businesses and to keep in touch with families. The following Web site may help if you are having similar problems. 1

<http://www.phonebusters.com/> or call **Toll Free: 1-888-495-8501** **Copies of Advanced Fee Letter Fraud (419 / West African / Nigerian Letters) should be emailed directly to:**

waf1@phonebusters.com Email: info@phonebusters.com or contact the Competition Bureau, 1-800-348-5358 Website: www.cb-bc.gc.ca Email: compbureau@cb-bc.gc.ca

A good Internet scambuster site is <http://www.scambusters.org/scamcheck.html>

The Nova Scotia Seniors Secretariat has a good site

<http://www.gov.ns.ca/scs/preventingfinancialex.asp> Take time to report your problems. Maybe together we can stop some of this.



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, the **Vineland Growers Co-operative** which has the distinction of being the longest continually running co-operative in Ontario. With facilities strategically located throughout the Niagara Peninsula's fertile fruit belt, it is a grower-oriented and run organization dedicated to providing first class service to more than 300 shareholders. <http://www.vinelandgrowers.com>



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Contest of the week –Winner of last contest was Catherine Ann Fuller, Cape Breton. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca All entries will be place in the “Contest Can” for the month end draw. Answers to last contest are below.

1. hair-control foam

2. very exposed
3. tellin' falsities
4. a lamenting cry
5. a dull person
6. a precious or loved one
7. first you get a parking ticket, then you get this
8. these make up a chain

Answers: 1) moose 2) bear 3) lion 4) whale 5) sloth 6) deer 7) toad 8) lynx

This week's contest: The children's encyclopaedia has suffered water damage. Below is a printout of reptiles and amphibians which have had every other letter removed. Can you replace the missing letters?

*e*r*p*n

*o*t*i*e

*r*c*d*l*

*u*t*e

*o*c*s*n

*e*t

*k*n*



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Susan, Grade 7, Fredericton NB: *"One thing I thought was interesting about the presentation was that a lot of the people there don't really have very much education but have so much talent to do the arts that they do. I have always wanted to go to Africa to help little children but there are so many other places in the world that need help and you just want to help all of those places but you are just one person and it's hard to try to do everything."*



It's Easy to Cook – May will feature Chicken recipes: Roasted, broiled, grilled or poached, and combined with a wide range of herbs and spices, chicken makes a delicious, flavourful and nutritious meal. Read about the health benefits of chicken

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=116> If you have a favorite Atlantic Chicken recipe, please send it to us at news1@nbnet.nb.ca This week, we share an easy chicken dish with spring asparagus

Chicken and Asparagus

- 1 medium onion cut in half and sliced medium thick
- 1 bunch asparagus cut into 1 inch lengths (about 2 cups when cut) discard bottom fourth
- 1 T chicken broth
- 1 T minced fresh ginger
- 3 medium cloves garlic, pressed
- 1 large boneless, skinless chicken breasts cut into 1 inch pieces
- 2 T soya sauce
- 1 T vinegar
- pinch red chili flakes

Heat 1 T broth in a stainless steel wok or 12-inch skillet. Stir fry onion and asparagus in broth for about 3 minutes, stirring constantly. Add ginger, garlic, chicken, and continue to stir-fry for

another 3-4 minutes stirring constantly. Add soy sauce, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. This may have to cook for an extra couple minutes if the asparagus is thick. Season with salt and pepper



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

Next *Co-op Circles*: Wednesday, May 9, 2007



Week of May 6 – May 12, 2007, Vol. 2, No. 29
Edited and Compiled for you, by Rising Tide Co-operative Ltd.

To subscribe: circles1@nbnet.nb.ca

To unsubscribe: circles2@nbnet.nb.ca

Openings – “*The reason birds can fly and we can’t is simply that they have perfect faith, for to have faith is to have wings.*” - J.M. Barrie <http://www.kirjasto.sci.fi/jmbarrie.htm> **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- From June 17- 22, 2007, the **Island Media Arts Co-op (IMAC)**, in partnership with Telefilm Canada, present *The PEI Screenwriter’s Bootcamp* in beautiful Mount Stewart, PEI. The Bootcamp is a five day retreat-style intensive training session for emerging Canadian screenwriters. The Bootcamp is free but you must apply to attend. The deadline for application is May 11, 2007. To find out more about *The Screenwriter’s Bootcamp*, e-mail youthinkyoucanwrite@yahoo.ca
- Farmers’ markets in Nova Scotia are working on a growth strategy for a sector that already contributes almost \$63 million to the provincial economy. <http://www.atlanticfarmfocus.ca/index.cfm?iid=2494&sid=21201> A group called the **Farmers’ Markets of Nova Scotia Co-operative** is conducting a series of brain-storming sessions with vendors and customers. Co-ordinator Don Black said a Cape Breton session—which was hosted by the Cape Breton Farmers’ Co-operative — was the first of five that will tap into the issues and concerns of all 10 farmers’ markets in the Nova Scotia co-operative.
- **Robert Acton** has been inducted into the Atlantic Agricultural Hall of Fame. http://nsac.ca/halloffame/citations/acton_robert.htm He was a founding member and chair of the Maritime Beef Marketing & Development Group, responsible for creation of the award winning “Atlantic Tender Beef Classic” beef brand. He has also been a founding member of the Atlantic Beef Producers Co-op, the body representing producer-owners of the Atlantic Beef Products Inc processing facility in Borden-Carleton, PEI. Acton was nominated by the New Brunswick Cattle Producers Association in recognition of his outstanding leadership and service to the agriculture industry,
- New Brunswick grower **Léopold Bourgeois** recently visited France to explain his producer co-op’s success in getting food grown here on the tables of Atlantic Canadians. <http://www.co-oponline.com/sites/CoopDiffStory.aspx?id=8> Léopold is one of the owners and operators of La Fleur du Pommier, an apple farm in Cocagne, New Brunswick. They also grow strawberries, raspberries and vegetables
- **La Société coopérative de Lamèque Limitée** was recently chosen to receive an Environmental Leadership Award for Business from the New Brunswick government. <http://www.co-oponline.com/sites/CoopDiffStory.aspx?id=21> Award recipients received a pewter medal embossed with the award logo. They will also receive a tree to be planted in their communities to serve as a living legacy for their outstanding achievement. La Société coopérative de Lamèque intends to donate the tree to the ecology park in the community.



Youth Co-operators: The Buds on the Co-op Tree with Erin Hancock - The **International Co-operative Alliance** hosts the **ICA Youth Network**. This network provides a forum for youth to talk about co-ops, as well as an opportunity to share activities and projects undertaken by youth in co-ops around the world. Feel free to visit this website to meet other young co-operators from around the world, hear about interesting projects or start a discussion about a co-op-relevant issue. Visit <http://icayouth.coop/issues>



What is Your Vision Statement? –This week, a vision statement from **Credit Union Atlantic** in Halifax, NS. “*Credit Union Atlantic is an integrated team of professionals providing contemporary financial solutions to customer-owners. By living its values, Credit Union Atlantic helps more and more customer-owners reach their full potential.*” www.cua.com Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Co-op 101 Educational Links – My computer’s home page is set to our co-op: Rising Tide Co-operative Ltd. <http://www.risingtidecoop.com/> However, this week I did a search for other “Rising Tides”. Here is one not far away from me in Maine. I plan to visit it when I travel down that way. **Rising Tide Community Market** is a co-operatively owned natural foods grocery in Damariscotta, Maine. Serving its community since 1978, Rising Tide carries a full line of local, natural and organic products in its grocery, bulk, produce, body care and vitamin departments http://www.risingtide.coop/retailer/store_templates/shell_id_1.asp?storeID=619D777AC6FD4BF6868E21701B44FA3B

Rising Tide is committed to providing local, natural and organic food to its Mid-Coast community. See its Web site for interesting health information <http://www.risingtide.coop/common/adam/HealthTools.asp?storeID=619D777AC6FD4BF6868E21701B44FA3B>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit the **Hendersonville Community Co-op** in Henderson County, North Carolina. During a recent Earth Day celebration, the store featured local vendors selling art, jewelry, soaps and handmade hula hoops; sustainable living groups; grilled veggie burgers; a raffle and live music. Radio station WTZQ carried the event live and a one-man band performed. The Henderson County Chapter of the American Red Cross Bloodmobile was at the event and blood donors and co-op members received five percent off purchases in the store. www.hendersonville.coop



Co-op Community Bulletin Board

- **May 10-13:** Atlantic Council for International Cooperation Annual General Meeting and Symposium, St. John’s, NL. Theme of this year’s conference is “Moving Forward: Future Trends in Development” Tel/Tél: (902) 431-2311 Fax/Télé: (902) 431-3216 E-mail/Courriel: info@acic-caci.org <http://www.acic-caci.org>
- **May 15-16:** Working together to make a difference – A National Corporate Social Responsibility (CSR) and Community Investment Forum for co-operatives, credit unions, community investment organizations and co-operative developers, University of Guelph.

Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details.

- **May 17:** Canadian Community Investment Network Co-operative (CCINC) Meetings at University of Guelph – CCINC is a network of community loan funds, social enterprise funds, co-op funds, microloan funds and financial institutions with community investment programs. Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details.
- **May 17:** CoopZone Forum at University of Guelph (www.coopzone.coop) Register by April 30 by contact Miruna Nichita, miruna_nichita@cooperators.ca Go to www.csrforum07.com to check details. CoopZone is a network of co-operative developers and it hosts a Web site which contains practical resources on starting and improving co-operatives.
- **May 28 – 29: Co-operative Corporate Governance Conference**, Ottawa, ON. The Canadian Co-operative Association, in partnership with The Co-operators is lining up another strong roster of noted experts, practitioners and professionals working within the corporate governance and co-operative sectors. Building upon the success of previous conferences, this year's event will be reviewing current trends and developments in corporate governance and relate it to co-operatives and credit unions. Aimed at corporate secretaries, governance professionals and staff working in the corporate secretary's office, the conference will be addressing the themes of development and training; maintaining the integrity and identify of the co-op model; making evaluations effective; and directors liability. The conference also provides the opportunity through facilitated discussion for participants to share experience and best practices amongst their peer group. For further details, contact Quintin.Fox@coopsCanada.coop
- **May 28-June 1:** Three organizations will come together for the first time in a joint conference. [The International Co-operative Alliance Committee on Co-operative Research \(ICA\)](#), the [Canadian Association for Studies in Co-operation \(CASC\)](#), and the [Association for Cooperative Educators \(ACE\)](#) will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the 2007 Congress of the Humanities and Social Sciences. <http://usaskstudies.coop/socialeconomy/Congress2007> Please note that the deadline for submitting proposals for presentations at the [Co-operative Innovation: Influencing the Social Economy](#) conference in Saskatoon in May 2007 is rapidly approaching. The deadline is February 1st. <http://www.usaskstudies.coop/socialeconomy/Congress2007>
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- **June 22, 23 and 24:** 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- **June 26 – 29: Co-operative Development: Harness the Hidden Potential**, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.

- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the week – The contest was a bit difficult last week. We didn't have any entries with every answer correct. Many were stumped by the last one (see answer below). Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca All entries will be placed in the "Contest Can" for the month end draw. Last week's contest and answer: The children's encyclopaedia has suffered water damage. Below is a printout of reptiles and amphibians which have had every other letter removed. Can you replace the missing letters *e*r*p*n,--*o*t*i*e--*r*c*d*l*--*u*t*e--*o*c*s*n--*e*t--*k*n* **Answers:** Terrapin, tortoise, crocodile, turtle, moccasin, newt, skink (skinks are the most diverse group of [lizards](#).) This week's contest: In a day of foraging, a tramp collects 274 cigarette ends. He knows that for every 5 cigarette ends he can make a new cigarette. How many cigarettes can the tramp make and then actually smoke?



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Brittany, Grade 7, Charlottetown, PE: *"What I learned is that there are lots of other places in the world that have poverty and are really poor in areas where we aren't and that we don't really appreciate. I love learning about how her organization really helps the kids and the people with things they don't really have. I think some day I would love to go different places and help the way they do."*



It's Easy to Cook – May will feature Chicken recipes: Roasted, broiled, grilled or poached, and combined with a wide range of herbs and spices, chicken makes a delicious, flavourful and nutritious meal. Read about the health benefits of chicken

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=116> If you have a favorite Atlantic Chicken recipe, please send it to us at news1@nbnet.nb.ca Recently I spent a weekend with a couple from New Orleans. They spent Saturday cooking up a family recipe for jambalaya made with traditional andouille sausage. They used a large saucepan, melted butter, mixed in flour, and whisked constantly for over an hour, until a thick paste-like roux was formed. Then they added the ingredients, one at a time, and cooked the jambalaya for over six hours. I loved the meal but not the preparation time so here is a recipe that can be made more quickly.

Chicken Jambalaya

- 2 tablespoons margarine or butter
- 1/4 cup chopped onion
- 1/3 cup chopped celery
- 1/4 cup chopped green pepper
- 1 (14.5 ounce) can diced tomatoes
- 1 1/2 cups chicken broth
- 2/3 cup long grain white rice

- 1 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon hot sauce
- 1 bay leaf
- 2/3 cup diced cooked chicken breast
- 3 cup cooked crumbled Italian sausage
- 2/3 cup peeled cooked shrimp

Melt margarine in a large saucepan over medium heat. Stir in onion, celery, and green pepper; cook until softened, about 5 minutes. Pour in diced tomatoes, chicken broth, and rice; season with basil, garlic, pepper, hot sauce, and bay leaf. Bring to a boil over medium-high heat, then turn heat to medium-low, cover, and simmer until the rice is done, about 20 minutes. Once the rice has cooked, stir in chicken, sausage, and shrimp. Simmer for a few minutes until heated through. Remove bay leaf before serving.



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Next *Co-op Circles*: Wednesday, May 16, 2007



Week of May 13 – May 19, 2007, Vol. 2, No. 30

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Openings – “It’s not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can’t tell my children to reach for the sun. All I can do is reach for it, myself.” -Joyce Maynard

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



This Week in Co-op Circles

- The annual general meeting and banquet of the **Nova Scotia Co-operative Council** www.nsko-opcouncil.ca will be held on June 7, 2007, at the Best Western Glengarry Hotel in Truro, with keynote speaker, **Justin Trudeau**. He will speak about youth empowerment and the challenges young people face today. As well as taking care of annual meeting business, NSCC members will have an opportunity to attend a renewable energy workshop. The brief and fact-filled workshop will include information about the development of renewable energy in Nova Scotia, its current status, and the opportunities and challenges that smaller scale projects present, the work being done by the Nova Scotia Co-operative Council to promote community and co-operative based renewable energy, a presentation by Wind Prospect, a United Kingdom based developer that actively partners in the development of community based wind projects. The general manager from Wind Prospect’s Halifax office discussed the process and pitfalls of wind energy project development.
- **Creating Balance: Our Journey Continues**...is the title of **The Co-operators’** 2006 corporate responsibility report. It is their third such report and is part of their commitment to being a responsible, sustainable organization that invests in the social economy and to strengthen their commitment to a greener, healthier, natural environment. You can view the report on The Co-operators Web site www.cooperators.ca
- New Brunswick-based **Falls Brook Centre** in Knowlesville, funded under CIDA’s Voluntary Sector Fund and Voluntary Sector Program, http://www.fallsbrookcentre.ca/english_home.htm was approved for an organic food market project in rural Mexico. The primary goal of the project is to connect Mexican consumers with local organic markets to increase sales for local producers and to provide healthy choices for families and consumers. The project acknowledges women’s roles in local Mexican food markets and their contribution to family income. As well, the project will establish a strong local organic farm market network across Mexico, while improving living standards of impoverished indigenous people. Falls Brook Centre was the first Canadian NGO to be funded under the new CIDA’s Voluntary Sector Fund announced in June 2006



What is Your Vision Statement? –This week, a vision statement from **Anglia Regional Co-operative Society Limited** in the United Kingdom http://www.arcs.co.uk/main_society.asp Its

vision: *to be the first choice locally* Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



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Rising Tide Theatre <http://www.heritage.nf.ca/arts/risingtideprof.html> Founded in 1978, Rising Tide has become one of the longest-performing theatre companies in Newfoundland and Labrador. Rising Tide is one of the mainstays of professional theatre in Newfoundland and Labrador <http://www.risingtidetheatre.com/menu.htm> In the summer of 2000, after three years of hard work, Rising Tide moved to its new home. The Rising Tide Arts Centre is located on Green's Point http://www.risingtidetheatre.com/rising_tide_arts_centre.htm



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Footprint Workers Co-operative** based in Leeds, England. Footprint was set up in July 2000 to provide printing services to the highest possible ethical and environmental standards. Its membership consists of three part-time members, each working about 15 hours a week. All members are directors of the company. It offers membership to all trained workers and everyone gets the same rate of pay. <http://www.footprinters.co.uk>



Co-op Community Bulletin Board

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Contest of the Week –Last week we had six submissions, all arriving on Wednesday. The first correct answer was from Dennis Williams, Fredericton, NB. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca All entries will be place in the “Contest Can” for the month end draw. ***Last Week’s Contest and Answer:*** In a day of foraging, a tramp collects 274 cigarette ends. He knows that for every 5 cigarette ends he can make a new cigarette. How many cigarettes can the tramp make and then actually smoke? 68: from the initial 274, he can smoke 54 with 4 remaining. From these 58 stubs, he can smoke 11 with 3 remaining. From these 14, he can smoke 2 with 4 remaining. From these 6, he can smoke 1 with 1 remaining. Therefore he can smoke $54 + 11 + 2 + 1 = 68$ ***This Week’s Contest:*** Below you will find 15 well-known six letter words, with only their endings remaining. Can you determine the words? ___rnt; ___few; ___ryo; ___yme; ___rak; ___urd; ___ynx; ___mpi; ___hom; ___ovy; ___lpt; ___hma; ___voy; ___web; ___mur



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Tanya, Grade 8, Truro, NS: “What I thought was interesting was that they are trying to start a waste watchers program. I

was surprised to hear every dollar your charity earns the government gives you three more. I can't help wondering about how many people have been helped by your organization."



It's Easy to Cook – May will feature Chicken recipes. Chicken is an excellent source of protein. A 100 gram serving of chicken will supply around half the recommended dietary intake. 100g of baked chicken will give around nine per cent of the recommended dietary intake for energy.

Does Chicken Soup Have Healing Powers?

http://www.sixwise.com/newsletters/05/12/14/does_chicken_soup_have_healing_powers_004.htm You can look like you have spent all day in the kitchen by serving up this ***Gourmet Chicken***

Dish

8-10 pieces of skinless chicken breast

1 can whole cranberry sauce

1 small bottle low calorie French dressing

1 package onion soup

In a shallow pan sprayed with cooking spray, place chicken breasts. Then mix cranberry sauce, French dressing and soup mix in a bowl. Stir well and baste over chicken use all the mix. Bake at 350 degrees for about an hour. Remove to a platter and pour any left over sauce in the baling dish on the chicken as a garnish



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Next *Co-op Circles*: Wednesday, May 23, 2007



Week of May 20 - May 26, 2007, Vol. 2, No. 31

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Openings - *"I always make the business case for sustainability. It's so compelling. Our costs are down, not up. Our products are the best they have ever been. Our people are motivated by a shared higher purpose - esprit de corps to die for. And the goodwill in the marketplace -- it's just been astonishing."* - Ray Anderson www.interfaceinc.com/who/founder.html **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **East Coast Credit Union** held its annual meeting on Saturday, April 29th. <http://www.eastcoastcreditunion.ca/> It has experienced very favourable growth since the amalgamation of East Coast in January 2003. Total assets have increased by \$40 million dollars to \$143 million. With its head office in Baddeck, NS, East Coast has in excess of 100 employees.
- **David Daughton** is the new Atlantic co-ordinator for **The Canadian CED Network**. <http://www.ccednet-rcdec.ca/> He has more than 30 years of co-operative and community development experience. His primary focus is to create a culture of sustainable opportunity for youth within both the Atlantic region and the co-operative sector. Daughton is familiar to co-operators throughout Atlantic Canada through his association with the former **Regional Co-operative Development Centre** and **MYDAS Worker Co-op**. He can be contacted at ddaughton@ccednet-rcdec.ca
- **Archie Alexander Rankin, Inverness, Cape Breton Island**, died in late April. He was 89. He was a pioneer in the co-op movement and devoted to his community. In 1998, Rankin was inducted into St. Francis Xavier University's Hall of Thought in recognition of his contribution to his community. He was born on January 12th, 1918 in South Highlands, Inverness County and went to school at Sight Point. In 1933 he wrote his provincial exams in Inverness and then went on to St.F.X. where he received a B.A. with honours. He went off to work in the mines of Ontario, but soon returned to farm in the South Highlands. Involved in the co-op movement, he took Co-op store management positions in Margaree Forks, Mabou and finally at Inverness where he served as manager for 23 years, from 1960 to 1983. For many years he was a member of the board of directors of Co-op Atlantic. Many of the people he worked with and built Shean Co-op with attended his wake and funeral. He also served on the board of Mabou Credit Union.
Besides his co-op support, he served as a municipal councillor for the County of Inverness, two terms on the Inverness County School Board, school trustee, and a proud member of the Inverness County Gaelic Chorus. He loved the Gaelic culture. Rankin is survived by six daughters and six sons and was predeceased by his loving wife Mary and daughter Maureen.



What is Your Vision Statement? -This week, a vision statement from **Wright-Patt Credit Union** www.wright-pattcu.coop/ in Ohio. It "will be the best financial institution our member-owners have ever experienced and the best place our partner-employees have ever worked." Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Co-op 101 Educational Links - My computer's home page is set to our co-op: Rising Tide Co-operative Ltd. <http://www.risingtidecoop.com/> Here is another Rising Tide: Rising Tide is a grassroots network of groups and individuals who take direct action to confront the root causes of climate change and promote local, community-based solutions to the climate crisis. <http://risingtidenorthamerica.org/wordpress/wp-content/uploads/2007/02/rising-tide.pdf> Rising Tide was formed in the Netherlands in 2000 to bring a more radical voice to the COP6 (UN Conference of the Parties) climate talks that attempted (unsuccessfully, largely due to the efforts of the US delegation) to salvage what was left of the Kyoto Protocol. Employing popular education and direct action to address the root causes of climate change with a focus on climate justice, Rising Tide now spans three continents Although not exactly a formal co-operative it is a world wide network of groups working on climate change Here are three Rising Tide Web sites from North America, the United Kingdom and Australia, <http://risingtidenorthamerica.org/wordpress/category/front-page/> <http://risingtide.org.uk/node/83> <http://www.risingtide.org.au/node?page=3>



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - A group of New Brunswick co-operators are working to get the New Brunswick Co-operative Council up and running. They are currently seeking a summer student to help in the preliminary set-up tasks of the council. The position will run for approximately 12 weeks (beginning in early June and ending in late August). The intern will be granted a stipend at the end of the work period (above minimum wage pay). Ideally, the student would have his or her own workspace (at home) and be located in the Fredericton area. Tasks: In daily contact with their supervisor, the intern will undertake the following projects:

- Create communication strategy for the council (how do we effectively communicate with all 200+ NB co-ops/credit unions?)
- Conduct necessary research and create a database of all NB co-ops/credit unions with full contact information
- Help develop the public relations material (help clean up language of mission statement and vision, written pieces about the council for the Web site)
- Create pamphlets and materials to distribute to potential members
- Manage council email
- Take minutes at meetings and distribute
- Complete brief report at end of internship
- Possibly aid with fund raising and event planning tasks
- Other tasks requested by Board of Directors

If you are interested in this position, please email your resume and cover letter to Erin Hancock at erin.hancock@unb.ca by Monday, May 28th.



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Whole Farm Co-operative**. It represents 30 member families in Central Minnesota. It is committed to creating farms that nourish members' families spiritually and economically, sustain the environment, and with providing eaters not only with safe wholesome food but with a clear sense of who and where their food came from. <http://www.wholefarmcoop.com/>



Co-op Community Bulletin Board

- **May 28 - 29: Co-operative Corporate Governance Conference**, Ottawa, ON. The <http://www.coopscanada.coop/> Canadian Co-operative Association, in partnership with <http://www.cooperators.ca/> The Co-operators is lining up another strong roster of noted experts, practitioners and professionals working within the corporate governance and co-operative sectors. Building upon the success of previous conferences, this year's event will be reviewing current trends and developments in corporate governance and relate it to co-operatives and credit unions. Aimed at corporate secretaries, governance professionals and staff working in the corporate secretary's office, the conference will be addressing the themes of development and training; maintaining the integrity and identify of the co-op model; making evaluations effective; and directors liability. The conference also provides the opportunity through facilitated discussion for participants to share experience and best practices amongst their peer group. For further details, contact Quintin.Fox@coopsCanada.coop
- **May 28-June 1:** Three organizations will come together for the first time in a joint conference. The International Co-operative Alliance Committee on <http://www.ica.coop/> Co-operative Research (ICA), the Canadian Association for Studies in Co-operation (CASC) <http://www.coopresearch.coop/>, and the Association for Cooperative Educators (ACE) <http://www.uwcc.wisc.edu/ace/ace.html> will together host one unified conference in Saskatoon, Saskatchewan. This event will combine the approaches and audiences of the respective organizations and will be held in conjunction with the <http://www.fedcan.ca/congress2007/> 2007 Congress of the Humanities and Social Sciences. <http://usaskstudies.coop/socialeconomy/Congress2007> Please note that the deadline for submitting proposals for presentations at the Co-operative Innovation: Influencing the Social Economy conference in Saskatoon in May 2007 is rapidly approaching. The deadline is February 1st. <http://www.usaskstudies.coop/socialeconomy/Congress2007>
- **June 7:** The Nova Scotia Co-operative Council Annual General Meeting at the Best Western Glengarry Hotel in Truro, Nova Scotia, beginning at 4:00 PM. Guest speaker: Justin Trudeau
- **June 22, 23 and 24:** 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- **June 26 - 29: Co-operative Development: Harness the Hidden Potential**, *National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation*

of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007

- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the Week - Congratulations to Dorothy McPhee, Moncton, NB, who correctly solved our 15 well-known six letter words contest. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw.

Last week's contest and answer: Below you will find 15 well-known six letter words, with only their endings remaining. Can you determine the words?

___rnt; ___few; ___ryo; ___yme; ___rak; ___urd; ___ynx; ___mpi; ___hom;
___ovy; ___lpt; ___hma; ___voy; ___web; ___mur

Answers: Learnt, curfew, embryo, enzyme, anorak, absurd, larynx, scampi, fathom, groovy, sculpt, asthma (Dorothy suggested "brahma" and that works, too), convoy, cobweb, murmur.

This week's contest: In the following line, cross out nine letters such that the remaining letters spell a well known animal. - ENILNEEPLHTAENRST



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Taylor, Grade 8, PEI: "I thought it was really interesting to learn about the schools and I really liked it when she showed us how to wear all those clothes. I was surprised to hear how poor a lot of the people are. I thought a lot about the people after the big tsunami."



It's Easy to Cook - May will feature Chicken recipes. If you are watching calories and fats, here are some helpful tips:

- Try using low-sodium ingredients and salt substitutions to eliminate sodium without sacrificing flavor.

- Use chicken as a substitute in favorite recipes to lower fat and calories. For example, use chicken patties instead of regular ground beef or pork.
- Boil, roast, bake, grill or poach chicken.
- Sauté chicken in a small amount of chicken broth.
- Use non-stick cooking sprays or olive oil for pan frying.
- For more flavour and less fat, cook the chicken with the skin on to keep moisture in. Then remove the skin after cooking to reduce fat.
- White meat is lower in fat and calories than dark meat, but dark meat supplies more iron - a crucial nutrient, especially for women.

Southwest Chicken Salad

2 boneless chicken breast halves, cooked and cubed, 3/4 cup mayonnaise, 1/4 cup chopped celery, chopped fresh cilantro to taste 1 (1 ounce), package taco seasoning mix
 In a medium bowl, combine the chicken, mayonnaise, celery, cilantro and seasoning mix. Mix well. Cover bowl and refrigerate for 1 hour.



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- I truly appreciated the opening quote by Joyce Maynard. I have posted it to my refrigerator with my other essential reminders. Have a good day. :-) K.T., Saskatchewan



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

Next *Co-op Circles*: Wednesday, May 30, 2007



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Openings – “Each difficult moment has the potential to open my eyes and open my heart.” - Myla Kabat-Zinn <http://www.pbs.org/bodyandsoul/217/zinn.htm> **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Middleton’s **Fresh Air Foods Co-op** is in the thick of efforts to boost Annapolis Valley farms <http://www.novanewsnow.com/article-83812-A-breath-of-fresh-air.html> Some view the co-op as a small but vital force in the drive to revitalize local agriculture and consumer habits.
- **Coastal Community Radio Cooperative Ltd** in Glace Bay, NS, is awaiting CRTC approval for its community radio license application. The application was submitted in August 2006 and was recently reviewed as a non-appearing item on the CRTC hearings held at Membertou Trade & Convention Centre April 16 & 17th. If approved, The Coast 89.7FM will expand its special event station to a permanent community radio station serving the majority of the Cape Breton Regional Municipality with a maximum 6000 watt signal. Currently the Coast 89.7FM operates under authority of Industry Canada and is limited to a 28 day license and 50 watts maximum signal per special event broadcast. The new Coast 89.7FM will bring a fresh editorial perspective with emphasis on local news and sports content including live daily newscasts 7 days a week. In addition the station will focus on community oriented programming pertaining to the interests of all Cape Bretoners from youth to seniors. The station will also continue to specialize in east coast music along with some additional music selections providing a variety of music programming.
<http://www.coastalradio.ca/>
- **Credit Union Central of Nova Scotia** has announced the provincial winners of its Youth Leadership Competition from Nova Scotia and Newfoundland and Labrador. One youth from each province has won a trip to a national credit union conference. Donna Careen, Supervisor, Financial Services for Eastern Edge Credit Union is the winner in Newfoundland and Labrador and Amber Gammon, accounting supervisor for Valley Credit Union, is the winner from Nova Scotia. For more details <http://www.ns-creditunions.com/default.asp?mn=1.21.42.103&sfield=content.id&search=262>



What is Your Vision Statement? –This week, a vision statement from **The Co-operators** www.cooperators.ca It is “to be the Canadian champion, to be where Canadians are, with the financial security products and services they need, when they need them, however they wish to

buy them and to be a member of, and contributor to, a strong co-operative community". Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - If you are a youth who wants to become more involved in the co-operative movement, but you are not sure how, there is a great book that might help you on your search. Editors Julia Smith, Robin Puga and Ian MacPherson compiled the book, "Youth Reinventing Co-operatives: Young perspectives on the international co-operative movement" in 2005. This book offers excellent reflections on the co-op movement from youth from around the world as well as detailed case studies of interesting projects youth are involved with. You will find case studies of AIDS youth projects in Africa, the Federation of Young Co-operators in Argentina and even a host of Canadian examples. If you are interested in this publication, visit the BC Institute for Co-operative Studies online: <http://web.uvic.ca/bcics/>.



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Connacht Gold Co-op** in County Sligo, Ireland. It is a large multi-purpose co-operative engaged in a wide range of activities including dairy processing, liquid milk distribution, feed milling, retail stores, livestock marketing, wool trading, and timber sawmilling. <http://www.connachtgold.ie/?q=node/129>



Co-op Community Bulletin Board

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- **June 26 – 29: *Co-operative Development: Harness the Hidden Potential***, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will

include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.

- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the Week – Last week there were four correct answers and two people tied with first correct entry in because they were so close in time: entries from Larry Higdon, Baie Verte Co-op in NL, and Sally White from CUCNB arrived within 15 minutes of each other on Wednesday morning. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw.

Last week’s contest and answer: In the following line, cross out nine letters such that the remaining letters spell a well known animal -

ENILNEEPLHTAENRST **Answer:** ELEPHANT, by crossing out nine letters.

This week’s contest: By changing the third letter of each of the words below, can you make another valid word? You have to change each word so that the third letters will reveal a ten letter word when read downwards. Therefore, what now reads KRZSAPROKD will be a real word.

BAKE
CURE
MAZE
PEST
NEAT
ROPE
PORT
FOOD
POKE
SODA



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Michelle, Grade 8, New Brunswick: *“I learned that there are millions of people that have like not a thing after disasters and how that whatever they fundraise the government I think will triple it Then her organization lends money and animals like water buffaloes to farmers and other people to help reconstruct their community.”*



It’s Easy to Cook – Looking Forward.... Looking Back ... Maureen

This will be my last week to share a recipe with you and I want to thank all those people who sent in requests and recipes over the 18 months that *Co-op Circles* has been sent out. It was fun to meet you and learn what interests you have in the area of food and cooking. Thank you each and every one for being part of our circle. Next week you will meet one of our new Circles

contributors: Glenna Weagle from Bridgewater, NS. We have known Glenna for many years as she was extremely active in her local co-op . Glenna will be sharing recipes and cooking stories with you in the future. Welcome, Glenna!!!

This week, we progress from chicken to eggs. Here is some interesting reading on how to cook and keep eggs: <http://whatscookingamerica.net/Eggs/CoddledEgg.htm>

Eggs with Hollandaise Sauce

6 eggs room temperature and separated

6 slices of seven-grain or multi grain bread

Hollandaise Sauce (see recipe below)*

Paprika

Chopped parsley

Preheat oven to 400 degrees F. Place bread on a non-stick baking sheet. In a medium bowl, beat egg whites approximately 2 to 3 minutes or until stiff peaks form. Divide egg whites over bread rounds in mounds; using the back of a spoon, form a hollow in the centre (top) of each. Gently place one egg yolk in each hollow. Bake approximately 10 to 15 minutes until egg yolk is set and the meringue is lightly browned (be careful not to overcook. Yolk needs to be firm. Remove from oven and place on individual serving dishes. Drizzle Hollandaise sauce over the top; add a dash of paprika and chopped parsley Hollandaise sauce is an emulsion of butter and lemon juice using egg yolks as the emulsifying agent, usually seasoned with salt and a little black pepper or cayenne pepper. It is a French sauce, so named because it was believed to have been, or to have mimicked, a Dutch sauce. Hollandaise sauce is well known as a key ingredient in eggs Benedict.

HOLLANDAISE SAUCE:

2 slightly beaten egg yolks

2-3 tbsp. lemon juice

1/4 lb. butter

1/8 tsp. cayenne pepper

1/4 tsp. oregano seasoning

Place ingredients in saucepan. (double boiler) Cook over low heat, stirring constantly until butter melts and sauce becomes slightly thickened



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Next *Co-op Circles*: Wednesday, June 6, 2007



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Openings – “What you see and hear depends a good deal on where you are standing; it also depends on what kind of a person you are.” - C.S. Lewis www.cslewis.org/ **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **East Coast Credit Union** in Cape Breton, has been awarded the annual Mel Hebb Hourglass Action Award for 2007 in the Exceptional Service category. The Exceptional Service Award recognizes a Nova Scotia organization, or a member of such an organization, that has gone beyond their mandate in service to persons with disabilities. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.103&sfield=content.id&search=264>



What is Your Vision Statement? –This week, a vision statement from **Sydney Credit Union** in Sydney, NS. “We will be a community minded, member owned, cooperative financial institution that is totally committed to Getting You There.” Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - Lisa Richard, an International Development Studies student at Saint Mary’s University is working with a women’s cooperative in Ecuador (**Manduriacos Solidario**) to try to “establish alternatives to current economic development initiatives which can be ecologically destructive.” Lisa is currently fundraising for the co-operative and she will return to Ecuador in the fall to take the funds to the women for their “community solidarity fund, which provides a nurse’s salary, a community centre, and micro-credit loans to local farmers.” Her fundraising efforts involve selling loofah products that are collected by the women in Ecuador. “The loofah products made by the Manduriacos Solidario are organic and made from sustainable resources found in the Valle de los Manduriacos located in the western Andean region of Ecuador.” They have various products, including loofah slippers (\$10), standard loofah ‘sponges’ (\$5) and animal-shaped loofahs (such as whales, octopi, fish for \$5). If you are interested in supporting these women and Lisa’s project by purchasing these co-operative products, please contact Lisa Richard at lisacarolrichard@hotmail.com Lisa is located in Fredericton, but shipping is available for orders of more than 10 items.



Co-op Ed 101: Lately, we have been hearing a lot about biodiesel co-operatives. The following sites will help inform you about this sector. The San Francisco Biofuels Cooperative <http://sfbiofuels.org/about-the-san-francisco-biofuels-cooperative/> was formed in June, 2004, with the assistance of their biodiesel friends in Berkeley. The Co-op began offering biodiesel to its members in January, 2005. It incorporated as a California Consumers Cooperative in March, 2005. San Francisco Biofuels is a community-oriented cooperative organized to advance the use of biofuels in San Francisco. By August 2006, the co-op's membership had surpassed 200. The Fifth Annual Biodiesel Conference & Expo will be held February 3-6, 2008 in Orlando, Florida and reports from the 2007 conference are available at <http://www.biodieselconference.org/2007/>



You CAN Do That the 'Co-op' Way- Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit the **Regional Food South Australia Co-operative**. Members of the Regional Food South Australia Co-op are small to medium food producers from across the state. All products featured are either grown, produced or processed in South Australia. <http://regionalfoods.com/index.php>



Co-op Community Bulletin Board

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Contest of the week – Last week, our first correct entry was from Marty Frost, BC. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. ***Last week's contest and answer:*** By changing the third letter of each of the words below, can you make another valid word. You have to change each word such that the third letters will reveal a ten letter word when read downwards. Therefore, what now reads KRZSAPROKD will be a real word.
BAKE CURE MAZE PEST NEAT ROPE PORT FOOD POKE SODA

base, cute, mare, peat, newt, robe, poet, ford, pore, and soya, to come up with "strawberry". ***This week's contest:*** Below are some proverbs with their **vowels** removed: can you tell us the proverbs?

*bs*nc*m*k*sth*h**rtgr*wf*nd*r.

Ch*ldr*n*ndf**lsm*stn*tpl*yw*thsh*rpkn*v*s.

D*gd**sn*t**td*g.

M*d*r*t**n*n*llth*ngs.

Y**c*n'tk*d*k*dd*r



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Vanessa, Fredericton, NB: "I thought this presentation would be like on TV but it wasn't. You weren't trying to force things on us to help these people. I realized that life in the Philippines or anywhere is just like ours. They have families. They work for money, grow food. Seeing this presentation makes me want to go somewhere like this and maybe change these peoples lives but keep it simple and help the little things. I liked this presentation a lot. Thanks for coming."



It's Easy to Cook – I have been invited to join the team at *Co-op Circles* and I couldn't be more pleased. I have agreed to take on the "Easy to Cook" segment, but I am looking for lots of help. First order of business is a new name for this piece. All suggestions will be gratefully received. Second order of business it to convince you to part with your best recipes; the ones passed down by mothers and grandmothers, or the ones you invented or found yesterday. You can reach me at: co-opcooking@hotmail.com To start off, here's something I served at dinner last week:

Stir-fried Shrimp

4 Tbsp. Catalina or California salad dressing

2 Tbsp. soya sauce

dash hot pepper flakes

1/2 lb. shrimp, cleaned and deveined

1 Tbsp. cooking oil

2 cups snow peas

1/2 each sweet red and green peppers, sliced

2 cups small spinach leaves

Mix dressing, soya sauce and hot pepper flakes. Add 2 Tbsp. of the sauce to the shrimp; stir and let sit 5 minutes. Heat wok or frying pan until very hot; add oil and stir-fry shrimp with peas, peppers and remaining sauce for 2 minutes. Add spinach and cook until leaves are wilted. Serve with cooked rice. You can easily turn this into a "co-op" recipe by using Co-op brand salad dressing, soya sauce and cooking oil. After all, your best bargain is usually found under a 'co-op' label. And if you want variety, try adding some stir-fry veggies, (mushrooms, carrots, baby corn, onion, water chestnuts, etc). Every recipe is just a beginning. **Helpful hint:** Have you just burned your favourite pot? Sprinkle salt, soda or coffee grounds over bottom of pot; cover with vinegar and let stand 1 hour. Add a little water to pot, bring to a boil and boil for 10 minutes. Wash as usual.

Have a great week everyone. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, June 13, 2007



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Openings – “*My goal in life is to be as good of a person my dog already thinks I am.*” -Author Unknown **Openings** is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- As a credit union, **Steel Centre** in Sydney, NS, believes in giving back to its community. It has been doing this for many years by supporting local charities, clubs and organizations. One such club is the Northside 4-H Club. Staff member Marian Turner has been involved with the club as a leader for six years. Her daughter is a member of the club as well. Northside 4-H currently has over fifty members, many of whom are entered in the sewing project. Steel Centre Credit Union purchased a sewing machine to present to Ruth MacNeil, general leader and sewing teacher. The presentation was made this spring in North Sydney. The credit union is also a major sponsor of the Canadian Cancer Society's Relay For Life which was held last week. Team registration was held at the credit union, as well as its entire staff volunteered on the night of the event. <http://www.steelcentrecreditunion.ca/>
- In order to meet the rapidly rising consumer demand for food produced in Nova Scotia, the **Farmer's Markets of Nova Scotia Co-operative**, with the participation of the Nova Scotia Department of Agriculture and Agrapoint, has contracted with Service Canada (HRSDC) to carry out a Labour Market Development Study. The purpose of the study is to give us accurate information that will allow it to effectively bring more Nova Scotia producers (and their products) into the markets. Having a greater range of quality local products in all of the member markets means that individual customers will tend to fill more of their needs, that is, to spend more during each visit to a market, and that all producers, whether of food, hand-made goods or services, will realize greater sales, because the number of customers in our markets will continue to increase.
http://nsfarmersmarkets.ca/index.php?option=com_frontpage&Itemid=1



Trends – (**Editor's Note:** *This week we welcome Ron Levesque into the Circle. He is an information junkie, as well as possessing a keen interest in all things co-operative. We look forward to his contributions!*) Good Wednesday! I'm calling this contribution to Co-op Circles 'Trends', but it could just as easily be titled 'Found on the Web' or 'Happening Somewhere'... What I would like to do is introduce subscribers to trends or things happening elsewhere in the world, and ideally – but not necessarily – related to co-operatives. This week, I would like to talk about **podcasts**. What are podcasts? Podcasts started as audio media that was delivered initially to iPod music players – hence the name 'podcast' – but they have quickly evolved into media

available to computers, for the most part. A podcast can be audio, audio-visual or another recent trend, Portable Document Format (PDF) files that you can view on your screen or print out. One recent evolution is that podcasters are now offering transcripts along with their audio or audio-visual podcasts. Think of podcasts as radio programs or television programs available anytime you want them. While you don't need special software or hardware to play podcasts, there is software that makes the whole podcast experience more like watching TV or listening to the radio, but with direct access to a program guide with hundreds of thousands of programs of your choosing. The great thing about using software to manage podcasts is that you can 'subscribe' to a series of podcasts, and your computer will either advise you or even download new ones as they become available. Some gadgets also allow you to play podcasts on your car radio or on your television. (I use iTunes – free, at www.apple.com/itunes – to manage my podcasts, but there are other applications available that do sensibly the same thing - Juice is only one example, available free, at www.juicereceiver.sourceforge.net/index.php Beyond the resources available through iTunes or any other podcast directory, there are many other podcasts available directly from universities, media sources, and other organizations that make subscribing and listening to podcasts very appealing to information junkies like me. Princeton University, as do many other universities, offers many lectures as podcasts, including a five-part series titled "Food, Ethics and the Environment". Podcast subject matter is varied – everything from Astronomy to Zoology is available – you can learn to play guitar, cook, speak Greek, or learn about philosophy, all free thanks to podcasts; all available simply by searching with your podcast software, or any popular search engine. In the coming months, I will try to highlight some of my favourite podcasts that I think may be interesting to *Co-op Circles* readers. One area that is sorely underrepresented: podcasts related to co-operatives, though there are some...notably from the BC Institute for Co-operative Studies and Kootenay Co-op Radio. More on them later. - Ron Levesque



What is Your Vision Statement? –This week, a vision statement from **Steel Centre Credit Union** in Sydney, NS. "*Steel Centre Credit Union is a locally owned co-operative financial institution providing quality financial products and solutions to enable our members to achieve their financial goals.*" <http://www.steelcentrecreditunion.ca/> Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - **The Canadian Community Economic Development Network (CCEDNet)** has posted a 24-week position for a Youth Services Assistant which is funded in part by the Government of Canada and based in Victoria, BC. CCEDNet is a network of community organizations that spans the entire country, including a plethora of co-operative members.

This position entails tasks such as writing articles and newsletters, organizing teleconferences, assisting with youth recruitment, helping with program funding applications and others. The hiring committee is looking for someone who fits the following criteria among others:

- Bilingual
- a post-secondary college or university graduate, out of school
- can demonstrate a lack of labour market attachment to field of study (under-employed or unemployed)
- can demonstrate that working in the field of community economic development is a career goal
- has not previously participated in a Service Canada Career Focus work experience placement

For more information on CCEDNet please go to its Web site: www.ccednet-rcdec.ca You may contact Farrar Brodhead at fbrodhead@ccednet-rcdec.ca with questions. Applications are due to Farrar over email (attach CV and letter of application) by Friday, June 15.



Co-op Ed 101: Last week when I was in Prince Edward Island, I noticed the many signs for fresh and cooked lobster. The spring lobster season will soon close in PEI, on June 30. For many fish plants like **Royal Star Foods** <http://www.royalstarfoods.com/> work continues after the close of fishing as they work to boost export sales and develop new markets. Royal Star Foods Limited, which is a subsidiary of Tignish Fisheries Co-operative Association Ltd., has a long history dating back to 1922. The company was formed by a group of concerned fishermen who wanted a better way of life for themselves, their families and their community. It was then called Tignish Fishermen's Union. Construction of the Royal Star Foods plant began in 1995 and, at present, is one of the largest and most modern state of the art seafood processing plants in Eastern Canada. Today the Co-op boasts a strong membership of 215 and an employee work force of 350 to 400. For more about this year's fishery see <http://www.theguardian.pe.ca/index.cfm?sid=25824&sc=98>



You CAN Do That the 'Co-op' Way- Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit the **Dairy Goat Co-operative (N.Z.) Ltd** ("DGC") in New Zealand. It is the world's leading manufacturer of goat milk nutritional powder products. DGC developed the world's first commercialized infant formula from goat milk, the world's first long-life goat milk, and continues to develop and manufacture a range of premium specialty formulations based on goat milk. <http://www.dgc.co.nz/>



Co-op Community Bulletin Board

- **June 22, 23 and 24:** 61e Congrès annuel du Conseil Canadien de la Coopération à Québec, Québec City, Québec
- **June 26 – 29: Co-operative Development: Harness the Hidden Potential, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs,** St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.
- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – Last week, our first correct entry was from Catherine Ann Fuller, Cape Breton. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. ***Last week’s contest and answer:*** Below are some proverbs with their vowels removed. What are the proverbs?

*bs*nc*m*k*sth*h**rtgr*wf*nd*r.
Ch*ldr*n*ndf**lsm*stn*tpl*yw*thsh*rpkn*v*s.
D*gd**sn*t**td*g.
M*d*r*t**n*n*llth*ngs.
Y**c*n'tk*d*k*dd*

Absence makes the heart grow fonder.
Children and fools must not play with sharp knives.
Dog does not eat dog.
Moderation in all things.
You can’t kid a kidder.

This week’s contest: What number comes next in this sequence?
1/1 3/2 7/5 17/12 41/29 ==?==



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Donna in Prince Edward Island: *“I learned that there are millions of people that have like not a thing after disasters and how that whatever they fundraise the government I think will triple it Then, her organization lends money and animals like water buffaloes to farmers and other people to help reconstruct their community.”*



It’s Easy to Cook – Sometimes cooking at my house revolves around the four-legged members of the family. Following are treats for your dogs and cats. My animals will do anything they can to attract attention and earn one or two of these.

Dog Treats

1 cup whole wheat flour
1 cup cornmeal
1 packet beef bouillon granules
1 tbsp garlic powder
3/4 cup warm water
1 tbsp oil

Mix dry ingredients. Mix water and oil and add all at once, mixing until well combined. If dough is too sticky, add more flour as needed. Roll out and cut into 1-inch pieces or shapes. Bake at 375F for 1 hour. When in a hurry, I sprinkle a jelly-roll pan with a small amount of flour and press the mixture onto the pan. Half way through baking remove from oven; cut with a pizza cutter, turn pieces and return to oven. If you wish to change the flavour, try adding one of the following: 1/2 cup grated cheese, peanut butter, cheese spread or crisp, crumbled bacon.

Savory Cheese Cat Treats

3/4 cup whole wheat flour
3/4 cup shredded cheese
5 tbsp grated parmesan cheese

1/4 cup plain yogurt or sour cream

1/4 cup cornmeal

Combine cheese and yogurt. Add flour and cornmeal. Knead into a ball and roll to 1/4 inch. Cut into small pieces and place on greased cookie sheet. Bake at 350F for 25 minutes. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, June 20, 2007



Week of June 17– June 23, 2007, Vol. 2, No. 35

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Openings – “*The deeper we look into nature, the more we recognize that it is full of life, and the more profoundly we know that all life is a secret and that we are united with all life that is in nature.*” - Albert Schweitzer nobelprize.org/nobel_prizes/peace/laureates/1952/schweitzer-bio.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Canadian International Development Agency's** Atlantic Regional office congratulates Falls Brook Centre, which has received funding under the Global Classroom Initiative (GCI). Falls Brook Centre Ecological Governance, Knowlesville, N.B. – New Step for Global Citizens. Falls Brook is a member of the Atlantic Council for International Cooperation. The project aims to provide students (grades 4 to 12) and educators with an in-depth exploration of their rights and responsibilities as global citizens through the concept of ecological governance. This project includes the development of in-class workshops focusing on global education; take home assignments; dramatic presentations; web-based learning units; and teacher training workshops <http://www.acdi-cida.gc.ca/gci>
- At the **Nova Scotia Co-operative Council Annual General Meeting** www.nscop-council.ca held June 7th in Truro, NS, Distinguished Co-operator awards were awarded to Alex Mombourquette who was nominated by Village Grocery in St Peter's and posthumously to Thom MacIntyre, Amherst, NS, nominated by the Credit Union Central of Nova Scotia. The Co-op Development Foundation of Canada, for their significant contribution to the fundraising efforts, recognized Eric Meek and his wife Pauline from Canning, NS.
- The **Co-operative Management Education Co-operative (CMEC)** <http://www.smu.ca/academic/sobey/programs/mmccu/cmec.html>, which was formed in 2001 to support the creation of a Master's program for the co-operative movement, saw its mission realized on May 25 with the first 10 graduates from the St. Mary's University Master's in the Management of Co-operatives and Credit Unions receiving their degrees. The Co-operators www.cooperators.ca has supported the program development with financial contributions and participation on the CMEC Board of Directors. In addition, it had seven students in the program; three of whom graduated on May 25.



Trends – Good Wednesday again. Last week I mentioned two co-operatives that figured prominently (as far as co-operatives go) in the podcast realm – Kootenay Co-op Radio and the British Columbia Institute for Co-operative Studies. **Kootenay Co-op Radio** (93.5 MHz on your

FM dial if you live anywhere near Nelson, BC), or <http://kootenaycoopradio.com/live> to listen via internet, is presenting its second year of 'Canadian Voices'. From their website: "Through a series of one-hour programmes, Canadian Voices presents listeners with the opportunity to hear talks by Canadian authors, academics, activists, artists, and thought-provoking citizens who explore ideas and events that characterize our country." The podcasts can be subscribed to by searching for 'Canadian Voices' in Google – the series even has its own website <http://www.canadianvoices.org/> that you should visit if you want to learn more about the series or to download or subscribe to the podcasts. Some of the authors included in seasons 1 and 2: Linda McQuaig, "It's The Crude, Dude: War, Big Oil, and the Fight for the Planet"; Roméo Dallaire, "Child Soldiers in Africa: New Angles on this Instrument of War"; Percy Schmeiser, "Genetic Contamination and Its Effects on Family Farms" (I wrote about Percy Schmeiser in an editorial in The Atlantic Co-operator back in the day – glad to see he hasn't lost HIS voice). Youth subscribers, especially, and perhaps others, would likely find Matt Hern's talk, "Deschooling, Democratic Education, and Social Change" very interesting, if not simply thought provoking. The first line of his topic background reads: "Matt Hern suggests that we need a lot less schooling in our lives, not more." Well, this should be interesting, me thinks. And that's what I find interesting about this series. Listening to Canadian Voices is thought provoking. Whether or not you agree with the speaker is not what is important, it's that you think about the issues.

- Ron Levesque



What is Your Vision Statement? –This week, a vision statement from **Equal Exchange** www.equalexchange.com In June, 2006, Equal Exchange members wrote a vision statement for the next 20 years. "*There will be...a vibrant mutually cooperative community of two million committed participants trading fairly one billion dollars a year in a way that transforms the world.*" Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - More youth information from the Canadian Community Economic Development Network: The youth committee for the CCEDNet, *Emerging Leaders*, has been involved in a variety of the work undertaken by the CCEDNet. For example, the youth involved were instrumental in co-ordinating the CCEDNet conference in Newfoundland earlier this year. Emerging Leaders state their purpose as "*increasing the number and quality of young practitioners entering into the CED field and ensuring an active and meaningful voice in CCEDNet.*" Find out more about this group and the various initiatives they are involved with or spearheading by visiting <http://www.ccednet-rcdec.ca/en/pages/emergingleaders.asp>. You will find their projects (including a work experience program), a blog, their newsletter and more. If you require more information, contact Farrar Brodhead, the Emerging Leaders Coordinator at fbrodhead@ccednet-rcdec.ca



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Cooperative Home Care Associates (CHCA)**. It is a nationally recognized, South Bronx-based owner home care agency. Founded in 1985 to provide quality home care to clients by providing quality jobs for paraprofessionals, CHCA now anchors a national cooperative network generating over \$60

million annually in revenue and creating quality jobs for more than 1600 individuals.
<http://www.chcany.org/>



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Contest of the week – Correct entries, all five of them, arrived last week within minutes of each other. They came from Susan King, NS, Kerniel Aasland MB, Cathy Darland, NB, Melanie Conn, BC, David Boese, NS, and Joyce Humble, NB. Well done !! Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. **Last week's contest and answer:** What number comes next in this sequence:

1/1 3/2 7/5 17/12 41/29 ==?== **Answer:** 99/70: each successive term better approximates the square root of two and is formed as $(a + 2b) / (a + b)$. **This week's contest:** Apparently, one side of a cat has more hair. The findings of the Swedish scientific establishment have been corroborated by a special enquiry by the BB Feline Federation. Many hair counts were taken of the side in question and consistently it was found to contain more hairs. The scientists determined that more hair was required on this side to insulate the cat from the elements while it was lying down. Perhaps you would like to examine a cat to confirm the findings. Before you do, can you guess which side of a cat has more hair?



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Sophie, Prince Edward Island: “*I learned they had classes outside sometimes for school and I thought it was cool and I liked how the water was so blue. I was surprised that in some countries women still have to have their face and bodies covered.*”



Co-op Cooking – Growing up in Digby at a time when scallops were sold by the local fishermen for 45 cents a pound, we were served scallops at least once a week. My mother believed that you cooked them as simply as possible so that you kept the delicate flavour. Here are two of her favourite methods.

Pan-fried Scallops

1 lb. scallops, ears removed

1/2 cup flour

1 egg

2 to 3 tbsp milk

2 tbsp cooking oil

sprinkle of salt and pepper

(For those of you who didn't know that scallops have ears, it's the small piece that runs across the grain on the side of some scallops and tends to get tough when cooked. My cat loves them.)

Heat skillet quite hot. Place flour in small bowl. In second small bowl, beat egg and milk together. Add oil to skillet. Roll scallops in flour and then dip in egg wash. Add to skillet. Fry just until done. Do not overcook. Sprinkle with salt and pepper. Serve immediately.

Broiled Scallops for Two

1/2 lb. fresh or frozen scallops

1 lemon

sprinkle of salt and pepper

small amount of butter

Place scallops on well-buttered scallop shells. If using large sea scallops, cut each into smaller pieces. Squeeze juice of 1/2 lemon over scallops, sprinkle with salt and pepper and dot with butter. Broil 5 to 8 minutes about 4-inches from broiler element. Do not overcook. Slice remaining 1/2 lemon into wedges. Serve scallops with lemon wedges, sliced cucumber, a tossed green salad and hot rolls. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, June 27, 2007



Week of June 23– June 29, 2007, Vol. 2, No. 36

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Openings – “Waste is worse than loss. The time is coming when every person who lays claim to ability will keep the question of waste before him constantly. The scope of thrift is limitless.” - Thomas Alva Edison www.thomasedison.com/ www.edison.rutgers.edu/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



Trends – Good Wednesday again. This will be the last Trends that talks about podcasts for awhile - mostly because there are not that many co-op-related podcasts out there in the wide expanse that is the internet. Also, because it is good to think of other things, too, sometimes. This week I would like to highlight the British Columbia Institute for Co-operative Studies’ podcasts series, titled “Each for All” – find them here: <<http://bcics.uvic.ca/radio/>>. A description from its webpage: “The show serves as an educational tool to introduce people to the possibilities in co-operative solutions.” If you follow their instructions for subscribing, not all the episodes will show up for download, though all are accessible by heading to the link above. Season 1 is archived (in webspeak, that means it is still available) and includes episodes such as a four-part series on “Co-ops 101”, “Community Involvement” and even “Car share co-ops”. Season 2 is being archived now (only one episode available) and season 3 is showing its maturity, with subjects that include “Co-ops and Trade” and “Ethical Purchasing Forum”. If you are not familiar with the BCICS, see <<http://bcics.uvic.ca/>> for a good introduction.

– Ron Levesque



What is Your Vision Statement? –This week, a vision statement from **Legacy Savings & Credit Union** in Calgary, Alberta. It is: *To be the preferred financial institution for current and future members.* <http://www.legacysavings.com/whoWeAre.html> Send your co-operative or credit union **vision statement** to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - The students involved with the Grandhouse Student Housing Co-op in downtown Cambridge, Ontario were able to break ground on their hay bale green structure, accessibility friendly housing project earlier this month. With a lot of student advocacy, a significant amount of work put into the unique design, a plethora of housing material donations and some great co-operative spirit, the project is underway. The project will house 12 students, have a green roof, alternative energy, an elevator and other interesting details. The group is thankful that the project has finally come together, but they are still in need of a variety of housing materials. To find this list of needed items, to offer help or to learn about this unique project (and its progress), visit www.grandhouse.wacsa.org



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Oklahoma Food**

Cooperative, selling only food and non-food products made in Oklahoma. <http://www.oklahomafood.coop> In May 2007, the coop had 1200 members, 101 of them are producers (although not all producers have items to sell every month). The co-op is doing \$35,000 - \$40,000 each month in sales.



Co-op Community Bulletin Board

- **June 26 – 29: Co-operative Development: Harness the Hidden Potential**, National Congress and Canadian Co-operative Association and Newfoundland-Labrador Federation of Co-operatives AGMs, St. John's, NL. Through a range of interactive and participative keynote presentations, plenary discussions and workshops, the Congress sessions will explore what co-operative development means and how the system can look to build a lasting legacy for the communities it serves. As part of the broader discussions over the three days, sessions will include dialogue and learning exchanges focusing on leadership and movement-building strategies from a global, national and local perspective. For more information, go to www.CoopsCanada.coop/Congress2007.
- **July 1** –Happy Canada Day!
- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the week – Last week, our first correct entry was from Margery Nichol, McAdam Credit Union, McAdam, NB. Well done!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. **Last week’s contest and answer:** Apparently, one side of a cat has more hair. The findings of the Swedish scientific establishment have been corroborated by a special enquiry of the BB Feline Federation. Many hair counts were taken of the side in question and consistently it was found to contain more hairs. The scientists determined that more hair was required on this side to insulate the cat from the elements while it was lying down. Perhaps you would like to examine a cat to confirm the findings. Before you do, can you guess which side of a cat has more hair? **Answer:** The side with more hair is the outside! **This week’s contest:** Move from letter to letter and collect the necessary letters for DUCK. How many different routes can you take if you always start with the central D and always move either horizontally or vertically?

K
CUK
KCKUK
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C



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the

insights of the students, shared through comment sheets. From Jason, Fredericton, NB: “*I thought that it was a great presentation and I learned how far you can go by just helping people and being part of an organization.*”

I learned that the Philippines is a group of a lot of small islands. I thought it was like Australia.”



Co-op Cooking – Everyone enjoys a barbecue on a warm summer day, and nothing says barbecue better than a good steak. Here's a cooking method you may not have tried.

Cedar-Planked Southwestern Steak

1 untreated cedar plank (14 x 7 x 1-inch)

1 tbsp brown sugar

1 1/2 tsp chili powder

1 tsp ground cumin

1/2 tsp garlic powder

1/2 tsp salt

1/4 tsp pepper

1 boneless beef sirloin steak (1 1/2 lb)

1 tbsp oil

3/4 cup co-op barbecue sauce

Immerse the plank in water, placing a weight on top to keep it submerged. Soak at least 4 hours or overnight. Mix sugar and seasonings; rub onto both sides of steak. Cover; refrigerate at least 1 hour, but not more than 2 hours. Preheat barbecue to high heat. Grill steak 2 minutes on each side to keep it from looking and tasting steamed and to add grill marks; remove from barbecue. Remove plank from water; brush top with oil and top with steak. Reduce heat to medium. Place plank on grill rack; cover with lid. Grill 15 minutes or until medium doneness (160F), brushing with 1/4 cup of barbecue sauce during the last 5 minutes. Remove steak from barbecue; discard plank. Cover steak loosely with foil; let stand 5 minutes. Cut steak into thin slices and serve with remaining barbecue sauce. Note: Check occasionally during cooking to make sure plank is not on fire. Keep a spray bottle of water handy in case it is necessary to put out flames while cooking. Have a great week folks. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, July 4, 2007



Week of July 1– July 7, 2007, Vol. 2, No. 37
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Openings – “When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service the work of the soul.” - Rachel Naomi Remen www.rachelremen.com/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- At the Canadian Co-operative Association Annual General Meeting in St John’s, NL, representatives from **Advocate Youth Services Co-operative** from Baie Verte, NL, made a presentation to a packed workshop about their youth co-op. Advocate Youth Services Co-operative was created to find new opportunities for its members and help support the community. Co-op members have already given presentations to several interested organizations, and are currently working on proposals to create education and career development opportunities for their members and community. To find out more about joining Advocate Youth Services Co-operative or creating a youth co-operative of your own, ayscbaieverte@gmail.com
- **Atlantic Co-operative Youth Leadership (ACYL)** has announced the hiring of Trevor MacDougall as its new coordinator, starting in early July. The co-op education and youth development program plans to have two youth camps this fall, and a full slate of programming for 2008 <http://www.acyl.coop/english/index.htm> You can find out more about the evolution of ACYL and this year’s schedule by contacting Trevor at leadership@acyl.coop after July 1.
- **Joyce Humble**, Capital Credit Union, <http://www.capitalcu.nb.ca/> Fredericton, NB, organized a “Joint Sharing Opportunity” around the topic “School Credit Unions and Youth Involvement in Credit Unions” on behalf of five Canadian Co-operative Association International Study Tour guests. Representatives from York Credit Union and the New Brunswick Community College also attended. Capital Credit Union has been involved in CCA’s programming for more than nine years.



Trends – On Wednesday, April 25, of this year, five Tibetan independence activists were arrested by China’s authorities in occupied Tibet after protesting for a free Tibet. Notwithstanding the politics of the protest, something else happened at the same time that will likely change the way people use **YouTube**. YouTube, for the uninitiated, is a website [<www.youtube.com>](http://www.youtube.com) where people can upload (send) videos which can then be broadcast to any other internet user (soon on your television). Without getting into the technology involved, think

of YouTube as television everybody creates and that everybody can watch...or 'really democratic television'. Long the domain of teenagers dreaming they could be rock stars or starlets, YouTube is taking a decidedly more serious shape. In the case of the Tibetan protest mentioned at the outset, the real story was that as the protest was happening, it was being filmed, sent wirelessly to a nearby laptop, edited lightly, then sent by satellite phone to the web and YouTube to be broadcast to the world – no big satellite trucks and no big budgets required. [link to the video here: <<http://www.youtube.com/watch?v=xfe57qES7F8>>]. The protest was one example – but search YouTube for 'rats' and 'KFC' and you will get video of...rats at a KFC in New York City. Search for 'Ernie Fage' and you will get the infamous 22 second 'hit and run' video...More on YouTube and Co-ops in the coming months... – *Ron Levesque*



Circle of Life - Our actions always have an impact on something else in this world, positively or negatively. Circle of Life will look at examples of actions we can take in our daily lives that will minimize the negative affect on the earth and positively affect the communities we live in. Summer is here and Circle of Life will focus on the season by bringing you tips and resources that will allow us all to have a fun, environmentally friendly summer. **Beach Sweeps:** Most of us make a trip to the beach at least once a summer and some live close to a beach year-round. An activity that can bring a community together, clean up our shores and make beaches enjoyable for tourists and local citizens is a beach sweep. Many communities have annual beach sweeps scheduled. Contact your community centre, recreation department or municipal government to see if there are any in your area. If there aren't, why not start your own? The following link provides resources for you to plan a beach sweep in your community:

http://www.wildeducation.org/programs/ocean_ed2001/lessons/Lesson9.asp

A beach sweep is a great community oriented activity for your co-operative organization to sponsor. Why not try a beach sweep for your next promotional activity? – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from Teachers Plus Credit Union with offices in Bedford, NS. Its vision statement: *To be the financial institution of choice for Nova Scotia teachers.* <http://www.teachersplus.ca/web?service=album/2561> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - The **Guelph Campus Co-op** has been operating since 1913, providing better rates for student books, housing and food. They are currently expanding one of their houses into a green, accessible house. This, the Accessible Student Housing Initiative, has begun with the renovating and addition to the 7 College Avenue West building (ground breaking happened in early May). They are renovating each room so that students with physical challenges or a wheelchair will be able to occupy any room of their choosing. The student co-op is also attempting to integrated new technologies in order to make the building energy efficient; collecting rainwater for flushing the toilets, the use of solar panels and solar hot water heating, green living roof and more. In order to learn more about this innovative project, visit <http://www.guelphcampus.coop/page.php?id=51>



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit woodworkers, writers, painters, jewelers, and crafters of many talents living in Lake Ontario's south shore

counties. They have formed the **Chimney Bluff Artisans' Co-op**
<http://www.chimneybluff.com/>.



Co-op Community Bulletin Board

- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – We had no correct answers last week. However, the lucky winner for June was Susan King, NS. A small gift is on its way. Well done!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. ***Last week’s contest and answer:*** Move from letter to letter and collect the necessary letters for DUCK. How many different routes can you take if you always start with the central D and always move either horizontally or vertically?

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Answer: 5 ways **This week’s contest:** I was having trouble sleeping last night and I tossed and turned well into the night. Our local town hall has a clock which strikes on the hour and also strikes just once on the half hour. During one of my more awake moments I heard the clock strike once, but I could not tell what time it was. Half an hour later it struck once again, but I still could not tell what time it was. Finally, half an hour later it struck once again and I knew what the time was. What time was it?



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Kelly, Grade 7, PEI: *“I would like to know how you can join your group and how old you must be?”*



Co-op Ed 101 - For the past three weeks I have been travelling with Canadian Co-operative Association www.coopsCanada.coop study tour guests from five organizations in four different countries. Stops included a worker co-op, a co-op feed mill, fishery co-op, co-op farm store and credit unions, Nova Scotia Co-operative Council, church and community-based community economic development organizations, Co-op Atlantic and the New Brunswick Legislative Assembly. These guests are now Co-op Circles subscribers: Mr. Rizal Malik, Secretary General of Transparency International Indonesia; Ms. Henny Buftheim, CCA Program Team Leader in Indonesia; Mr. Raymond Avatim, Project Officer with Social Enterprise Development

Foundation in northern Ghana; Mr. Tom Wa'Kighoma Tibamwenda, Chairperson of the Uganda Co-operative Alliance; and Mr. Joshua Bendlys, President of Cooperativa Hermandad Blufeña in Nicaragua. After touring New Brunswick and Nova Scotia, they attended CCA's AGM and Congress in St. John's, Newfoundland. In the next few weeks, I will introduce their organizations to Co-op Circles' readers.



Co-op Cooking – Would you like to try a new taste from the barbecue? Perhaps one of the following marinades or rubs is what you are looking for.

Marinades - Whisk ingredients together, add 1 lb boneless or 2 lbs bone-in meat or poultry, cover and refrigerate 4 hours (or up to 24 hours). Barbecue or broil.

Lemon Pepper: 1 tbsp grated lemon rind
3 tbsp lemon juice
3 tbsp extra-virgin olive oil
4 cloves garlic, smashed
1 tbsp cracked black peppercorns
1/2 tsp salt

Red Wine: 3 tbsp red wine or red wine vinegar
3 tbsp vegetable oil
4 cloves garlic, smashed
1 tbsp Dijon mustard
2 bay leaves, crumbled
1/2 tsp each salt and pepper

Tangy Apple Thyme: 2 tbsp apple juice
2 tbsp cider vinegar
2 tbsp vegetable oil
1 tbsp chopped fresh thyme
1 tbsp grainy or Dijon mustard
1/2 tsp each salt and pepper

Chili Orange 1 tbsp grated orange rind
2 tbsp orange juice
2 tbsp wine vinegar
2 tbsp vegetable oil
1 tbsp tomato paste
1 tbsp chili powder
1/2 tsp each dried oregano, salt and pepper

Rubs - Stir ingredients together and store in airtight container. For each 1 lb boneless or 2 lb bone-in meat, stir together 2 tbsp mixture, 1 tbsp vegetable oil and 1 clove garlic, minced. Rub over meat or chicken; let stand for 10 minutes (or up to 24 hours). Barbecue or grill.

Mole Spice 1/4 cup chili powder
2 tbsp cocoa powder
3/4 tsp each salt and pepper
1/2 tsp cayenne pepper

1/2 tsp ground cinnamon
1/2 tsp ground allspice

Perked-up Pepper 3/4 tsp salt
3 tbsp instant coffee granules
2 tbsp cracked peppercorns

Middle East Rub 3 tbsp sesame seeds
3 tbsp grated lemon rind
2 tbsp ground coriander
1 tbsp ground cumin
3/4 tsp salt
1/2 tsp cayenne pepper

Have a great week everyone. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, July 11, 2007



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Openings – “Joy is not in things; it is in us.” - Richard Wagner www.rwagner.net/e-frame.html
Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **NBTA Credit Union** <http://www.nbtacu.nb.ca/> has a random draw each year to select the recipient of its annual Safe Grad donation. Each school is put into the draw to give everyone a fair chance to win. For 2007, NBTA gave the Safe Grad cheque to Miramichi Valley High School. Mark Gorman presented the 2007 NBTA Credit Union Safe Grad cheque to Amber Wormell and Laura Kenny, co-heads of MVHS Safe Grad 2007
- **Bayview Credit Union** in Saint John, NB, <http://www.bayviewnb.com/index.cfm?method=pages.showpage&pageid=6873d608-ac5f-e6e2-0647-7bdb24826250> participated in the 2007 Rally of Hope on June 16 in support of the Saint John Regional Hospital. Bayview’s team, “Financial Fusion”, won the day’s events and Bayview raised \$5544.35 toward the total raised.



Trends – This week I would like to introduce you to the concept of **Open Source**. Usually associated with “free” software, the Open Source Movement is much more than free software. It is called a movement because it is mostly composed of people working collaboratively to change a situation, much like co-operatives are sometimes called a movement. From Wikipedia (a good example of an open source project), we get this definition: “Open source is a set of principles and practices that promote access to the design and production of goods and knowledge...the open source model of operation can be extended to open source culture in decision making, which allows concurrent input of different agendas, approaches and priorities, in contrast with more centralized models of development such as those typically used in commercial enterprises.” It is almost a co-operative Utopia. When a project is developed using Open Source concepts, it benefits from the goods and knowledge of experts from around the world who agree to contribute to the project usually for no more gratification than seeing the project come to fruition. Wikipedia, my first example, is an online encyclopaedia with currently upwards of 1.8 million articles in English, all contributed freely and for the most part democratically (a whole system of democracy exists to ensure the articles are as objective and factual as possible, there are sometimes instances of “buyer beware”. As the weeks progress, I will try to introduce you to some specific open source projects and some of the benefits and challenges they pose to today’s society.– *Ron Levesque*



Circle of Life - Sustainable Patio Furniture: As the weather warms and we begin to spend more time outdoors, we enjoy relaxing on our patios or in our yards. The next time you think about purchasing a chair or table for your patio, check out some more environmentally friendly options. There are a wide variety of sustainable outdoor furniture options available to choose from. Follow these links to examples of a few companies selling these earth-friendly products. <http://www.teakboutique.ca/> <http://www.clayoquotcrafts.com/> Or, if you are interested in minimizing your consumption, try giving your current outdoor furniture a facelift with a fresh coat of paint. It can do wonders and save you some money! – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from **Premier Cooperative**, the oldest supply co-operative of its kind in the United States with a history dating back to 1893. “*We will be the leader in our trade area by looking for opportunities to better serve our customer through adopting new technology, increased efficiencies, employee development, customer education, and timely investments. We will continue to meet the changing needs of our customers. We will be an asset to our communities and be good stewards of the air, land and water.*” <http://www.premiercooperative.com/index.cfm?show=10&mid=5> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - The young co-operators at the **Mondragon Bookstore and Coffeehouse** in Winnipeg have explored a new menu choice: the 100 mile diet. This means that each day there is at least one meal available on their menu where all of the items that went into it have come from no more than 100 miles away. Although this can be challenging in the winter months, these co-operators are committed to providing great food options to their community (balanced, organic, vegetarian, vegan, local, etc.). By supporting local farmers, we can also cut down on our contributions to greenhouse gas emissions that are used to ship food around the world. Take a lesson from this co-op and explore the 100 mile diet <http://www.100milediet.org/category/about/>. Also, visit them online at <http://mondragon.ca/>



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit **Solidarity Clothing**. www.solidarityclothing.org/Web%20Pages/Cooperatives.html It is a fair trade partnership with worker owned co-operatives in Bolivia including sewing co-ops located near the city of Cochabama, as well as K’anchay co-op producing T-shirts and polo shirts, Tata Esteban Co-op producing textile handcrafts and Warmis Co-op, producing hand-knitted and crocheted articles.



Co-op Community Bulletin Board

- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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Contest of the week –Last week we had correct answers from readers in Fredericton, Sydney, Bridgewater, Moncton and Manitoba. Well done!! Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest

Can” for the month end draw. **Last week’s contest and answer:** I was having trouble sleeping last night and I tossed and turned well into the night. Our local town hall has a clock which strikes on the hour and also strikes just once on the half hour. During one of my more awake moments I heard the clock strike once, but I could not tell what time it was. Half an hour later it struck once again, but I still could not tell what time it was. Finally, half an hour later it struck once again and I knew what the time was. What time was it? If you were awake before the clock struck, #1 would not apply and you would have heard the single strike for 12:30 AM, the single strike at 1:00 AM and the single strike at 1:30 AM. It would then be 1:30 AM **This week’s contest:** As my birthday approaches I start to collect leaves. A little bizarre perhaps, but I enjoy it! On the first day of the month I collect one leaf, on the second day I collect two and so on. So by my birthday I will have collected 276 leaves altogether. On which day of the month is my birthday?



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Terry, Grade 8, PEI: *“I really liked your presentation. I thought it was touching and helpful. I think what you do is very nice and kind and some day I hope I can do what you do because I love helping people like who you help. It was really nice to hear what you guys do for a job.”*



Co-op Ed 101 - For three weeks in June I travelled with a Canadian Co-operative Association study tour which had representatives from five organizations and from four different countries. This week, I will introduce one of their organizations to Circle readers. Tibamwenda Tom Wakhigoma is chairman of the **Uganda Co-op Alliance**

<http://www.coopscanada.coop/coopdevelopment/internationaldev/coachingcorner/#credit1>

The Uganda Cooperative Alliance Ltd. (UCA) is an autonomous and non-governmental organization. It was established in 1961 as the umbrella organization to serve as the spokesman of the cooperative movement both nationally and internationally. Since then it has taken on many more responsibilities in response to the changing times and needs of members. The mission of UCA is to provide high quality support services to cooperatives and their members on a sustainable basis. UCA concentrates on six key areas: Capacity building in primary societies and area cooperative enterprises, development of a strong Cooperative Financial system based on members’ own savings, technology transfer to raise productivity and income by small-scale producers, women empowerment in development, creation of self employment by the youth and environmental protection and improvement. UCA is working to establish a powerful cooperative system which will have the following key elements: Primary Societies Area Cooperative Enterprises (ACEs), Cooperative Service Centres (CSC), Cooperative Rural Finance Services (CRFS) and Cooperative Marketing Services (CMS).



Co-op Cooking – Here is another summertime favourite.

Chicken Kabobs

4 skinless, boneless chicken breasts cut into pieces
whole mushrooms
green and red peppers, cut into chunks

canned pineapple chunks, drained
4 small onions, cut into quarters
Any other vegetable or fruit item you desire

Mix one of the following sauces:

1/2 cup Catalina dressing

2 to 3 tbsp soya sauce

1/2 to 1 tsp ground ginger

or

1/2 cup whipped salad dressing

1/4 cup orange juice

1 tsp thyme

or

1/2 cup barbecue sauce

1/4 cup crushed pineapple, undrained

1 clove garlic, crushed

If using wooden skewers, soak them in water for 1/2 hour. Thread chicken pieces on skewers alternating with vegetable and/or fruit pieces. Wrap ends of skewers in foil to prevent burning. Barbecue or grill until chicken is cooked through, turning and brushing frequently with chosen sauce. To avoid meat and vegetables falling from ends of skewers, always pick them up in the middle. Serve with cooked rice and a tossed salad. Note - you can leave the chicken breasts whole and cook them to be served as a sandwich, or cut diagonally and served on a salad. Happy cooking everyone. - *Glenna Weagle*



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- *Thanks for producing Co-op Circles, I have found several of your links very useful for developing cooperatives. Several of the co-ops I have worked with have contacted the co-ops whose story and/or link you have provided and sharply reduced their learning/development time because of the support received by the existing co-op. You are really living and supporting the principle of co-ops helping co-ops. – DK, Manitoba*



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Openings – “*A man’s true wealth is the good he does in the world.*” - Muhammad
en.wikipedia.org/wiki/Muhammad Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Members of and investors in the **Valley Funeral Home Co-operative Limited** in Nova Scotia’s Annapolis Valley have successfully raised more than \$150,000 toward eliminating their mortgage through their on-going CEDIF (Community Economic Development Investment Fund) program offering. Additional investments are still welcome until August 11 to enable the co-operative to complete its CEDIF and make the co-operative debt free and 100% member owned. Investor advantages include a 30 per cent non-refundable Nova Scotia equity tax credit against Nova Scotia tax payable if held for five years and substantial savings on services provided to members of the co-operative. For more information visit: <http://www.annapolisvalleyfuneralhome.com>
- The Government of Newfoundland and Labrador and co-operatives are working together to develop new businesses thanks to an initiative which was started two years ago by the province and the Newfoundland-Labrador Federation of Co-operatives (NLFC). To build on this initiative, the Provincial Government has signed a five-year memorandum of understanding with the federation. The MOU was signed at the Newfoundland-Labrador Federation of Co-operatives and Canadian Co-operative Association’s national annual general meeting and co-operative congress in St. John’s. <http://www.releases.gov.nl.ca/releases/2007/intrd/0627n05.htm>
- Thirteen women have been dividing their time between training in Ottawa and Calgary and a program of onsite learning in one of 13 host credit unions in five provinces. The women are part of a **mentoring program** titled *Giving Credit Where Credit is Due*. This training and exposure program, designed by the Canadian Co-operative Association (CCA), provides women staff of financial co-operatives with a unique opportunity for professional development. As well as placements in credit unions, the participants will attend the World Council of Credit Union’s Annual General Meeting, taking place in Calgary, in late July. The program receives funding from the Canadian International Development Agency’s Partnership Branch. Participants will work closely with credit union women like themselves, receiving general leadership training and learning the ins-and-outs of managing a loans program. Staff members at participating credit unions help the women achieve their learning objectives by sharing knowledge and skills and connecting them to credit union staff, policies and best practices. They also make their guests feel at home by greeting them on arrival, billeting them in private homes and introducing them to people, places and events in

their community. To learn more about the Canadian Co-operative Association and its women mentoring program, contact Laurie Tennian, 613-238-6711 or visit the Association's Web site: www.coopscanada.coop/coopdevelopment/internationaldev/womensmentoring

- Co-op Week is coming: October 14- 20. For information and promotional material <http://www.coopscanada.coop/aboutcoop/coopweek/2007coopweek/>



Trends – This week I would like to introduce subscribers to a couple of the more useful **Open Source software packages** available for download. Some of the programs are obviously written to replace the functionality of commercially available packages. One such program is OpenOffice.org, meant to substitute Microsoft's ubiquitous Office suite. OpenOffice.org (it is called that because the 'Open Office' name is trademarked by another company) includes 'Writer' for word processing, 'Calc' for spreadsheets, 'Impress' for presentations, 'Base' for a database, 'Draw' for drawing (actually meant to reproduce the functionality of CorelDraw), and 'Math', to write out mathematical equations. Search Wikipedia for 'openoffice.org' for more information. One Open Source program I use somewhat regularly is 'The GIMP'. Gimp stands for 'GNU Image Manipulation Program' (GNU typically means Open Source, more on that in a later submission) and its goal is to provide the functionality of Adobe's PhotoShop. Photoshop, which retails for about \$1250 CDN, is a perfectly wonderful program for professionals photographers who need to do image manipulations – changing colours, hues, saturation, masking, etc – but non-professionals like me who appreciate the usefulness and functionality of Photoshop without the price and shiny box that Photoshop comes in are perfectly happy with 'The GIMP'. Again, search Wikipedia for 'the GIMP' for additional information. As with anything 'free', there are sometimes limitations – some open source packages are available free on the internet, but for a minimal cost if you want a CD, and nice box and printed manual shipped to you – usually the price covers the cost of producing and shipping the media. How do you find open source software? I have found that if you Google 'open source' with the name of an equivalent commercial program or what you want the application to do, you usually end up with pretty good results. So if you Google 'open source photoshop', 'the GIMP' is right there on the first page. Google 'open source email' and you will get a pretty good list of open source email programs. Windows users may try looking at <http://www.opensourcewindows.org/> for a listing of some of the more popular programs available by category. – *Ron Levesque*



Circle of Life - Indigenous Plants: As we continue to work in our gardens, think about using **native or indigenous plants** the next time you plant. Native plants have all kinds of environmental benefits. They have already adapted to local soil and climate conditions, not requiring watering, chemical fertilizers and pesticides to flourish. As well, these plants support, and have grown along with, local bird, animal, butterfly and insect populations contributing to the local ecosystem. For more information on native plants and to learn more about an organization that is striving to create sustainable communities through nature in a variety of outdoor spaces, check out: <http://www.evergreen.ca/nativeplants/> – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from **Wave Graphic Design Co-operative**, a thriving co-operative, providing a professional creative service predominately to the not-for-profit sector, based in East Sussex, England. "*We are driven by our desire to ensure every piece of work we produce is creative, appropriate and effective. It doesn't matter whether the work is an A6 postcard or a complete identity. We approach our clients with the same care*

and attention, offering a full range of disciplines in-house from concept to illustration; typesetting to website builds.” www.wave.coop Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree with Erin Hancock - The **Atlantic Co-operative Youth Leadership Program** has recently filled the position of Program Coordinator. Trevor MacDougall, a graduate from Mount Royal College’s Non-Profit Management program, has a history of helping youth with life-skill development. Although this is Trevor’s first position within the co-operative system, he states: “I have led my life sharing many or all of the co-op values and principles.” He is keen “to teach youth about self-sustainability and to take pride in our beautiful communities that we have right here in the Atlantic Provinces.” If you would like to contact Trevor or offer anecdotes of your involvement in ACYL, he can be reached at Leadership@acyl.coop or (506)862-0737. Welcome Trevor!



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we visit the **Healthy Lifestyles Coop** in Wisconsin. Its members’ goal is to stabilize health insurance rates through cooperative purchasing, personal responsibility and healthy lifestyles.
<http://www.healthylifestylescoop.org/>



Co-op Community Bulletin Board

- **July 20-22:** Eastern Conference for Workplace Democracy: Building Cooperation East and South, University of North Carolina, Asheville, NC

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



Contest of the week – Last week, our first correct answer was from Dennis Williams, Fredericton, NB. Well done!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. **Last week’s contest and answer:** As my birthday approaches I start to collect leaves. A little bizarre perhaps, but I enjoy it! On the first day of the month I collect one leaf, on the second day, I collect two and so on. So by my birthday I will have collected 276 leaves altogether. On which day of the month is my birthday? **Answer:** on the 23rd day **This week’s contest:** In Farmer Brown’s hayloft there are a number of animals, in particular crows, mice and cockroaches. Being bored one day, I decided to count the animals and found there were exactly 150 feet and 50 heads in total, and there were twice as many cockroaches as mice. How many of each animal were in his hayloft?



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Ally, Grade 8, PEI: “*One thing in that presentation that really kind of made me think was how can we help but help so it actually can help and just not do something to them. I liked how we got to see the worry dolls and the cloths from Guatemala. I also think that when I am older I’d like to join a group similar to what*

you are in and maybe actually travel to some of the places you've been. Thanks so much for the presentation. It was awesome."



Co-op Ed 101 - For three weeks in June I travelled with a Canadian Co-operative Association study tour which had representatives from five organizations and from four different countries. This week, I will introduce another guest, **Rizal Malik**, and his organization, **Transparency International (TI) Indonesia**. It is an independent, not-for-profit, and non-partisan non-governmental organization based in Indonesia with an affiliation to the global anti-corruption network. The objective of TI Indonesia is to promote transparency and accountability in government administration and business activities in Indonesia as a part of global effort to curb corruption. TI Indonesia is engaged in building National Integrity System, promoting good corporate governance, and strengthening the civil society capacity to curb corruption
[http://www.transparency.org/content/view/full/252/\(filter\)/i](http://www.transparency.org/content/view/full/252/(filter)/i)



Co-op Cooking – Summer always means “barbecue” at our house, and nothing goes better with a grilled steak or chicken than a good salad. Hope you like this one:

Creamy Pasta Salad

4 cups corkscrew-shaped pasta	2 to 3 cups thinly-sliced carrot
2 cups small broccoli florets	2 medium red or green peppers, cut into strips
1 1/2 cups thinly sliced celery	1 medium red onion, chopped
1 cup plain yogurt	1/2 cup mayonnaise
1/4 cup chopped, fresh parsley	2 tbsp lemon juice
2 tsp dried dillweed	

Cook pasta according to package directions. About 3 minutes before pasta is done, add carrot and broccoli to pot. Drain pasta mixture; rinse with cold water. In serving bowl, combine peppers, celery and onion. Add pasta and toss gently. Whisk together remaining ingredients. Pour half of dressing over salad, tossing to coat well. Cover and chill for 1 hour. Chill remaining dressing and serve with salad. - *Glenna Weagle*



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



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Openings – “*If the world seems cold to you, kindle fires to warm it.*” - Lucy Larcom
http://www.cyberhymnal.org/bio/l/a/larcom_1.htm Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- **Heritage Credit Union** has successfully completed the requirements for the initial closing of their first Class A Share offering. Sales have topped \$2 million <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.103&sfid=content.id&search=282> The shares, a special class of equity in the capital of the credit union, went on sale March 1st, 2007. The initial offering is now complete and set to close on July 15th. A second phase to raise an additional \$3 million will begin soon.
- **East Coast Credit Union** has been awarded the annual Mel Hebb Hourglass Action Award for 2007 in the Exceptional Service category. The Exceptional Service Award recognizes a Nova Scotia organization, or a member of such an organization, that has gone beyond their mandate in service to persons with disabilities. Each of the 13 branches that make up East Coast Credit Union has a display area for the L'Arche artwork, paintings, crafts, newsletters, pamphlets, and posters. As well, East Coast Credit Union has helped people with disabilities become more visible in their communities by promoting and attending L'Arche events. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.103&sfid=content.id&search=264>
- **COMMUNITY Credit Union** will roll out a digital signage network to select branches in Cumberland and Colchester counties. Marketing manager Barry Veno said it will use technology provided by Halifax sign designer DIME to replace in-branch communications like glossy posters and handouts. He said while not completely eliminating paper usage, a single digital sign has the potential to replace a substantial amount of paper products in the course of a year. The rollout of the network is set to begin in early August. <http://www.ns-credit-unions.com/default.asp?mn=1.21.42.103&sfid=content.id&search=284>



Trends – In keeping with my own recent trend of presenting online collaborative projects, this week I want to talk about **Wikis**. Wikis, from the Hawaiian word for ‘fast’ or ‘quick’, are websites that can be edited directly by anyone who has access to them. You may already know some of the more famous wikis: Wikipedia, www.wikipedia.org, an online encyclopaedia that anyone can edit; and Wiktionary, www.wiktionary.org, an online dictionary that can also be edited by anyone with access. These particular Wikis have distinct advantages in that they

benefit from the knowledge of millions of users to grow, though there have been well publicized instances of vandalism – where some articles are edited by users with particular biases or simply to cause damage. To help combat the vandalism and to ensure objectivity, a whole democratic system exists on Wikipedia for correcting mistakes, alerting users to discrepancies, even to protect some entries that come under attack for various reasons. For a quick view of many well known information wikis, check out www.wikimedia.org – it links to such wikis as wikiquote, wikinews, wikiversity, wikibooks, and many others. Sort of like a desktop companion, but on the Internet. The technology behind Wikis is used in corporate environments for internal publication, and also available (often freely) for members of the public to start their own wikis – peanutbutterwiki is one such site, www.pbwiki.com where you can start a wiki yourself for all the world to see and change (if you allow them to). – *Ron Levesque*



Circle of Life - Travelling this summer? Why not go green? Ways to Practice **Eco or Green Tourism:**

- 1) Try travelling closer to home, lessening the amount of fossil fuels expended through transportation.
- 2) Sustainable Transportation – When visiting a new city or area, choose sustainable methods of transportation to get around.
- 4) Choose green accommodations.
- 5) Eat and drink locally and organically – If you can source local food products they will have travelled less (possibly lessening greenhouse gas emissions and also tasting fresher) and you will be supporting local farmers and agriculture in the area.
- 6) Shop green – Look for less packaging, as well as environmentally friendly products that may be unique to the area you are visiting.
- 7) Indulge in green activities – Try to find activities that leave a small footprint on the earth. You can do all of this in your own backyard, too!! For more tips and information about eco-tourism, visit this link:

http://www.ecotourism.org/webmodules/webarticlesnet/templates/eco_template.aspx?articleid=41&zoneid=22 – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from **Co-op Atlantic**, a member-owned co-operative with head offices in Moncton, NB: *“Our vision is of people working together to achieve our potential and improve our socio-economic well-being.”*

www.coopatlantic.ca Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - **Justin Read** is the latest addition to the New Brunswick Co-operative Council team. Although the council is in its infancy, Justin is the sole employee within the council, carrying out a plethora of tasks. The founding Board of Directors is happy to report that Justin is doing an excellent job, helping with the set-up of the council and the creation of many promotional materials. Although Justin has a history of community involvement, he is fairly new to the co-op movement. As a World Literature and Cultural Studies student at the University of New Brunswick, Justin has quickly found a passion for co-operatives and is quite satisfied with his summer employment (and part-time fall

employment). Welcome to the co-op family, Justin! If you would like to contact Justin, he can be reached at newbrunswickcooperativecouncil@canada.com – Erin Hancock



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, from Tillamook, Oregon, the **Tillamook County Creamery Association (TCCA)**. Its mission initially was to serve as a quality control organization for the many local cheese manufacturers in the area. TCCA later expanded, built a centrally located plant that is still part of its facility, and incorporated all of the small operating cheese plants in the county. Today, the co-operative is owned and operated by approximately 130 family dairy farms. They are the people who work the soil, milk the cows, and set the policies and direction. Profits from the co-operative go back to the farmer-owner to help keep their dairies economically sustainable.
<http://tillamookcheese.com/OurStory/FarmerOwned/>



Co-op Community Bulletin Board

- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI
<http://www.acyl.coop/english/index.htm>

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Contest of the week –Last week our first correct answer was from Marty Frost, BC. Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw. **Last week’s contest and answer:** In Farmer Brown’s hay loft there are a number of animals, in particular crows, mice and cockroaches. Being bored one day, I decided to count the animals and found there were exactly 150 feet and 50 heads in total, and there were twice as many cockroaches as mice. How many of each animal were there? ANSWER: There are 35 crows, 5 mice and 10 cockroaches **This week’s contest:** Can you find three consecutive odd numbers that total 1287 when multiplied together?



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



Co-op Ed 101 - For three weeks in June I travelled with a Canadian Co-operative Association study tour which had representatives from five organizations and from four different countries. This week, I am introducing to you another guest, **Raymond Avatim**, Project Officer with Social Enterprise Development Foundation in northern Ghana. The **Social Enterprise Development Foundation of West Africa** (SEND Foundation) is a West African based non-governmental organization with its head office in Accra, Ghana. SEND Foundation operates in Liberia, Sierra Leone and Ghana. *“The mission of SEND Foundation is*

to promote livelihood security and equality of men and women through participatory development and public policy advocacy in West Africa.” SEND Foundation aims at enabling sustainable development of emerging businesses by providing holistic education and training in the areas of organizational capacity and social awareness.



Co-op Cooking – Here's another hot weather food. Make the potato salad and coleslaw ahead of time. Cook the ribs and you are ready to eat.

Beer Barbecued Ribs

4 cans low-alcohol beer

1 large onion, quartered

2 bay leaves

1 rack back ribs, cut in half

BBQ sauce (your favourite)

In large saucepan, combine beer, onion, and bay leaves; bring to boil. Add ribs and reduce heat. Simmer for 1 hour, or until meat is tender. Remove ribs to plate and discard cooking liquid. Coat ribs with BBQ sauce. Preheat barbecue to medium-low. Place ribs on greased grill; close lid and cook 15-20 minutes, turning and basting with BBQ sauce every 5 minutes. Transfer to cutting board. Cut between ribs. Serve with potato salad and coleslaw. Consider “**Lemon Angel**” for **dessert**. Buy an Angel Food cake or bake your own. Split it into three layers and fill between the layers with prepared lemon pie filling. Serve with a dollop of whipped cream or dessert topping, or just sprinkle the top lightly with icing sugar. Light, tasty and easily prepared. - *Glenna*

Weagle



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Openings – “If I ran a school, I’d give the average grade to the ones who gave me all the right answers, for being good parrots. I’d give the top grades to those who made a lot of mistakes and told me about them, and then told me what they learned from them.” -**Buckminster Fuller**
www.bfi.org Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Beginning last December, **the Fédération des caisses populaires acadiennes** board of directors entered the virtual era. For the first time in 60 years, the meetings took place in front of computer screens rather than the traditional sheets of paper. This new platform was developed by the Fédération subsidiary Réseau Acadie and is at the leading edge of Web innovation. This medium will allow them to access documents virtually and to open them from home or anywhere else in the world. This new secure application will be used from now on during all board meetings.
<http://www.acadie.com/en/communiquer/affiche.cfm?id=87>
- An investment of more than \$1.4 million will enable the **Newfoundland Independent Filmmaker’s Cooperative (NIFCO)** www.nifco.org, a not-for-profit organization dedicated to the development of media arts in Newfoundland and Labrador, to upgrade its film production equipment to meet current industry broadcast standards of High Definition Surround Sound format. The goal is to insure that Newfoundland and Labrador’s independent filmmakers are able to develop their craft using leading-edge technology, enhancing their product for destination in a global marketplace. The Government of Newfoundland and Labrador is providing \$375,000 through its Regional/Sectoral Diversification Fund for this project, there are outside funding sources along with NIFCO’s own contribution which will enable the equipment upgrade, and bring the project total value to \$1,520,000. There are high hopes for the project, and many possibilities which presented themselves with the newly-received funding. The film industry is important to Newfoundland’s Economy, as it provides job, increases visiting tourists, and initiates economic spin-offs from the films themselves. By allowing all aspects of film-making to take place at home these benefits for the province are maximized. For further information, contact Jean K. Smith, Executive Director, NIFCO, 709-753-6121 – *Danielle Higdon* – **PLEASE NOTE:** *Introducing our Newfoundland and Labrador correspondent: Danielle Higdon from Baie Verte, NL. She is pursuing a career in journalism, and will attend College of the North Atlantic for journalism this September. Her interest in co-ops began when she attended the Atlantic Co-operative Youth Leadership youth camp and she then maintained*

her interest by becoming one of the founding members of the Advocate Youth Services Co-op in Baie Verte. Welcome aboard, Danielle!

- **Atlantic Filmmakers Cooperative** will hold a week of avant-garde cinema with The Frame X Week, August 23-26. There will be a series of public screenings, visiting artists' talks and workshops. For more information, contact the Coop at 420-4572, or visit www.afcoop.ca or e-mail production@afcoop.ca
- The **Fondation des caisses populaires acadiennes** drew names to find who the scholarship holders would be for 2007-2008 and is pleased to announce the names of the winners. This year, **50 scholarship grants valued at \$1,000 each** were distributed in the five regions where the Caisses populaires acadiennes and its affiliated co-operatives do business. For the names of winners and more details see:
<http://www.acadie.com/en/communiquer/affiche.cfm?id=136>
- An investment of nearly \$145,000 into **Petty Harbour** through the Atlantic Canada Opportunities Agency (ACOA) was announced this week.
<http://www.acoa.gc.ca/e/media/press/press.shtml?3908> The president of Petty Harbour's Fisherman Co-op and co chair of the Petty Harbour/Maddox Cove Development Corporation, Tom Best, has worked hard to make this a reality. This project will see the further development of the waterfront area, including a parking lot, landscaping, water and sewer infrastructure and the installation of interpretive panels some of which will tell the story of the fishing co-op.



Trends – This will be the last article dealing with online collaborative technologies for awhile. This week I would like to talk about ‘**blogs**’. A blog – a contraction of the words ‘web log’ – is simply a website where entries are written in chronological order but published in reverse chronological order, i.e. most recent at the top. From Wikipedia: “Blogs provide commentary or news on a particular subject such as food, politics, or local news; some function as more personal online diaries. A typical blog combines text, images, and links to other blogs, web pages, and other media related to its topic. The ability for readers to leave comments in an interactive format is an important part of many blogs.” As of last May, there were an estimated 71 million blogs in existence. Of those 71 million, very few are related to co-operatives...a quick Google search yields only two quasi legitimate co-op blogs in the first ten results, including one that admits they aren't a co-op. All of this begs the question to Co-op'ers all around: Care to start your own Co-op blog? Google is the owner of one company where you can get started for free. Simply visit www.blogger.com and take the tour. Beyond the ease of use, you still need something interesting to write about.– *Ron Levesque*



Circle of Life - **Green rooftops** are a great way to incorporate plants into city living without a yard, or into the workspace in your building. Green roofs provide numerous benefits such as reducing heat island effect, reducing storm water runoff, air cleaning, building cooling by shading from solar radiation, occupant well-being, wildlife habitat creation, and sound insulation. There are many companies that have begun to incorporate green roofs into the design of their buildings. One example is the Mountain Equipment Co-op store in Toronto, ON.
www.mec.ca/Main/content_text.jsp;jsessionid=GhyRMQdQgmRGqGnQVjvSbBc0MhPjGC9NbT0y2sbjmlfhtLNzy9NQ!79276373 As well, housing co-operatives are using green roofs in their initiatives. Check out the Hugh Garner Housing Co-operative in Ontario.
<http://www.hughgarnergreenroof.ca/> – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from **Woodslee Credit Union**, a member-owned credit union serving Amherstburg, Belle River, Leamington, Kingsville, Harrow, Essex and Woodslee, Ontario: “*To become the financial service provider of choice in the communities we serve.*” <https://www.woodslee.com/> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - The **Atlantic Co-operative Youth Leadership** program is back in action and the new co-ordinator, Trevor MacDougall is organizing a seminar to happen September 27-30 at Camp Gencheff, PEI. If you have been involved before, Trevor is still seeking a few keen staff members to make this seminar a great success for teaching youth about co-operation. Staff training is happening August 18, so if you are interested, please contact Trevor soon at leadership@acyl.coop It is so very important to have experienced co-operators bring their energy and experience to the next generation of co-operators. – *Erin Hancock*



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, the **Horticulture Co-op of Metro St. Louis** – it is an organization that was conceived in 1995 by a group of horticulture green industry representatives. Their vision was to create a professional organization to act as an educational forum for the exchange of ideas. It was organized for the purpose of promoting quality horticultural practices and materials by providing educational experiences for the green industry professional and the general community in the St. Louis region.
<http://www.hortcoop.org>



Co-op Community Bulletin Board

- August 23-26 - Frame X Week, Halifax, NS. There will be a series of public screenings, visiting artists’ talks and workshops. For more information, contact the Atlantic Filmmakers Coop at 420-4572, or visit www.afcoop.ca or e-mail production@afcoop.ca
- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI
<http://www.acyl.coop/english/index.htm>

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Contest of the week – Last week our first correct answer was from David Boese, NS. Contest entry deadline each week is Tuesday 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. **Last week’s contest and answer:** Can you find three consecutive odd numbers that total 1287 when multiplied together?

Answer: 9 11 13 **This week's contest:** A lion takes 4 hours to eat one sheep, a leopard takes 5 hours and a bear takes 6. If a single sheep was thrown to them, how long would they take to devour it?



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Matthew, PEI: *"I liked how you brought different articles of clothing from different countries. I learned in some countries they have a rice god. Also, when people have lots of stitching on their clothes, it sometimes means they are from Ghana in Africa."*



Co-op Ed 101 - Here in Atlantic Canada we are having a week of hot and humid weather. These temperatures typically put a strain on our electrical supply. In the United States, there are several **electric co-operatives** - 865 distribution and 65 generation and transmission cooperatives serve 37 million people in 47 states; 16 million businesses, homes, schools, churches, farms, irrigation systems and other establishments in 80 percent of the nation's 3,100 counties; 12 per cent of the U.S. population. **Tri-County Electric Cooperative, Inc.** http://tri-countyelectric.coop/weather_history.asp is dedicated to providing members with safe and reliable electric service at the lowest practical price. Headquartered in Hooker, Oklahoma, Tri-County Electric is a not-for-profit distribution co-operative owned and controlled by its members. The utility serves approximately 23,000 customer accounts in the Oklahoma Panhandle, southwestern Kansas, and the northern border of the Texas Panhandle. Tri-County Electric is a Touchstone Energy co-operative. For more information, visit: www.tri-countyelectric.coop



Co-op Cooking – With all the hot weather we have been having, easy meals quite often mean barbecued meals. Here is something you may not have tried from the people at the Kraft Kitchens who quite often offer great recipes.

Barbecue Sirloin Roast

- 1 tbsp chili powder
- 1 tbsp garlic salt
- 1 1/2 tsp black pepper, divided
- 1 beef sirloin tip roast (about 3 lbs/1.5kg)
- 3/4 cup barbecue sauce, divided
- 6 cups coleslaw mix
- 3/4 cup mayonnaise
- 12 sub or French bread rolls, split

Preheat barbecue for indirect heat by heating one side to medium heat and leaving the burner off on the other side. Mix chili powder, garlic salt and 1 tsp. black pepper. Rub evenly into all sides of roast. Place on cool side of barbecue. Cover with lid. Grill roast without turning 1 hour. When internal temperature of roast reaches 140 degrees F brush roast with 1/4 cup of the barbecue sauce. Continue grilling 10 minutes, or until internal temperature of roast reaches 150F. Remove roast to carving board. Tent with foil. Let stand 10 minutes, or until internal temperature reaches 160F. Meanwhile, mix cole slaw veggies, mayonnaise and remaining pepper. Slice roast across the grain into thin slices. Add to remaining 1/2 cup barbecue sauce in large bowl. Toss to coat. Spoon into rolls and serve with coleslaw. Have a great week folks and remember if you have a

recipe you would like to share with others, send it to co-opcooking@hotmail.com. - *Glenna Weagle*



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Openings – “Listen.

In every office

you hear the threads

of love and joy and fear and guilt,

the cries for celebration and reassurance,

and somehow you know that connecting those threads

is what you are supposed to do

and business takes care of itself.” -James Autry <http://members.aol.com/jamesautry/> Openings is

a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives,

communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- A ten-member steering committee that was nominated at a March 19th session in Charlottetown (to which all Island co-ops and CUs were invited) has been working for the past four months on ways to harness the enthusiasm and commitment of the co-op sector into an effective and respected **PEI Co-op Council**. Progress has been slow but steady, and members of the PEI Steering Committee hope to be able to announce a significant milestone before Labour Day. Anybody wishing to know more about the process can contact peicoopcouncil@gmail.com
- Chief Executive Officer Camille **Thériault**, president and chef de la direction of the Federation des Caisses Populaires Acadiennes, was elected chair of the Governance and Human Resources Committee of CUMIS at their board meeting in June. <http://www.peicreditunions.com/news/article.php?ID=574>
- The **Newfoundland and Labrador Credit Union** is celebrating its 50th Anniversary This Summer. It first commenced operation in 1957 as NTA Co-operative Credit Society with a first deposit of only 10 dollars. Throughout its fifty year history Newfoundland and Labrador Credit Union has had outstanding growth and is recognized for its service and innovation. It has since evolved into a full-service financial institution, while still remaining committed to its core values. Members can help the NLCU celebrate its 50th anniversary by using a Newfoundland and Labrador Credit Union ATM between July 18th and August 22nd and be surprised by a 50 dollar bill! For a complete list of all NLCU ATMS you can visit its website at: www.nlcu.com/Home/YourCreditUnion/Promotion - *Danielle Higdon*



Trends – About a year ago, I ran across a reference to a conference series that was available on the web and via podcast. The **TED conferences** – TED stands for **Technology, Entertainment,**

Design – started in 1984, and the ted.com Web site now makes over 100 of them available for viewing (broadband internet access is highly recommended). The annual conference, usually held in Monterey, California, brings together some of the world’s most fascinating thinkers and doers, who are challenged to “give the talk of their lives – in 18 minutes”. The annual conference presents ‘ideas worth spreading’ and covers the gamut: Jeff Bezos, founder of Amazon.com; Al Gore, author of *An Inconvenient Truth*; Jane Goodall, primatologist; Nicholas Negroponte, founder of MIT’s Media Labs; Sergey Brin and Larry Page, founders of Google; Tony Robbins, expert in Leadership psychology; Steven Levitt, economist and author of *Freakonomics*, Jacqueline Novogratz, founder of Acumen Fund; and even Natalie MacMaster, Cape Breton fiddler who appeared in 2002. If you recognize any of the names above, you realize the breadth of the talks. Some titles: “The Wisdom of Designing Cradle to Cradle” (and we thought ‘Cradle to Grave’ was sufficient – that’s how quickly the world is changing), “The best stats you’ve ever seen”, “The paradox of choice”, “How co-operation (eventually) trumps conflict”, “The power and beauty of organic design” and “how I built my family a windmill”, among many others. Listening to the talks is a matter of visiting the ted.com website and choosing by themes, talks or speakers, or searching in iTunes and subscribing. In the coming weeks, I hope to expand on some of my favourite TED talks and encourage you to visit the site. www.ted.com – Ron Levesque



Circle of Life - This week we will explore **urban farming** as a follow-up to last week’s Circle of Life that discussed rooftop gardens. Urban farms serve a number of important roles in a community. Some are a community garden and meeting place, an educational area where children can learn about agriculture and the history of an area, a food supply for a neighborhood, a local business growing and supplying food and providing employment, or a way to preserve the agricultural history of an area.

Recently I discovered an urban farm in my own backyard in Halifax, NS, the **Urban Farm Museum Society of Spryfield**. The Society is currently looking for volunteers.

<http://www.saltsapes.com/content/view/58/64/>

Find out if there is urban farming in your backyard and for more examples of urban farming, check out these links: <http://urbanfarming.org/> <http://www.dott07.com/go/food/urban-farming> <http://www.kccua.org/>

– Bronwyn MacKinnon



What is Your Vision Statement? –This week, a vision statement from **OnPoint Community Credit Union**, Portland, Oregon. Its vision is to: engage and retain mutually beneficial long-term relationships with members, employees, volunteers, business partners and communities, exhibit distinguished leadership in delivering unsurpassed, sustained member value, provide outstanding financial returns to our membership by delivering totally reliable and competitively superior financial services, vest employees with the responsibility and authority to deliver superior member service, encourage members to assume greater responsibility for achieving their financial goals, serve the needs of our membership without regard to technological or geographical limitations and pursue avenues for increased and sustainable growth.

<http://www.onpointcu.com/htm/info.html> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - The **Canadian Co-operative Association** has selected the nine youth they are sending abroad to support co-operative and community

development: Andres Gouldsbrough (Montreal, QC), Sonja Carriere (Russel, ON), Maya Nakajima (Vancouver, BC), Caitlin Furtado (Kirkland, QC), Danielle White (Saskatoon, SK), Jennifer Muldoon (Ottawa, ON), Aimee Charest (Ottawa, ON), Jordana Ramalho (Guelph, ON), Mathieu Rioux (Ottawa, ON).

This year's partner countries include Ghana, Uganda, Malawi and Kenya. Projects will address issues such as HIV/AIDS, gender, technology, food security and the interns will work with such organizations as Social Enterprise Development Foundation of West Africa, Credit Union Association of Ghana and more. "CCA's Youth Experience International Program offers young graduates the work experience they need to secure good jobs - in Canada or abroad. It also provides them with an opportunity to discover the world and themselves." For more information on CCA's Youth Experience International program, please consult CCA's website <http://www.coopscanada.coop/coopdevelopment/internationaldev/youthexperience/> or contact Monique Charron, Program Officer, (613)238-6711, ext. 224. – *Erin Hancock*



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. **WindShare** is an innovative, for-profit wind power co-operative, the first of its kind in Canada. Located in Toronto, ON, WindShare develops locally owned wind power projects that are scaled to the size and characteristics of the host community. WindShare's mission is to demonstrate leadership and action in the community wind power sector, and to develop community power projects that are sustainable economically, environmentally, and socially. WindShare provides an alternative to large, centralized energy generation with the development of local, profitable and inclusive community power projects. http://www.windshare.ca/about/about_windshare.html



Co-op Community Bulletin Board

- August 23-26 - Frame X Week, Halifax, NS. There will be a series of public screenings, visiting artists' talks and workshops. For more information, contact the Atlantic Filmmakers Coop at 420-4572, or visit www.afcoop.ca or e-mail production@afcoop.ca
- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI <http://www.acyl.coop/english/index.htm>

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



Contest of the week – Last week, our first correct answer was from Melanie Conn, BC. (Melanie added, "Assuming the lion doesn't scare everyone else away") Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw. **Last week's contest and answer:** A lion takes 4 hours to eat one sheep, a leopard takes 5 hours and a bear takes 6. If a single sheep was thrown to them, how long would they take to devour it? Answer: **60/37 hours (about 1.64)**. In one hour a lion eats 1/4 of a sheep, a leopard eats 1/5 and a bear 1/6. So in one hour combined they eat 1/4 +

1/5 + 1/6 sheep. Therefore one sheep will take $1 / (1/4 + 1/5 + 1/6)$ hours = 60/37. **This week's contest:** In which sport do winners move backwards and losers move forwards?



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

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



Co-op Ed 101 - Recently I had the opportunity to meet the staff and learn about the **Saint John Community Loan Fund**. It began as an idea in 1996 at a meeting of the Urban Core Support Network. The individuals around the table spoke of the need for community credit. This credit could help people living on low income start a business or get back to work. The idea stuck, and within months the Human Development Council conducted a feasibility study and wrote a business plan that showed there was a market and an opportunity to establish a community loan fund in Saint John. Read about the fund and the good work it has been able to do.

http://www.loanfund.ca/about_us.html For more information, contact the Saint John Community Loan Fund 3rd Floor City Market, P.O. Box 6125 , Station A Saint John , NB E2L 4R6 Email: loanfund@nbnet.nb.ca Fax: (506)636-8543.



Co-op Cooking – Here is another summertime favourite.

Chicken Kabobs

4 skinless, boneless chicken breasts cut into pieces

whole mushrooms

green and red peppers, cut into chunks

canned pineapple chunks, drained

4 small onions, cut into quarters

Any other vegetable or fruit item you desire

Mix one of the following sauces:

1/2 cup Catalina dressing

2 to 3 tbsp soya sauce

1/2 to 1 tsp ground ginger

or

1/2 cup whipped salad dressing

1/4 cup orange juice

1 tsp thyme

or

1/2 cup barbecue sauce

1/4 cup crushed pineapple, undrained

1 clove garlic, crushed

If using wooden skewers, soak them in water for 1/2 hour. Thread chicken pieces on skewers alternating with vegetable and/or fruit pieces. Wrap ends of skewers in foil to prevent burning. Barbecue or grill until chicken is cooked through, turning and brushing frequently with chosen sauce. To avoid meat and vegetables falling from ends of skewers, always pick them up in the middle. Serve with cooked rice and a tossed salad.

Note - you can leave the chicken breasts whole and cook them to be served as a sandwich, or cut diagonally and served on a salad. Happy cooking everyone. - *Glenna Weagle*



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



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

Next *Co-op Circles*: Wednesday, August 15, 2007



Week of Aug. 12– Aug. 18, 2007, Vol. 2, No. 43

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Openings – “Years ago I recognized my kinship with all living things, and I made up my mind that I was not one bit better than the meanest on the earth. I said then and I say now, that while there is a lower class, I am in it; while there is a criminal element, I am of it; while there is a soul in prison, I am not free.” - Eugene V. Debs www.eugenevdebs.com Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The 11th edition of the Défi Golf Acadie was held on July 20 at the Bouctouche Golf Club in Bouctouche, NB. Despite the rain, more than 34 sponsors and 250 participants joined in this event. The \$30,000 raised was donated to the **ArtsSmarts** program for a third and final year, bringing the total amount donated to the program by the tournament over the past three years to \$92,000. ArtsSmarts has been selected as a literacy program to support by the **Caisses populaires acadiennes**
http://www.acadie.com/en/communiquer_affiche.cfm?id=144



Trends – There was news this past April about a ‘revolutionary’ plan to get 50,000 people to invest 35£ each (about \$75 CDN) to literally **buy a football club** (soccer) in the English soccer league. The plan started slowly, but then the story appeared on the BBC and they had reached the halfway point within four weeks. Two weeks ago, the ‘club’ announced it had commitments from over 53,000 fans and was looking at purchasing one of four teams reportedly up for sale. Beyond voting for which team to purchase, there is the fact that each of the 53,000 or so fans will be able to vote weekly on starting lineups for the next week’s game...organizers want to see if fans know as much about the game as they claim they do. See www.myfootballclub.co.uk for additional info. It is not a co-op, but close. Now lest you think this is truly revolutionary, well it is not quite. American football purists will undoubtedly know that the **Green Bay Packers** have had a similar ownership structure since 1923 (though they let the coaches pick the starting lineups). In fact, the Packers have 112,015 shareholders (fans) each of which cannot own more than 200,000 of the 4.7 million shares, guaranteeing a wide range of ownership and control for the team – and it appears, fan support. Season tickets for the Packers’ Lambeau Field have been sold out for every game since 1960. Shares in the team do not pay dividends and can only be sold back to the team for a fraction of the original price, guaranteeing the team will stay in Green Bay. The Packers is where Vince Lombardi first made his mark, while Lambeau Field celebrates 50 years this year, and I would venture a guess that community ownership has a lot to do with

that. See http://www.packers.com/history/fast_facts/stock_history/ for more info. – Ron Levesque



Circle of Life - Shopping Bags: This week a retailer in Halifax, NS is leading the way in trying to encourage consumers to reduce the amount of plastic bags they use. Pete's Frootique, an independent specialty grocery store, will be charging customers five cents per bag. The idea is to get people to bring their own bags and the retailer will provide people with boxes if they don't want to pay the five cents. It's not about making money but developing a way to change people's habits when it comes to shopping. Using cloth bags when you shop is a great way to reduce the amount of plastic going into the waste stream. You can find cloth bags to purchase at most grocery retailers now and you can even make your own. Follow these links for a pattern: http://www.fashion-incubator.com/mt/archives/reusable_bag_contest_1.html http://www.diynetwork.com/diy/lb_no_sew_projects/article/0,2025,DIY_13994_2275889,00.html – Bronwyn MacKinnon



What is Your Vision Statement? –This week, a vision statement from **Food Roots Distributors Co-operative**, in British Columbia <http://www.foodroots.ca/index.htm> Its vision is: to promote a local sustainable food system by creating the infrastructure link between the eaters/consumers and the growers and processors in its region, to promote sustainable food grown and processed in the region, (sustainable food is grown naturally as close to home as possible. Certified organic is its first choice) and to educate eaters/consumers about local agriculture and food security issues. Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - Former MYDAS Worker Co-operative Ltd. member, **Stuart Neatby** is still quite active in the co-op movement. He has been involved with the **Ovo Housing Co-operative** (of about 25 members) in Halifax since 2005. He has recently taken on the role of External Liaison within the co-op and he attended the Co-operative Housing Federation of Canada conference on behalf of the co-op in June in Winnipeg. Stu is committed to exploring options for his housing co-operative that promote environmental sustainability. He states: "I'll be hopefully working with some other Ovo members in the fall to form a small committee to look at how our maintenance can work in the long term to reduce energy usage within our units, and generally work to substantially reduce our carbon footprint." If you have any ideas to pass along to Stu, you may contact him at flatulentelm@hotmail.com – Erin Hancock



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. Valley Bakers Cooperative Association is a **bakery and foodservice wholesale distribution company** headquartered in Greenville, Wisconsin. It serves approximately 1200 locations throughout Wisconsin and the Upper Peninsula of Michigan. Its customer base includes retail, wholesale and supermarket bakeries, donut shops, pizza restaurants, candy stores and institutional food service companies. <http://www.valleybakers.com/>



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Last week’s contest and answer: In which sport do winners move backwards and losers move forwards? **Answer:** Tug of War **This week’s contest:** Summertime in the Maritimes means many communities hold high school reunions. During a recent school reunion of the Class of 1955, four men were discussing their starting salaries back in 1962. The salaries in question were, 8, 10, 12 and 14 thousand dollars per year. The MP earned the most. Alan earned more than Brian and the doctor earned more than Derek, the vet. Charles could not remember what he started at. Brian, the lawyer, did not start at \$10,000 nor did Derek. Can you determine who has which job and their starting salaries?



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Julie, Grade 8, NS: “I really liked the stories because they really teach you stuff... like to listen to everybody’s opinion and that every country is different. I also liked how you showed us all the different items.”



Co-op Ed 101 - The Coastal Communities Network (CCN) Nova Scotia

<http://www.coastalcommunities.ns.ca/aboutus/index.php> is a community network comprised of over 240 organizations ranging from community economic development agencies, fishing industry representatives (harvesters and processors), agricultural groups, First Nations, African Nova Scotians, municipal leaders, church and community organizations, unions, universities and local community groups. Individual membership is also available. It has an excellent web site and links to various events and organizations. The primary concerns of the Network are the social and economic well-being and sustainability of rural Nova Scotia. The Network emphasizes communication, education, dialogue and exchange, and focuses on the identification and development of specific strategies that can be undertaken by local community organizations to address and respond to these concerns.



Co-op Cooking – **Planning a day at the beach** with your children and looking for an easily transported lunch. Purchase a round, unsliced loaf of your favourite bread, cut off the top and remove the inside, (your children might enjoy helping with this step), leaving a 1-inch thick

bowl. Spread the inside of the bowl with mayonnaise. Line with lettuce if desired. Mix your favourite sandwich filling and fill bowl. Some of the bread chunks can be mixed into the filling if desired. Replace lid; wrap in foil and place in cooler with ice-pack, cold or frozen juice or other drinks and a knife for cutting the sandwich loaf. Add some fruit for dessert and the picnic is complete. If the lunch is to be shared by only two, replace the loaf with thick, round rolls which can be scooped out. Leftover bread can be refrigerated or frozen for your next dressing or for a bread pudding. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, August 22, 2007



Week of Aug. 19– Aug. 25, 2007, Vol. 2, No. 44

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Openings – “*What lies behind us and what lies before us are small matters compared to what lies within us.*” - Ralph Waldo Emerson www.rwe.org Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- In May of this year, **OMISTA Credit Union**'s Human Resource Manager, **Beverly Somers**, was chosen as one of five nominees for the National Credit Union Young Leaders Award. The National Young Leaders Award recognizes tomorrow's leaders in Canada's credit union system. Recognition programs that reward success and encourage retention help encourage young people to join the movement. The National Credit Union Young Leaders Award was created by Credit Union Central of Canada's board of directors to demonstrate strong support among national level leaders for young leadership. Beverly has been working diligently with the four other nominees from Newfoundland, New Brunswick, Ontario and British Columbia to develop a Leadership session for presentation at the World Credit Union Conference in Calgary. That presentation was made on July 31 before a large group of credit union professionals representing 62 countries around the world - with all her OMISTA www.omista.com supporters, not to mention many other credit union professionals from Atlantic Canada, there in attendance. The five nominees and their presentations were assessed by a panel of judges. OMISTA was thrilled and filled with pride to learn the number one **Young Leader for Canada** was Beverly Somers. As the winning nominee, Beverly receives a \$10,000 scholarship to cover tuition and travel costs to attend a leadership development program at a recognized university in Canada.
- **The Prince Edward Island Co-operative Council (PEICC)** was formally incorporated on July 27th, 2007. Its inaugural Annual General Meeting will be held in Charlottetown on Friday, October 19th, 2007, at which time the Island's co-operative sector will be able to vote for the new Board. A ten-member Steering Committee that was nominated at the March 19th session in Charlottetown (to which all Island co-operatives and credit unions were invited) has been working for the past five months on ways to harness the enthusiasm and commitment of the co-op sector into an effective and respected PEI Co-op Council. Progress has been slow but steady, and the PEI Steering Committee has now achieved the significant step of registering the organization under the Co-operative Associations Act of Prince Edward Island. For more information, contact peicoopcouncil@gmail.com
- **La Société coopérative de Lamèque Limitée** was recently chosen to receive an Environmental Leadership Award for Business from the New Brunswick government. For

many years La Société coopérative de Lamèque Limitée has encouraged its members and customers to support a plastic bag recycling and reuse program. A plastic bag recycling bin was installed at the store entrance so that customers could bring back their used plastic bags. The co-operative also offers members and customers reusable plastic bags and fabric bags. In addition, training in efficient grocery packing was given to cashiers so that they could then pack the items better to reduce the number of bags used. The co-operative has also changed the way it operates to include the introduction of a cardboard recycling program, installation of a high-efficiency heating unit, and offering members a choice of regular or recycled paint. For more details <http://www.co-oponline.com/sites/CoopDiffStory.aspx?id=21>



Trends – If you are even remotely interested in international development (and most co-operators are), you will want to listen to a presentation by **Hans Rosling**. Rosling is a professor of International Health at Sweden’s Karolinska Institutet. His background is medicine and statistics and he spent many years in Africa studying outbreaks of diseases in remote areas. (There is more about Hans Rosling at en.wikipedia.org). I learned about him from his first talk at the TED conferences in 2006, where he introduced his Gapminder tools to the audience. From Wikipedia: “The aim (of **Gapminder**) is to promote a fact-based world view through increased use and understanding of freely accessible public statistics. His lectures using Gapminder graphics to visualise world development have won awards by being ‘humorous, yet deadly serious.’ ... In March 2007, Google acquired the Trendalyzer software with the intention to scale it up and make it freely available for public statistics.” It’s a trend even Statistics Canada has embarked upon – it offers much more free data than it did a couple of years ago, for example. To many people, statistics are boring, but Rosling’s presentation style and software revives them in a way that makes the numbers make sense to most people. As the timeline moves on the screen, you can literally see the effect that historical events have had in the development of any country – a change in leader or the end of a war moves the country in a particular direction, along with the effects it may have on neighbouring countries, etc – in a way that is much more visible and clear than a spreadsheet with numbers ever could. To see Rosling’s TED talks presentations – I suggest you watch 2006 then 2007 – visit ted.com and enter ‘Rosling’ in the search field, or download via your podcast software. A note: there is a surprise at the end of the 2007 presentation where Rosling proves that ‘the seemingly impossible is possible’. – *Ron Levesque*



Circle of Life - Waste Not Tips: This week, we invite readers to share their tips for reducing waste or reusing items. This could be ways to use food that is reaching the end of its shelf life or turning something that would go to the garbage into a useful household item. My tip, which I just learned from a friend, is to take a bottle of wine that won’t be finished, and may not taste so good in a day or two, and pour it into ice cube trays. You can use the frozen wine cubes the next time you cook with wine. Send your tips to news1@nbnet.nb.ca – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from the **Northern Co-operative Meat Company Ltd** It is recognized as one of Australia’s leading red meat food processors. Its vision statement: *Through teamwork and partnership, meet the challenge of the future and achieve excellence in quality service.* <http://www.cassino.com.au/opportunity.php> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - Jackie Jardine of the **New Brunswick Teachers Association Credit Union**, based in Fredericton, NB is **chairing a task force on youth for the Credit Union Central of New Brunswick**. This group of eight credit union representatives is interested in finding strategies for drawing more youth into credit unions; as members, staff or directors. Currently the group is awaiting the return of surveys concerning youth involvement and products/services of all of the 19 NB credit unions. After gathering this information, the group will be better able to assess what strategies have been successful and what suggestions they might include in a youth tool kit that they will distribute to all credit unions. If you have any suggestions or ideas, please contact Jackie Jardine at jjardine@nbtacu.creditu.net –
Erin Hancock



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. **The Book Co-operative** aims to bring together people looking for books and journals with those looking to dispose of them. It is primarily used by university, public and commercial libraries who wish to dispose of their unwanted items. http://www.book-cooperative.co.uk/pages/page_1.php?PHPSESSID=8840645e33ca865cc4dcf35b72d2ff2e



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Answer:

Name	Profession	Salary
Alan	MP	\$14,000
Brian	lawyer	\$12,000

Charles doctor \$10,000

Derek vet \$ 8,000

This week's contest: What comes next in this sequence: dog, goat, tarantula, aardvark, koala?
Choose from: cat, mouse, antelope, elephant



Co-op Ed 101 - This week, while travelling in Cape Breton, I was thinking about the many opportunities for tourism in Atlantic Canada and wondering how we could use the co-operative model to develop tourism to benefit local communities. I found this example from British Columbia. **Tourism Richmond (BC)** <http://www.tourismrichmond.com/aboutus.htm> is a non-profit, membership driven organization with the mandate to position and market Richmond as a visitor destination. Currently there are over 200 members associated with Tourism Richmond, which has a voting board of up to 25 directors and various standing committees. Tourism Richmond is creating co-operative tourism marketing initiatives and promoting the development and growth of the tourism industry in Richmond through working co-operatively with members and partners to increase the economic benefits of tourism. It is interesting to note that the Richmond County area of Cape Breton, has a similar initiative, also incorporated as a co-operative, and its mandate is very similar.



Co-op Cooking – When broccoli has appeared on your table once too often dressed in a cheese sauce, try the following for a real change of taste.

Broccoli in Garlic Butter

1 bunch broccoli, cut into florets

2 tbsp butter

1 tbsp extra-virgin olive oil

2 cloves garlic, minced

1/2 tsp dried rosemary

1 3/4 tsp salt

1/4 tsp black pepper

3/4 cup grated Parmesan cheese

Steam broccoli. Drain well. In large skillet, heat butter and olive oil. Add garlic and rosemary; saute 1 minute. Add broccoli, stirring to coat. Cook until heated through. Season with salt and pepper. Turn into serving dish; sprinkle with Parmesan cheese. Do you have a favourite recipe which utilizes the fresh produce coming from your garden or the wonderful things appearing in roadside stands or our co-ops these days? Or perhaps for a specialty dish found in your corner of the country? Would you like to share it? Send it along to co-opcooking@hotmail.com. Have a great week, people.- *Glenna Weagle*



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

- *We have done the 5 cents bag to encourage members to use boxes, cloth or reuse their plastic bags since the late eighties.* – Fredericton Direct Charge Co-op
- *Dear co-operators: Hurrah! that Co-op Circles is now archived! Woo-ho! I hope that someone(s) will have the early editions, so that the archive can be completed (I checked my inbox, but none were there, sadly). Love, In, and for, co-operation.* – J.C. (Editor's Note:

We thank the Coady International Institute staff for archiving Co-op Circles each week. The very early Circles have not been archived yet but we hope to make them available soon.)

- *Our coop - Shean Co-op in Inverness, Nova Scotia - has been charging 3 cents per plastic bag since late June, 2007. This is a result of a motion adopted at our annual meeting in May. Note that our cost for the bags is between 3 and 4 cents each. Our customers have been supportive of our small effort towards environmental responsibility. – M.H.*



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

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

Next *Co-op Circles*: Wednesday, August 29, 2007



Week of Aug. 26 – Sept. 1, 2007, Vol. 2, No. 45
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings – “*We all need to work for a world in which peace, health and social justice are the rule - not the exception.*” - Matthias Rath www.drrathresearch.org Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- “The plight of a **beef processing facility** on Prince Edward Island seems to exemplify the difficulties being faced by an industry that has been in crisis for far too long. While Co-op Atlantic does stock Atlantic beef in small quantities, Superstore and Sobeys for the most part don’t, meaning most consumers in larger centres – including Truro – can not purchase locally-produced beef from one of the grocery giants.” See the complete story at <http://www.atlanticfarmfocus.ca/index.cfm?iid=2733&sid=23952>)
- **Stefan Joseph Henry Haley**, 1944-2007, of Kentville, NS, passed away Friday, August 17, 2007 in Mountain Lea Lodge, Bridgetown, NS. He had been employed as a freelance writer and was most recently working in Korea as an editorial consultant to the Senior Editor of YBM Publications, which included CNN, Newsweek, and National Geographic. Many people in the co-op retail system will remember that Haley wrote *Tested By Fire: The Life and Work of W.H. McEwen* in 1980. McEwen was a former general manager of Co-op Atlantic. Condolences and more details can be found at <http://www.whitefamilyfuneralhome.com/obituaries/30227>
- **Valley Credit Union** (<http://www.valleycreditunion.com>) in Nova Scotia’s Annapolis Valley, held its 3rd Annual Valley Credit Union Charity Golf tournament on August 20th. It was a success with great prizes, sponsorship and weather. The credit union raised more than \$5,000 this year, which brings its total commitment to the Canadian National Institute for the Blind close to \$12,000 during the past three years! The credit union staff and board extend their gratitude for the support by prize donors, volunteers, sponsors, golfers and the Greenwood Golf Club.



Trends – I suppose you could fault Newfoundland and Labrador Premier Danny Williams for airing his federal dirty laundry, but you have to give him and his tourism people full marks for a portion of his province’s tourism strategy. You see, summer tourism strategies are usually hammered out in the fall or winter prior to summer, and one of the things that features prominently in their campaign this year is...clotheslines and fresh air. Big deal, you say? Turns out, it’s becoming one. There is a trend beginning to pick up speed around the world for the return of the **simple clothesline**. Once seen as ‘lower class’, more and more people are turning to the clothesline to dry their clothes and to make a point, especially in housing developments that have covenants banning the use of clotheslines. The electric clothes dryer is one of the most

power-hungry appliances you can own, and not using a clothes dryer will go a little way in using less electricity. But with all the scientific breakthroughs available to modern consumers, I say the best reason to use a clothesline is still the fresh scent of the outdoors when you don that shirt, dry yourself off with that towel or slip into those bedsheets that hung outside and dried for free. No amount of artificial fragrances (some would say ‘cancer-causing’) can even come close to what fresh air can do. See

<http://www.newfoundlandlabrador.com/About/OurCulturalHeritage/FreshAir.aspx> for Newfoundland and Labrador’s ‘fresh air’ campaign. For more on the ‘Right to Dry’ movement, simply enter those words in Google. – *Ron Levesque*



Circle of Life - This week, a look at a worker co-op that has taken an environmental, community focused approach. **Green Worker Cooperatives** is a South Bronx-based organization dedicated to incubating worker-owned and environmentally friendly co-operatives in the South Bronx area of New York City. They are currently developing their first co-operative, ReBuilders Source, a retail warehouse for surplus and salvaged building materials recovered from construction and demolition jobs. Check out <http://greenworker.coop/> for more information on this innovative, community minded co-op. Don’t forget to keep sending your Waste Not tips to news1@nbnet.nb.ca We will be receiving these for the next couple of weeks.– *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from the **Positive Power Co-op**, a passionate group of community leaders in Ontario who are committed to putting “wings in the sky”. Their vision is “a healthy and sustainable environment through community-based renewable energy”. <http://www.positivepowerco-op.com/about/wings.htm> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - The **North American Students of Co-operation** have recently undated their website, so you may visit their ‘Welcome’ site at <http://nasco.coop/node/390>. The group “organizes and educates affordable group equity co-ops and their members for the purpose of promoting a community oriented cooperative movement.” They have a Shared Resource Library offering co-operative information, found at <http://www.nasco.coop/resources/>. It offers a variety of resources for those wishing to learn more about co-ops. The site is also designed to encourage co-operatives to exercise user ownership over the site content by offering the ability to add and change content on the site. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Ashlie, PEI, Grade 6: “*In your presentation I really liked the things that you brought in to show, especially the worry doll and wonderful weaving. I also liked that you had pictures of the schools.*”



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. **Syinurayi Collective Farming Co-operative** is located in the Cashel Valley, Manicaland Province, Zimbabwe. It has 24 members and is situated in a community of just less than 100 people. The objectives of the co-operative are: to develop agricultural inputs in the area, improve the living standards of the members,

become self reliant, and process farm produce to finished goods.
http://www.learningcentre.coop/co-ops_featured.php#farm



Co-op Community Bulletin Board

- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI
<http://www.acyl.coop/english/index.htm>

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



Contest of the week – We had 10 correct entries last week. The first to arrive was from Yvonne MacKey, Co-op Taxi, St. John's, NL. Congratulations! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the "Contest Can" for the month end draw. **Last week's contest:** What comes next in this sequence: dog, goat, tarantula, aardvark, koala. Choose from: cat, mouse, antelope, elephant. Answer: Antelope - the next word starts with the last letter of the former word. **This week's contest** is a bit harder. Traffic was bad going to work this morning. I only managed to average 30 mph. How fast must I go home tonight, along the same route, to average 60 mph for the entire round trip?



Co-op Ed 101 - I subscribe to a listserv for worker co-ops (workercoop@yahoogroups.com).

Recently, **Cortes Natural Food Co-op**, a hybrid co-op on Cortes Island, B.C., caught my attention. It has about 450 members who pay (in addition to purchasing a share), an annual fee of \$30 to keep prices affordable. There are about 25 workers (not all year round) annually who are paid wages and members. The co-op sells groceries, healthcare items, locally grown produce, locally made crafts and supports local businesses. The board consists of a maximum of 9 directors of which at least 50 per cent are workers. Its role is not so much the day to day running of the co-op as to be the overseer who ensure that the interests of the three parties (consumer-members/worker-member/local producer-business-members) are balanced. After four years of business, the co-op store has changed the island's buying habits to more organic, more local and fewer ferry trips to a larger town for shopping. I could not find a web site for the co-op, just the community of Cortes Island <http://www.vancouverisland.com/Regions/towns/?townID=212>



Co-op Cooking – These days the garden is producing an abundance of produce and it seems the most bountiful plant is the zucchini. These veggies seem to grow, overnight, to 6 or 8 inches, and occasionally hide under the leaves until you discover one that could easily substitute for a baseball bat. Friends and neighbours can only handle so much of this abundancy. So if you own a zucchini plant, you are always looking for new ways to use them. Perhaps you haven't tried this one yet:

Chocolate Zucchini Cake

1/2 cup vegetable oil

1 1/3 cups sugar

4 tbsp cocoa powder

2 eggs
2 1/2 cups flour
1 tsp baking soda
1 1/2 tsp cinnamon
1/2 cup sour milk
2 cups grated zucchini

Mix oil, sugar, cocoa and eggs until well combined. Add flour alternately with sour milk, beginning and ending with flour. Add soda and cinnamon to first addition of flour. Stir in zucchini. Pour into greased, floured, fluted pan. Bake at 350 for 40 to 50 minutes; tester should come out clean. Cool on wire rack 5 minutes. Remove from pan and complete cooling on rack. Tip: Dust your pan with a little cocoa powder instead of flour and your chocolate cakes will have a rich brown look.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, September 5, 2007



Week of Sept. 2 – Sept. 7, 2007, Vol. 2, No. 46
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Openings – “*There is hunger for ordinary bread, and there is hunger for love, for kindness, for thoughtfulness, and this is the great poverty that makes people suffer so much.*” - Mother Teresa nobelprize.org/nobel_prizes/peace/laureates/1979/teresa-bio.html Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Cape Breton’s first funeral co-operative is looking for more investors to help it launch into business. Greg Nearing, president of the **Sunset Funeral Co-operative**, based in **Inverness County**, said they have about a third of the investment money they need to start up. “We currently have raised about \$75,000 in investments of which we have Nova Scotia equity tax credit, where people can invest up to \$1,000 a year for two years and get a 30 per cent tax credit,” Nearing said. The co-op has 430 members and 27 church congregations on board. Funeral services and wakes would be held in sanctuaries and halls in Inverness and Victoria counties for people that have signed on so far. The area usually has about 160 funerals every year. Nearing said for the co-operative to be successful, it only needs to arrange about 40 funerals, about 25 per cent of the total number normally held in the area each year. The co-op has been able to attract a qualified funeral director and embalmer, he said. The co-operative has also made an offer to buy the former Ceilidh Trail School of Music building in Broad Cove, Inverness County. To join, co-op members pay \$25 each, and that entitles them to a \$250 deduction on funeral costs. Non-members within the geographical area of a sponsoring congregation can also be buried by the co-op. Cremation is also possible. This co-op is modelled on the Arimathea Funeral Co-op, which has operated in Upper Musquodoboit for about 10 years.
- For the third year in a row, an independent survey of thousands of Canadians has shown that credit unions rank first among financial institutions in overall quality of customer service. The 2007 Synovate customer service index also found that credit unions ranked ahead of all banks and other financial institutions in the areas of staff service, financial products and services, information handling and communications, and in the way they value their members’ business. The survey, which has been done annually since 1987, canvassed 17,500 regionally and demographically representative Canadians between July 3 and August 13.
<http://www.nscreditunions.ca/default.asp?id=190&pagesize=1&sfield=content.id&search=296&mn=1.21.42.103> “Synovate’s research has again confirmed that Canadians prefer the way credit unions’ focus on the needs of their customer-owners,” says Bernie O’Neil, President and CEO of the Credit Union Central of Nova Scotia

- The **Canadian Co-operative Association** is hosting a rural **co-operatives study mission** to the Philippines January 26th to February 11th, 2008. Deadline for applications is Friday, September 28th, 2007.
<http://www.coopscanada.coop/pdf/Tc/2007/StudyMissionPromoPiece.pdf>
- In addition to sponsoring an **annual blood donor clinic**, York, Capital, and NBTA Credit Unions, and the Fredericton Direct Co-op, donated four prizes of Lobster and Steak, for a draw. The Annual Blood Donor Clinic was held at the Fredericton Inn, on August 7th and 8th. Over a 2 day clinic 349 units of life saving blood were collected.
http://www.yorkcu.nb.ca/press_release.html
- The *Nova Scotia Credit Unions Charitable Foundation* is pleased to announce the start of the **2007/2008 NSCC Bursary Program**. The bursary program encourages customer-owners to apply for a \$500 bursary to attend any of the Nova Scotia Community College campuses. Two bursaries will be awarded at each of the 13 NSCC campus locations this fall. Complete applications for the 2007/08 academic year must be received by the Student Services office no later than 5:00PM on September 28, 2007. For a copy of the application form, please phone 902.769.5317 or email cpcinfo@cpclare.creditu.net



Trends – Last week ended with me reading a retail discussion group that included a news item saying that **ACE Hardware** – which everyone knows is a retailer-owned hardware co-operative based in the United States – was thinking of **leaving the co-operative structure in favour of a ‘for-profit’ corporate structure**. That was in the first paragraph. Two things struck me initially when reading this – the first was that co-operatives, although different from corporations, are not necessarily ‘not for profit’, though uninformed readers of that particular news item may have easily come to that conclusion by reading the article. The second thing that struck me was that this seemed to me a disturbing trend – that of co-operatives converting into corporations. I actually don’t know if it’s a trend or not – perhaps it’s simply that some high-profile co-ops are converting...Digging deeper (reading further along into the article) I found this statement: “We’re preparing all the documents we need to file with the SEC (Securities and Exchange Commission). We want to make sure everything is in line with the SEC before we communicate anything else to our members or the general public.” So much for the co-operative Value of transparency; much less for the Principle of member information...

As I mentioned at the beginning, this was a retail discussion group, not a co-op discussion group and my feeling was that most would favour the conversion. However, many were quick to realize that changing the structure would have little bearing on the future success of ACE Hardware, with many recognizing that ACE’s ace, so to speak, was that it was well positioned to cater to the regional markets not served by big-box hardware stores. To quote one observer: “...this is perhaps the most consequential strategic decision contemplated by Ace since its inception. Doesn’t it deserve detailed, critical examination by the owner/members before it is put to a vote?” Indeed. Read the original article here: <<http://chicagobusiness.com/cgi-bin/news.pl?id=26209>> – *Ron Levesque*



Circle of Life - Back-to-School – It’s that time of year again and there are more ways than ever to help your child be more environmentally friendly when they return to school. Things like using reusable containers in lunches and going through last year’s supplies, versus buying all new things, can help reduce the amount of consumption, and the amount of money spent. Follow this link for more ideas to save the environment and some money when going back-to-

school:

<http://www.canadianliving.com/canadianliving/client/en/Health/SpecialDetailNews.asp?idNews=239186&idsm=517&special=1&pg=1> **Remember** to keep sending your **waste-not tips** to for the next two weeks. We will be sharing those tips in Week 48. – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from the **Hawkeye REC**. This co-operative is a private, non-profit electric utility owned by the members it serves. Its membership covers a range of home, farm, business and commercial consumers in Howard, Chickasaw and Winneshiek counties in Iowa. Its vision statement is: *“To provide access to safe, dependable and affordable electric services.”*

http://www.hawkeyerec.com/about_hawkeye_rec/cooperative_profile.php Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - The **Saskatchewan Co-operative Association** is looking to fill a 5-month contract position (running from October until the end of February); Marketing and Recruitment Officer for their youth program. Applications will be accepted until September 10. The position requires strong communication skills and involves providing presentations and workshops to promote the youth program. To view the job description visit,

<http://youth.sask.coop/siteimages/marketing%20position%20job%20description.pdf> or call (306) 244-3702. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Jake: *“Today I learned a bit about other countries and how they live. I can’t believe they have to eat rice with every meal. I also learned to recycle and how nice it is to live in Canada.”*



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. The purpose of a **Baby-sitting Co-op** is to help mothers-of-preschoolers have time-out so moms can better care for themselves, their families, and each other. To get more information, go to <http://www.babysittingcoop.com/>



Co-op Community Bulletin Board

- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI <http://www.acyl.coop/english/index.htm>
- September 27 - the Credit Union Atlantic Fall Classic Golf Tournament in support of Junior Achievement of Nova Scotia. The tournament takes place at Oakfield Golf & County Club <https://www.cua.com/>

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



Contest of the week – Last week there were many submissions. The first correct one was from Leanne Boutilier, Sydney, NS. Contest entry deadline each week is Tuesday, 12 noon. The lucky submission drawn from the contest can for the month of August was Sally White, Moncton, NB. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. **Last week’s contest:** Traffic was bad going to work this morning. I only managed to average 30 mph. How fast must I go home tonight, along the same route, to average 60 mph for the entire round trip? **Answer:** 90 MPH **This week’s contest:** It’s fall and apple picking time in the Annapolis Valley. A man had to pack a sack of apples into packets but as each packet had to have exactly the same number of apples he was having difficulty. If he packed 10 apples per packet, one packet only had 9. If he packed 9 apples per packet, one packet only had 8. If he packed 8 apples per packet, one packet only had 7. If he packed 7 apples per packet, one packet only had 6. And so on down to 2 apples. How many apples did he start with?



Co-op Ed 101 - I was at yard sales Saturday and was amazed at how many used, and in some cases, almost new computers/printers/scanners are available for under \$10. I thought readers might like an alternative. Donate them where they can do some good.

<http://www.rebootcanada.ca/index.html> **reBOOT Canada** is a non-profit organization providing computer hardware, training and technical support to charities, non-profits and people with limited access to technology. reBOOT Canada accepts donations of computer equipment from companies and individuals throughout Canada. The organization refurbishes as much of the equipment as possible. reBOOT Canada will refurbish your equipment when possible, recycle what cannot be fixed, redistribute the refurbished PCs to charitable organizations in your community and issue a tax receipt for the market value of Computers, Monitors and Printers. Contact: Andrew Lavigne - Technology Program Coordinator, 65 Brunswick St., Fredericton, NB, E3B 1G5, Phone: (506) 458-8739, Fax: (506) 457-2863, techcoord@easterseals.nb.ca, <http://www.easterseals.nb.ca/reboot/>



Co-op Cooking – These tacos make a great snack, filled with the goodness of vegetables, or with a little slight of hand they can become your lunch or dinner salad.

Mushroom Filled Tacos

2 tbsp olive oil,

1 medium onion, finely chopped

1 large carrot, peeled and grated

1 medium zucchini, grated

1 lb. sliced fresh Mushrooms

1 envelope reduced salt taco seasoning mix

1/4 cup water

12 taco shells, warmed

4 romaine or iceberg lettuce leaves, thinly sliced

Garnish: finely diced tomato (optional)

Method: Heat the oil in a large non-stick frying pan over medium-high heat. Add onion and mushrooms; cook and stir for 3-4 minutes or until lightly browned. Add carrot, zucchini, taco seasoning mix and water, cook and stir to mix well. Lower heat to medium, cover and cook about 4 minutes or until vegetables are tender. Uncover and bring to boil until juices evaporate.

To serve, place about ¼ cup (50 mL) filling in each taco shell and top with lettuce and garnish if desired with tomato. Makes 12 tacos. Tips: To save time, buy pre-sliced mushrooms and grate carrot and zucchini in food processor.

To warm taco shells separate and place the shells onto a baking tray and heat in 350°F (180°) for 10 minutes or until hot. Variation: Taco Salad: Reduce oil to 1 tbsp (15 mL); add ½ lb (250 g) lean ground beef with onion and cook, stirring often until beef is browned; then add mushrooms, carrot and zucchini and continue as directed above. Serve hot mixture over salad greens; top with sour cream and chopped green onions. Garnish plate with tomato wedges and taco chips. -

Glenna Weagle



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- *Hello, I really enjoy your ezine, which I now subscribe to at home and at work. Thank you kindly, and I'm putting the Zucchini chocolate cake on my TO DO LIST for this weekend! Sincerely, JM PS – will you be featuring news about the Grand Re-Opening of the New Minas Co-op (last Monday) in your next issue? Editor's Note: Congratulations to Kent Co-op on its grand re-opening! Watch for what's happening at this Valley co-op in next week's issue.*



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Next *Co-op Circles*: Wednesday, September 12, 2007



Week of Sept. 9 – Sept. 15, 2007, Vol. 2, No. 47
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To subscribe: circles1@nbnet.nb.ca

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Openings – “Someday perhaps the inner light will shine forth from us, and then we'll need no other light.” - Johann Wolfgang von Goethe www.imagi-nation.com/moonstruck/clsc20.html

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



This Week in Co-op Circles

- **AFCOOP** in Halifax, NS, is presenting FIRST EXPOSURE, a series of fall filmmaking workshops. The workshops are designed to introduce the basics and expand the development of filmmaking skills. Participants are encouraged to take as many classes as they want from AFCOOP's diversified workshop catalogue. FIRST EXPOSURE features 17 evening workshops plus an exciting new series called “The Dramatic Film Lab”, a 16 week extensive course in film production. This fall, the co-op is also featuring an intensive editing workshop with feature film editor Alan Collins. The workshop staff is comprised of local industry professionals and established filmmakers. All workshops are located at The Atlantic Filmmakers Cooperative, CBC Radio building, 5600 Sackville St., Halifax, NS, unless otherwise stated. WORKSHOP DATES: September 11, 2007 to mid December 2007 PRICE: \$30.00 AFCOOP Members / \$45.00 Non-members (unless otherwise indicated)
- **Credit unions across Prince Edward Island** are once again proud of the success of their annual Golf for Wishes. More than \$20,000 was raised. This year, 36 teams participated, representing organizations and business from PEI and Atlantic Canada.
<http://www.peicreditunions.com/news/article.php?ID=598>



Trends – Last week I wrote about **co-operative conversions** and said I was not sure whether it was a trend or not. I still do not know. But a little research shows there are lots of resources (on the Web at least) purporting to help co-ops stave off conversion, or demutualisation, as it may be called, especially in insurance circles. Oddly enough, or not so oddly, once you read about it, the success of a co-operative can lead to a perceived need to convert to a more capitalist form of organization. The thought process goes a little like this: your co-op has been listening to members, providing everything you want/require from your co-op to the point where members become apathetic – life is good, if it ain't broke... Management, perhaps the board too, embark on visions of grandeur that require more capital than what the members can or want to provide (remember, they are happy as is and have not really been told of the vision), and the push is on to convert and essentially buy out the member owners. About the only thing worse than having apathetic members when things are going well is having apathetic members when things aren't going well. Hmmm...maybe member apathy is the trend we should be worried about? Find out more about co-operative conversions at the Canadian Co-operative Association's website: <http://www.coopscanada.coop/resources/publications/articles/> – Ron Levesque



Circle of Life - Back-to-School – Active & Safe Routes to School: As a follow-up to last week, and a return to school, we feature a program that focuses on active kids, safe routes to school and activities that protect the environment. Active & Safe Routes to School is “a comprehensive community-based initiative that taps into the increasingly urgent demand for safe, walkable neighbourhoods.” Go to www.saferoutestoschool.ca to learn more and click on Tour the World to find a program in your neighborhood.

Remember to keep sending your **waste-not tips** to for the next two weeks. We will be sharing those tips in Week 48. – *Bronwyn MacKinnon*



What is Your Vision Statement? –This week, a vision statement from the **HMECU (Healthcare and Municipal Employees Credit Union** in Ontario. Its vision: “*To be the financial institution of choice among the public sector and healthcare employees and their families*” <http://www.hmecu.com/about.php> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - The **North American Students of Co-operation (NASCO)** are hosting their annual Institute for Co-operative Education and Training in Ann Arbor, Michigan from November 2-4. The purpose of the conference is “to share ideas, learn new skills, and look at issues affecting the cooperative movement worldwide”. They are expecting about 400 young co-operators from across the US and Canada to attend and partake in sessions concerning student co-ops, women and co-ops, building communities and more. Early-bird registration closes October 5, so visit NASCO’s website at <http://www.nasco.coop/institute/> and register soon (scholarships for travel and registration available). – *Erin Hancock*



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



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we feature **Fair Trade Quilts and Crafts** Your purchases from this group helps provide sustainable incomes to the artisans that hand craft the patchwork quilts, and other crafts. <http://www.fairtradequilts.com/index.html> Get a jump on Christmas shopping!



Co-op Community Bulletin Board

- September 18 - Member Association Meeting – CCC Sackville, 7 PM, Coastal Inn
- September 18 – Member Association Meeting – CCC Mapleton Road and Record St stores, Moncton, 7PM, Lions Club
- September 20 – Member Association Meeting – CCC Braemore, 7 PM, St Ninian’s Place, Antigonish, NS

- September 24 – Member Association Meeting – CCC Pictou County, 7PM, St Gregory’s Parish Hall
- September 24 – Member Association Meeting – CCC Sydney, 6:30 PM, Steel Workers Hall
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- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI <http://www.acyl.coop/english/index.htm>
- September 27 - the Credit Union Atlantic Fall Classic Golf Tournament in support of Junior Achievement of Nova Scotia. The tournament takes place at Oakfield Golf & County Club <https://www.cua.com/>
- November 22-24 CWCF's AGM/Conference “Community Sustainability & Worker Co-ops”, Ancaster, Ontario. The basic info on the conference is available at: <http://coopzone.coop/en/node/2022>. It will be updated with details shortly.

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



Contest of the week – Last week the first correct submission was from Marty Frost in British Columbia (Maybe he picked apples in the beautiful Okanagan Valley when he was young.) Well done, Marty !! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw.

Last week’s contest: It’s fall and apple picking time in the Annapolis Valley. A man had to pack a sack of apples into packets but as each packet had to have exactly the same number of apples he was having difficulty. If he packed 10 apples per packet, one packet only had 9. If he packed 9 apples per packet, one packet only had 8. If he packed 8 apples per packet, one packet only had 7. If he packed 7 apples per packet, one packet only had 6. And so on down to 2 apples. How many apples did he start with? Answer: 2519

This week’s contest: Three people check into a hotel. They pay \$30 to the manager and go to their room. The manager suddenly remembers that the room rate is \$25 and gives \$5 to the bellboy to return to the people. On the way to the room the bellboy reasons that \$5 would be difficult to share among three people so he pockets \$2 and gives \$1 to each person. Now each person paid \$10 and got back \$1. So they paid \$9 each, totalling \$27. The bellboy has \$2, totalling \$9. Where is the missing \$1?



Co-op Ed 101 - In a recent issue of Farm Focus I found this story on Retaining and recruiting the next generation of farmers in Cape Breton - **Elderfield Farm Cooperative** <http://www.atlanticfarmfocus.ca/index.cfm?iid=2758&sid=24252> I was reminded of the area

around the Miramichi where I spent my summers on my grandparents' hobby farm, a 1100 acre wood lot, large apple orchard, and vegetable garden. Next door was Harold MacLean's big dairy farm where the Northumberland Co-op truck came for milk pickup a couple of times a week. Just down the road there were lots of small farms and a few large ones. All of them are gone now. The fields are fallow or reverted to scrubland. I wonder if in 50 years there will be a reversal or will all out food be imported? Lars Willum is the host and producer of a popular regional television show "Be My Guest". "If kids don't gain an appreciation of where their food comes from at an early age, the value of agriculture becomes lost to them. I personally think that if agriculture is approached in a sustainable way, it's a great profession for young people to become involved in," says Willum. "There's a range of opportunities out there at every level." – *Maureen MacLean*



Co-op Cooking – Here on the South Shore of Nova Scotia we have a passion for Cucumber Salad; a mixture of pressed, thinly sliced cucumber, onion and sour cream. If your garden is producing as many cucumbers as ours, try freezing some of them to use during the winter.

Cucumber Salad from the Freezer

4 quarts thinly sliced cucumber

2 tbsp salt

1 1/2 cups vinegar

2 cups sugar

In large bowl, sprinkle cucumbers with salt, cover with a plate which fits into bowl and add weight to press; (a juice bottle filled with water works well). Let stand 2 to 3 hours. Drain well.

In saucepan, combine vinegar and sugar. Bring to boil. Stir into cucumber and let stand 1 hour. Ladle into containers leaving 1/2-inch headspace, and freeze.

To use, thaw slowly in refrigerator. Drain and add a sprinkle of white pepper and sufficient sour cream to coat cucumber. Add thinly sliced onion if desired. Instead of sour cream, canned milk may be added to undrained cucumbers. - *Glenna Weagle*



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



Week of Sept. 16 – Sept. 22, 2007, Vol. 2, No. 48
Edited and Compiled for you, by the Rising Tide Collective

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Openings – “If you think you’re too small to have an impact, try going to bed with a mosquito in the room.” — Anita Roddick www.anitaroddick.com/ Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- Members at **Consumers Community Co-operative** locations in Moncton have had an opportunity during the past few months to attend kitchen meetings on a variety of topics. Local council member Maureen MacLean and her fellow council members and staff have hosted the monthly meetings on such diverse topics as osteoporosis, healthy snacks and lunches, taking digital photos, and greening your home. “The short, informational meetings are designed to provide today’s consumer with tips and tidbits designed to make life easier,” says MacLean. Participation has ranged from 10 to 20 depending on the topic. Members at **Consumers Community Co-operative** locations in Moncton have had an opportunity during the past few months to attend kitchen meetings on a variety of topics. Local council member Maureen MacLean and her fellow council members and staff have hosted the monthly meetings on such diverse topics as osteoporosis, healthy snacks and lunches, taking digital photos, and greening your home. “The short, informational meetings are designed to provide today’s consumer with tips and tidbits designed to make life easier,” says MacLean. Participation has ranged from 10 to 20 depending on the topic. Members and visitors are welcome. Fall topics include vitamins and supplements, winterizing your home, and Christmas centerpieces made easy. Anyone who is interested in trying something similar at their co-op is invited to correspond with MacLean at kitchenmeeting@aim.com
- The 2007 AGM and Conference of the **Canadian Worker Co-op Federation** will be held in Ancaster, ON from Nov. 22-24. This year’s theme is Worker Co-ops & Community Sustainability. What role can the worker co-op movement play in helping to create sustainable communities, in conjunction with allied movements such as labour and the fair trade movement? The keynote speaker will be Lynn Williams, retired president of the United Steelworkers of America. He was the first Canadian to ever preside over the international USWA and is a legendary pioneer of union-led buyouts of enterprises. Under his leadership, the Steelworkers moved to the forefront among unions in using employee ownership to retain jobs, and in negotiating innovative participatory bargaining agreements. Another major highlight this year is that the recipient of the **Worker Co-op Merit Award** will be CWCF’s former President (from 1994 through June 2007), **Mark Goldblatt**. For more information and detailed agenda go to www.canadianworker.coop
- Members at all **Consumers Community Co-operative** locations are holding their fall member association meetings in late September. Topics for discussion included an update on

operations and local council activities, as well as amalgamation with Co-op Atlantic. Members elected delegates to attend a special member meeting in Moncton on Saturday, Nov. 3. The two co-operatives will be amalgamated in January. Former CCC locations will have advisory councils who will be part of the governance structure that elects delegates to annual meetings, submit resolutions and take part in the democratic structure of the co-operative.

- **Family Place**, a family resource centre, in Summerside and the **Co-op Development Foundation of Canada**, will be hosting a fundraiser on October 12th at 6:30 pm at the French School, École-sur-Mer, on 5 avenue Maris Stella in Summerside. Evening fun begins at 6:30 pm and promises to be a family affair. A variety of talented entertainers including vocalist Danalee Lynch and the singing trio, North Meets South, composed of Dr. Jim Dickson, Rachel Ellsworth and Catherine Dickson, will entertain guests. Local models will don trendy fashions from Frenchy's. A silent auction with more than 40 items will tempt even the most discerning collector. Guests will have a chance at winning door prizes and delicious finger foods and refreshments will be provided. The Summerside family resource centre, Family Place, has been providing support and services to young families living in Prince County since 1994. Executive director, Laura (Quinn) Graham, indicates the opportunity to partner with the Co-op Development Foundation in a fundraising initiative is an exciting venture. "Both organizations support community members and make a difference in the everyday lives of families, one at home in Prince Edward Island and the other in the international community." Maureen MacLean, the Canadian Co-operative Association's member engagement co-ordinator in the Atlantic Region, says by partnering with a community organization in fundraising efforts, she helps people make the connection between local and global communities. Tickets are only \$10.00 dollars each and are available at the following outlets: Consolidated Credit Union in Summerside, Frenchy's, 485 Granville Street, Summerside and Family Place, 75 Central St, Summerside, on Monday to Friday 10:00 – 4:00. More information about this fundraiser can be obtained from Family Place, 902 436-1348, e-mail laurafamilyplace@eastlink.ca and Maureen MacLean, (506) 383-8255, marcon@nbnet.nb.ca
- The documentary, **Black Gold**, <blackgoldmovie.com> was shown free of charge recently at St Francis Xavier University in Antigonish, NS. The event was hosted by **Just Us!** Coffee Roasters www.justuscoffee.com, the Just Us! Development and Education Society (JUDES) and the Coady International Institute. Jeff Moore, a founder of Just Us! and Tadesse Meskela, general manager of the Oromia Coffee Farmers Collective Union in Ethiopia and star of the film attended the showing. Meleska said the collectives are changing the rules about how coffee is produced in his country. Through the co-ops, Meskela says new schools, health centres and two clean water supply stations have been built, and \$2 million have been returned back to the farmers in the form of dividends. The film, **Black Gold**, details the lives of Ethiopian coffee bean producers, and delivers a number of disturbing statistics about how little coffee farmers are paid for the crops and the extreme poverty in which they live.



Trends – There is no hiding the fact that the green movement is making some strides in food production and distribution. But there is a very, very long way to go before the majority of food production and distribution is as efficient as possible – i.e. leaves the smallest carbon footprint and still appeals to a critical mass of food buyers. Across the pond – if you are reading this from

North America – the UK Co-op Group is embarking on yet another widespread member engagement exercise that will surely put it at the forefront of ethical retailing. (If you are so inclined, you can visit their corporate publication site at <http://www.co-operative.co.uk/en/corporate/>, and select from among a wide range of publication choices in the middle-page menu). The latest exercise is huge – they will be polling more than 4 million members for advice and opinions on a new ethical food policy. It will be the largest poll of ethics ever undertaken in the U.K. and will guide the group’s future **Responsible Retailing Strategy**. Initial focus groups and discussions have asked members to prioritize such issues as food quality, diet and health matters, animal welfare, community retailing, ethical sourcing, climate change and recycling. The final exercise will ask members to consider the adoption of truly sustainable positions that consider the previously mentioned issues in relation to each other. – *Ron Levesque*



Circle of Life - **Farmers’ Market of Nova Scotia Co-operative:** Visit <http://www.nsfarmersmarkets.ca/> for a directory of local producers in Nova Scotia where you can get farm fresh produce. It is the right time of year to find everything from corn and potatoes to cantaloupe (grown in NS!) and apples, all at your local Farmers’ Markets. Farmers’ Markets are often supporters of co-operative businesses and many times are co-operative organizations themselves. The next time you go for groceries, support a farmers’ market which support local farmers and producers, local economies, communities and co-ops. – *Bronwyn MacKinnon*

Waste Not Tips: Throwing away school lunches - Student who don’t like their lunches just leave them on the bus or throw them away. Parents never know. Recently, I attended a presentation by a local dietician on “Packing lunches to go”. She suggested that students make a list of what they want in the lunch but it has to be nutritious, not junk food. They can go shopping at the grocery store and help select a 5-day lunch list and as soon as they are able, helping the night before to pack the lunch. Everybody wins!! – *MM* More next week!



What is Your Vision Statement? –This week, a vision statement from **Common Greens** in Napa, CA which has farmers’ market information for shoppers and vendors, for communities that already have a market and for those that want to start one. Its vision: “*Our most sincere aim is to have each community enjoy, utilize and rely upon its farmers market not only for food but also for wellbeing.*” <http://commongreens.com> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - The **National Young Leaders Committee** of the Canadian Credit Union System have been quite active over the past couple of years. Their vision is “to make the credit union system the number one employer for young leaders in the financial services industry.” In May of 2006, they released a report that detailed how to harness talent and leadership for young employees of credit unions, which was a result of their Task Force deliberations (report available at <http://www.cucentral.ca/YoungLeaders06>). This year they have initiated a database to document all young leaders in the credit union system, so if you or someone involved in your credit union should be included in this database, visit http://www.cucentral.ca/NYL_DB_July07 . – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the

insights of the students, shared through comment sheets. From Taylor: *“I thought it was really interesting to learn about the schools and I really liked it when she showed us how to wear all those clothes. I was surprised to hear how poor a lot of the people are. I thought a lot about the people after the big sunamee (tsunami).”*



You CAN Do That the ‘Co-op’ Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, we feature **Calgary Co-op**. Locally owned and operated, Calgary Co-op is one of the largest retail co-operatives in North America, with 413,000 members, 4,000 employees, \$314 million in assets and annual sales of \$884 million. http://www.calgarycoop.com/about_us/



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Contest of the week – Last week, the first three correct submissions all arrived in the mail box at almost the same time: Catherine Ann Fuller, NS, Ron Levesque NB, and David Kerr, MB. Well done!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw.

Last week's contest: Three people check into a hotel. They pay \$30 to the manager and go to their room. The manager suddenly remembers that the room rate is \$25 and gives \$5 to the bellboy to return to the people. On the way to the room the bellboy reasons that \$5 would be difficult to share among three people so he pockets \$2 and gives \$1 to each person. Now each person paid \$10 and got back \$1. So they paid \$9 each, totalling \$27. The bellboy has \$2, totalling \$9. Where is the missing \$1? **Answer:** We have to be careful what we are adding together. Originally, they paid \$30, they each received back \$1, thus they now have only paid \$27. Of this \$27, \$25 went to the manager for the room and \$2 went to the bellboy. **This week's contest:** Last week, I painted a one-foot cube block of wood, using red paint. Yesterday, I decided to cut this cube into smaller blocks, each 3 inches wide. How many of these smaller cubes had red paint on:

- a) 4 of the sides?
- b) 3 of the sides?
- c) 2 of the sides?
- d) 1 of the sides?
- e) 0 of the sides?



Co-op Cooking – Here's something that goes great with roast beef or steak.

Veggie Stacks

1/4-inch thick slice of eggplant or portobello mushroom

1/4-inch thick slice of red onion

1/4-inch thick slice of Bocconcini cheese

1/4-inch thick slice tomato

grated Asiago cheese

Assemble stacks by layering eggplant or mushroom, onion, Bocconcini cheese and tomato. Place stacks on cookie sheet and sprinkle with grated Asiago cheese. Bake at 375F for about 20 minutes, until cheese melts and veggies soften.- *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, September 26, 2007



Week of Sept. 23 – Sept. 29, 2007, Vol. 2, No. 49
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Openings – “What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.” - Pericles Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- The **Antonine-Maillet–Acadie Vie Literary Award** unveiled the names of its 2007 finalists http://www.acadie.com/en/communiqué_affiche.cfm?id=150 The awards are supported by the Caisse Populaire movement in New Brunswick. The Annual Award and Richelieu Youth Award winners will be unveiled during the official awards ceremony to be held on Wednesday October 3, 2007, at 6 p.m., at the Édifice Martin-J.-Légère of the Fédération des caisses populaires acadiennes. Since 1999, the Antonine-Maillet-Acadie Vie Literary Award has given out a total of \$45,000 in grants to 17 Acadian authors in recognition of their works, to help them pursue their passion for writing. Created in 1998 during the 50th anniversary of Acadie Vie’s foundation, the Antonine-Maillet-Acadie Vie Literary Award aims to recognize Acadians who, through the quality of their literary work, contribute to the visibility and promotion of Acadia throughout the world.
- Three retirement receptions will be held for **Fred Pierce**, formerly with the Nova Scotia government’s Co-operatives Branch and now a retiring development officer from the Nova Scotia Co-operative Council. The Council is hosting “open houses” for Pierce following the Building Better Co-operatives workshops taking place at the following locations: October 10 • Agritech Park, Truro • 4:30 - 6:00 PM, October 12 • Wagmatcook Cultural Centre • 4:30 - 6:00 PM, October 23 • Old Orchard Inn, Wolfville • 4:30 - 6:00 PM. For more information about the workshops and to RSVP to attend the reception at the location convenient to you, contact nscoopcouncil@eastlink.ca or (902)893-8966.



Trends – I was going to write about a new marketing trend that is called ‘conversational marketing’ and in researching the subject further, I came across this paragraph: ‘(Pam) Larrick believes there is a need to “operationalize and systematize a process, creating platforms where consumers are empowered to engage with brands around some type of structure”.’ What? Then I remembered the Plain English Campaign – “fighting for crystal-clear communication since 1979” and decided to write about them instead. The group is located in England and is funded by offering commercial services such as editing and training to different organizations. So far, they have offered their services in a dozen countries (Canada is not among them, so I guess that’s a good thing). They also award two prizes annually – the “Goldenbull” and the “Foot in Mouth” – you can guess what for. Visit their site here: <<http://www.plainenglish.co.uk>> and check out their Goldenbull awards by clicking on ‘Awards’ in the left-hand menu – they are hilarious if you are not on the receiving end of the verbiage. While the group has “been fighting crystal-clear communication since 1979”, it appears there is still much work to do. Oh, and Ms. Larrick was saying companies need to find new ways to talk to their customers about their products. – *Ron Levesque*



Circle of Life - Hiking Trails: Fall is a great time to enjoy some of the beautiful hiking trails in your backyard. The leaves are changing and the weather is a bit more comfortable for walking. It is a great time to see what nature has to offer. Follow <http://www.canadatrails.ca/> for a listing of various Canadian Hiking Trails. – *Bronwyn MacKinnon*



Co-op Ed 101 - I was interested in the news item on local television and radio in New Brunswick last week about **local produce and imported produce** at a farmers market in Fredericton. “New Brunswick farmers say they’re getting squeezed out of Fredericton’s farmers’ market by vendors importing fruits and vegetables, and their complaints are leading to new rules. <http://www.cbc.ca/canada/new-brunswick/story/2007/09/11/nb-boycerules.html>” Vendors and shoppers are both complaining about this. “When you go to a farmers’ market, you expect to have local produce, because why would local farmers bring anything but their own produce? You kind of have the public believing that when they arrive on site. Farmer Chip Hunter said he loads a truck with produce and drives to the Boyce Farmers’ Market every weekend. His farm is 140 kilometres away in Florenceville, which means he’s not considered a local grower. However, Hunter said there are other people at the market whose produce doesn’t even come from New Brunswick, and that those vendors are deceiving customers. What do Circles’ readers think about this issue? Would it be different if the farmers’ market was a co-operative? Comments? Send them to news1@nbnet.nb.ca



What is Your Vision Statement? –This week, a vision statement from the **Guelph Campus Co-op**. It has existed to meet the needs of students since 1913. Its vision: “*The Guelph Campus Co-op will be a model organization of co-operative action, owned and controlled by students, for students.*” <http://www.guelphcampus.coop> Send your co-operative or credit union vision statement to News1@nbnet.nb.ca



Young Co-operators: The Buds on the Co-op Tree - Two young co-operators will be honoured with the ‘Youth Leadership Award’ at the 7th Annual **Co-operative Spirit Recognition Awards** event on October 7th in Burlington, Ontario. **Graeme Hussey** was nominated by the Ontario Natural Food Co-op. Graeme’s interest in local food security has driven his involvement on the board of the Ontario Natural Food Co-op, his service as manager of the Karma Natural Food Co-op and his latest project, The West End Food Co-operative in Toronto. **Sonja Carriere** was nominated by the Ontario Co-operative Youth Advisory Committee. Sonja is currently in Ghana on a youth internship through the Canadian Co-operative Association. Sonja developed her understanding of co-operatives through her involvement with the Co-operative Young Leaders program and she will be working on promoting this program among others when she completed her internship. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Sophie, PEI: “*I learned they had classes outside sometimes for school and I thought it was cool and I liked how the water was so blue. I was surprised that in some countries women still have to have their face and bodies covered.*”



You CAN Do That the 'Co-op' Way - Each week, we feature a co-operative or collective formed to meet a particular need in communities around the world. This week, **Ewenity** (pronounced "unity") is a co-operative of Ontario farmers who milk sheep and turn the milk into cheese and yogurt. <http://www.ewenity.com/>



Co-op Community Bulletin Board

- September 26 – Member Association Meeting – CCC Carol Wabush, 8 PM, Union Center
- September 26 – Member Association Meeting – CCC Central Farmers Rustico, 7 PM, Rustico Lions Club
- September 26 – Member Association Meeting – CCC Ken Val, 7 PM, Saint Mark's Church Hall
- September 27 – Member Association Meeting – CCC Consumers and Central Farmers Spring Park, 7 PM, Farm Center, University Avenue
- September 27 – Member Association Meeting – CCC Mid Valley, 7 PM, Carleton Civic Center
- September 27-30 – Atlantic Co-operative Youth Leadership camp, Camp Gencheff, PEI <http://www.acyl.coop/english/index.htm>
- September 27 - the Credit Union Atlantic Fall Classic Golf Tournament in support of Junior Achievement of Nova Scotia. The tournament takes place at Oakfield Golf & Country Club <https://www.cua.com/>
- October 10 – Building Better Co-operatives workshop and retirement reception for Fred Pierce, AgriTech Park, Truro, NS. For more details contact nscoopcouncil@eastlink.ca or (902)893-8966.
- October 12 - Building Better Co-operatives workshop and retirement reception for Fred Pierce, Wagmatcook Cultural Centre. For more details contact nscoopcouncil@eastlink.ca or (902)893-8966.
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- November 22-24 CWCF's AGM/Conference "Community Sustainability & Worker Co-ops", Ancaster, Ontario. The basic info on the conference is available at: <http://coopzone.coop/en/node/2022>.

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



Contest of the week – Last week the only correct answer was from Ron Levesque, NB. Well done!! Contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw.

Last week's contest: Last week I painted a one-foot cube block of wood using red paint.

Yesterday, I decided to cut this cube into smaller blocks, each 3 inches wide. How many of these smaller cubes had red paint on: a) 4 of the sides? b) 3 of the sides? c) 2 of the sides? d) 1 of the sides? e) 0 of the sides? **Answer:** From a total of 64 blocks:

a) 0. b) 8. c) 24. d) 24. e) 8. **This week's contest:** At the annual dancers' ball a number of very experienced dancers performed their favourite dance with their favourite partners. Alan danced the tango, whilst Becky watched the waltz. James and Charlotte were fantastic together. Keith was magnificent during his foxtrot and Simon excelled at the rumba. Jessica danced with Alan,

but Laura did not dance with Simon. Can you determine who danced with whom and which dance they each enjoyed?



Co-op Cooking – These days blueberries are in all the markets and, although everyone likes them fresh by the handful, here's a new twist on an old favourite you might enjoy.

Shortcut Blueberry Pie

18 to 20 shortbread cookies
1/4 cup melted butter
1 to 2 tbsp cornstarch
3 tbsp cold water
4 cups fresh (or 2 pkg frozen) blueberries
1/2 cup sugar
1 tsp ground ginger
1 tbsp butter
2 tsp finely grated lemon peel
1/2 tsp vanilla extract

Coarsely break cookies and pulse in food processor until fine crumbs form. Pick out any large chunks (and eat them :) (<:) Crumbs should measure about 2 cups. Turn into bowl and stir in melted butter until evenly moist. Press onto bottom and sides of 9-inch pie plate. In small bowl, stir 1 tbsp cornstarch into water until dissolved (or 2 tbsp if using frozen berries). Place berries, sugar and ginger in medium saucepan. Bring to boil over medium-high heat, stirring constantly. Stir in cornstarch mixture and continue to boil, stirring constantly, until thickened (about 2 minutes). Remove from heat. Stir in butter, lemon peel and vanilla. Pour into crust, spreading to edges of plate. Refrigerate, uncovered, until set (5 hours or overnight). Serve with dollops of whipped cream and a garnish of grated lemon peel (optional).- *Glenna Weagle*



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

- *All the best, and keep up the good work! I love the "Circles"! (not just because I occasionally beat the other enthusiasts to the contest deadline!) - MF, BC*



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Next *Co-op Circles*: Wednesday, October 3, 2007



Week of Sept. 30 – Oct. 6, 2007, Vol. 2, No. 50
Edited and Compiled for you, by the Rising Tide Collective

To subscribe: circles1@nbnet.nb.ca

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Openings – “*We must accept finite disappointment, but we must never lose infinite hope.*” -
Martin Luther King Jr. nobelprize.org/nobel_prizes/peace/laureates/1964/king-bio.html

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



This Week in Co-op Circles

- **York Credit Union**, www.yorkcu.nb.ca Fredericton, NB, once again takes the prize for top fundraiser for the second year in a row in the third annual Dragon Boat festival held on September 9th at the Fredericton Aquatic Club. Through bake sales, BBQs, dress down day funds and the help of Dennis Williams the General Manager, putting out a challenge to all credit unions province wide, York raised an outstanding total of \$5017.00.
- Mark your calendars! The PEI Co-op Council has confirmed the scheduling of its Annual General Meeting for November 16, from 3 to 5pm. The meeting will take place at the Delta Prince Edward in Charlottetown. Those looking for more information are asked to please email at peicoopcouncil@gmail.com or phone David Daughton anytime, at (902) 626-7399. See you at the meeting!
- **Roger Greaves**, long-time manager of the **Charlottetown Farmers' Market** www.govpei.ca/infopei/index.php3?number=4872 , will be taking a leave of absence over the autumn months. Taking his place will be well known comedic actor/organic enthusiast/passionate community supporter, Graham Putnam. Call the Market office at (902) 626-3373 if you require any info from Graham during his time as manager. The Market has, of course, now resumed its regular season hours as well, and is open just once a week from 9 am-2 pm every Saturday. Attracting more business than ever before, the folks at the market urge you to come and experience all the bounty they have to offer from the harvest, and, as always, they urge you to “think global, and buy local”.



Trends – A month ago I wrote about how management of **ACE Hardware** (a dealer-owned hardware and building supply cooperative) www.acehardware.com was preparing a proposal to convert from a co-operative to a corporate entity to present to its members. I wondered at the time if this was a disturbing trend or even if it was a trend. Well, turns out the proposal is off the table due to a another trend of sorts, something ACE management is calling ‘an accounting error’. The error, which seems to date from 2002, was revealed September 5th and is pegged at \$154 million in the negative. Quoting the Associated Press: “The chief executive said an internal review of the company’s financial documents found that its inventory total is \$154 million less than its general ledger balance.” It appears internal finance staff and external auditors did not catch the mistake as it built over the years and only came to light as preparation for the conversion proposal got under way. At least something good came out of the process, though I

wonder if the error came to light because everyone was looking at the books from a different perspective. Only time will tell. – *Ron Levesque*



Circle of Life - Giving Thanks: As the Canadian Thanksgiving Holiday approaches, people are getting ready to eat a big turkey dinner, but we need to remember the reason this holiday exists, a reminder to be thankful; to be thankful all year long, not just this one day. It is also an opportunity to remember the communities we live in and find a way to thank each person for their contribution, however small. Thanksgiving Tree – Make a long tree trunk out of construction paper and put it in a prominent place in your house or community centre. Then cut out several dozen little brown, gold and green leaves and leave them in a container with a stack of pens. Whenever anyone visits the house or centre, they have to write something they are thankful for on a leaf and glue it to the tree.

Happy Thanksgiving! – *Bronwyn MacKinnon*



Co-op Ed 101 - This week in Co-op Ed 101 a reminder of who we are and what we are about - “Co-ops”. Each one of us in some way, large or small, should be planning a celebration for October 14- 20, Co-op Week. This year’s theme is OWN YOUR FUTURE® Our planet, our country and our communities are experiencing the results of climate change. It is time to re-think how we live our lives and how we do business. Across Canada, co-operatives and credit unions are among the organizations taking the lead in securing our future. Co-op week is the opportunity for Canadian co-operative and credit union members to celebrate the fact that they have collectively helped to build this country and to recognize their continuing contributions at home and abroad. Here are a few Web sites to help you plan

http://www.sask.coop/siteimages/coop_week_booklet.pdf

<http://www.coopscanada.coop/aboutcoop/coopweek/2007coopweek/> Please let us know at news1@nbnet.nb.ca what you or your organization did . We have more than 400 subscribers and we want to share each story, so please drop us a note and a phone number. Let us share with everyone the success of Co-op Week in Atlantic Canada and beyond. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - *Beverly Somers*, from the **OMISTA Credit Union** www.omista.com in Moncton has offered a follow-up on receiving the National Young Leaders Award recognition from Canada’s Credit Union system. With this award, Beverly received a \$10, 000 scholarship to engage in courses or professional development at a recognized university in Canada. Although she has yet to make a firm decision, she is considering the HR Leadership course at Queens University. When Beverly began working for her credit union and as she gained an understanding for its unique values, she realized it was an excellent fit for her. She stated: “I am very proud of our organization, which makes it easy to come to work and to recommend our services to others.” Beverly participated in the World Credit Union Conference in Calgary earlier this year as a delegate and as a presenter. She states that this experience as nominee and now as a award recipient has truly been a unique honour and accomplishment; unlike anything else in her life. She is grateful for the initial nomination from her CEO, the experience as a nominee and the opportunity to meet extraordinary people involved with credit unions. – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the

insights of the students, shared through comment sheets. From Vanessa, NB: *“I thought this presentation would be like on TV but it wasn’t. You weren’t trying to force things on us to help these people. I realized that life in the Philippines or anywhere is just like ours. They have families. They work for money, grow food. Seeing this presentation makes me want to go somewhere like this and maybe change these peoples lives but keep it simple and help the little things. I liked this presentation a lot. Thanks for coming.”*



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Contest of the week – Last week we had several correct answers. Leslie Burrows, NS, was first, followed in just minutes by Marsha Damon, NB and Judy Milne, NS. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the “Contest Can” for the month end draw. **Last week’s contest** : At the annual dancer’s ball a number of very experienced dancers performed their favourite dance with their favourite partners. Alan danced the tango, whilst Becky watched the waltz. James and Charlotte were fantastic together. Keith was magnificent during his foxtrot and Simon excelled at the rumba. Jessica danced with Alan, but Laura did not dance with Simon. Can you determine who danced with whom and which dance they each enjoyed?

Answer:

<u>Name</u>	<u>Partner</u>	<u>Style</u>
Alan	Jessica	tango
Keith	Laura	foxtrot
James	Charlotte	waltz
Simon	Becky	rumba

This week’s contest was sent in by a reader from Newfoundland and Labrador. Just 12 riders riding by, only 12 apples in a tree hanging high, each took one apple but still 11 remained in the tree, how could this be?



Co-op Cooking – This time of year we all treasure the wonderful, warm days as we look forward to the end of the Autumn season. Here’s one more for the barbecue before some of us at least, pack it away for the return of Winter.

Grilled Cordon Bleu Chicken

2 oz Swiss, Cheddar or Brie cheese
4 small thin slices ham or prosciutto
4 large skinless, boneless chicken breasts
1 tbsp finely chopped jalapeno peppers
3 tbsp olive oil
1/4 tsp each garlic powder, dried sage leaves and salt
1 zucchini
1 red or yellow pepper
paprika

Oil grill and heat barbecue to medium. Slice cheese into four 2-inch pieces. Wrap a slice of ham around each piece of cheese. Working with 1 chicken breast at a time, form a pocket by making a horizontal slit about 2 1/2-inches long and 1 1/2-inches deep into the thickest side of the breast. Gently open and sprinkle with jalapeno pepper. Tuck in ham-wrapped cheese. Repeat with remaining chicken breasts. In small bowl, stir together oil and seasonings. Cut zucchini into thick rounds; slice pepper into quarters. Place veggies in a bowl and drizzle with half of oil mixture. Toss to coat. Brush chicken with remaining oil. Sprinkle with paprika. Place chicken, zucchini and pepper on grill. Barbecue with lid closed, until chicken is golden and cooked through (8 to 12-minutes per side. Turn veggies often until lightly charred (4 to 6 minutes). Remove to a platter as each is done.

May be served with boiled baby potatoes if desired. - *Glenna Weagle*



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- *Comment on Week 48 puzzle: “That’s what I would call “close but no cigar”. Somewhere I missed a layer. Still enjoy your puzzles. Have to have something to keep the brain in motion. Have a great day.” – GW*



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Next *Co-op Circles*: Wednesday, October 10, 2007



Week of Oct. 7 – Oct. 13, 2007, Vol. 2, No. 51
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Openings - “Creativity requires the courage to let go of certainties.” - Erich Fromm
www.infed.org/thinkers/fromm.htm Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- On Friday, September 28th, the **Fredericton Direct Charge Co-op** hosted the 4th annual "Concern for Community" charity golf tournament in support of the New Brunswick Association for Community Living (NBACL). \$3000.00 was raised at this year's tournament, which was held at the Gage Golf and Curling Club in Oromocto. All proceeds raised will help fund programs and projects offered by NBACL in support of children and adults with an intellectual disability and their families. A special thanks to all the members, staff and suppliers who took part in this year's event and kept smiling despite the rain! NBACL/ANBIC is a non-profit, charitable organization, which works on behalf of children and adults with an intellectual disability and their families. NBACL/ANBIC was formed in 1957 and has 15 local branches throughout the province of New Brunswick. For more information, contact www.nbacl.nb.ca.
- A video produced for the **City Market of Halifax Co-operative** is available at http://halifaxfarmersmarket.com/index.php?option=com_content&task=view&id=86 Work is being done to develop a New Seaport Farmers' Market. The new market at Pier 20 on the Halifax waterfront will provide year-around opportunities for Nova Scotia producers to sell their products daily, weekly or seasonally as best suits their needs, and to fill the growing demand for fresh local food.
- The **Caisses populaires acadiennes** and the **Acadie-Bathurst Titan** hockey team have signed a three-year agreement http://www.acadie.com/en/communiqu_e_affiche.cfm?id=154 The Caisses populaires acadiennes and the Acadie-Bathurst Titan <http://www.letitan.com/eindex.cfm#> have renewed their partnership agreement for another three years. By virtue of this agreement, the Caisses populaires acadiennes will contribute an amount of \$96,000 over three years, beginning this year. This agreement specifies that equal amounts of \$32,000 be paid annually. The social involvement of the Acadie-Bathurst Titan organization and its players is a tremendous asset to the communities in northern New Brunswick. With this new partnership, the Titan will once again show its involvement by becoming ambassadors of the literacy program for young hockey fans. For further details, visit the Web site at www.acadie.com.



Trends – **Marketers** are forever trying to find ways to get people to purchase a **product**. If you are watching television and a commercial comes up, you know that the marketers of the product

paid a sum of money for the ad to be there. It is the same situation with print ads, radio ads and even World Wide Web banner ads. What is becoming troubling is product placement. Most people are somewhat accustomed to seeing brand name products in movies and television shows, and most people are attuned to the fact that product manufacturers pay for the privilege of having their products shown in certain settings. Then, unbeknownst to most consumers, product placements took a turn for the worst – marketers were hiring armies of drones to surreptitiously ‘market’ their products in social settings – you would be accosted in bars, malls or subways and shown the latest cool gadgets as though the drones were your friends. Now comes word that there is a company willing to match product marketers with YouTube producers. [Overwhelmingly, YouTube producers are everyday people, not professional television studios.] What that means is that the ‘independent’ video you could be watching on YouTube may not be so ‘independent’ and may even have been created simply to highlight the soda can that is strategically placed in the background. The company serving as the intermediary is a Canadian company, see them here: <http://www.brandfame.com>. This is not good. It blurs the line between one of the most trusted brand referral systems ever – word of mouth – and corporate desperation to get their product ‘out there’. Or maybe this is something that has been going on in some form or another for thousands of years – caveat emptor comes to mind. – *Ron Levesque*



Circle of Life - Fall bulbs: now is a great time to plant fall bulbs to see their beauty in the spring. Why not have a bulb party? Invite friends to bring different kinds of bulbs to exchange with each other. Include planting tips, designs, etc. Create some beautiful flowers to look forward to in the spring. www.veseys.com/ca/en/gardeninfo/guide/bulbinfo
<http://www.icangarden.com/document.cfm?task=viewdetail&itemid=6380>– *Bronwyn MacKinnon*



Co-op Ed 101 - Here in Atlantic Canada we have a famous co-operative training institute. **Coady International Institute** in Antigonish, NS, is often better known in Africa, Asia or Central America than it is right here in our region. Created by St. Francis Xavier University in 1959, the Coady International Institute is world renowned as a centre of excellence in community leadership education. For nearly five decades, the Coady Institute has been working to promote community self-reliance and innovative ways to improve the lives of people around the world. St. Francis Xavier University president, Dr. Sean Riley and university vice-president and Coady director, Mary Coyle, at the end of September announced success with the Coady Capital Campaign, the fundraising effort to build the new Coady International Centre. The campaign has raised \$14 million, which provided the St FX Board of Governors with the confidence to vote earlier in the day to give the green light to move ahead on plans to construct the new facilities. For more details, go to: <http://www.coady.stfx.ca/sept28newsreleasefinal.pdf> Coady’s 5,000 graduates are working with millions of people in 130 countries to build a fair, prosperous and secure world, one community at a time. The Coady Institute is named for one of Canada’s great heroes, Rev. Dr. Moses Coady, founder of the Antigonish Movement and author of *Masters of their Own Destiny*. To find out more, visit www.coady.stfx.ca.- *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - The Saskatchewan Co-operative Association has added a new award this year to their “Saskatchewan Co-operative Merit Awards” tradition; the “**Saskatchewan Co-operative Youth Leadership Awards**”. Next Monday, October 15th, Tricia McNair and Michael Crowter will be the first youth recognized in this way for their contributions to the co-operative movement in Saskatchewan. Both have been

heavily involved in the Saskatchewan Co-operative Youth Program (<http://youth.sask.coop/>). Tricia completed a six month internship in the Philippines through the Canadian Co-operative Association and Michael currently works as a Loan Officer for the Diamond North Credit Union (White Fox). – Erin Hancock



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

During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Robert, PEI: “I learned that there are millions of people that have like not a thing after disasters and how that whatever they (CCA) fundraise, the government, I think, will triple it. Then her organization helps and lends money for animals, like water buffalos to farmers and helps other people to re-construct their community.”



Co-op Community Bulletin Board

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- November 3 – Special Membership Meetings for Co-op Atlantic and Consumers Community Co-operative, Moncton, NB
- November 16 - The Prince Edward Island Co-operative Council’s (PEICC) inaugural Annual General Meeting is scheduled for Friday, November 16, from 3 to 5 p.m., at the Delta Prince Edward in Charlottetown. For more information, or to nominate a Board member, please email peicoopcouncil@gmail.com. All PEI co-op and credit union members are welcome to attend.
- November 22-24 CWCF’s AGM/Conference “Community Sustainability & Worker Co-ops”, Ancaster, Ontario. The basic info on the conference is available at: <http://coopzone.coop/en/node/2022>.

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Contest of the week –Last week we had no correct answers but several good guesses. Thanks to Larry Higdon, Baie Verte Co-op in NL for providing us with the contest. See the “tricky” answer below. The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be place in the “Contest Can” for the month end draw.

Last week’s contest: Just 12 riders riding by, only 12 apples in a tree hanging high, each took one apple but still 11 remained in the tree, how could this be? **Answer:** One of the riders whose name was “Each” took an apple, leaving eleven on the tree. **This week’s contest:** James ordered a fishing rod, priced at \$3.56. Unfortunately, James is an Eskimo who lives in a very remote part of Greenland and the import rules there forbid any package longer than 4 feet to be imported. The fishing rod was 4 feet and 1 inch, just a little too long. So how can the fishing rod be mailed to James without breaking the rules? Ideally, James would like the fishing rod to arrive in one piece!



Co-op Cooking – They say that this time of year you can tell the people who don't have friends who garden – they are the ones in the grocery stores buying zucchini. Several years ago the Board at Town & Country Co-op put together a small cookbook titled "Cooking for Two" to give away at Michelin's Seniors' Expo. This was one of the recipes it featured.

Crab Stuffed Zucchini

2 small zucchini
1 small onion, chopped
1 tbsp soft margarine
1 tbsp flour
1 tsp curry powder
1/2 cup light cream
1 7-oz can crab meat
salt and pepper
buttered breadcrumbs

Cut zucchini in lengthwise halves. Boil in salted water until just tender (about 10 minutes). Drain and scoop out seeds. Sauté onion in margarine for 5 minutes. Blend in flour and curry powder. Slowly stir in cream. Add crab meat. Add salt and pepper to taste. Fill zucchini halves. Top with buttered breadcrumbs. Bake in 350F oven for 20 minutes. - *Glenna Weagle*



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Next *Co-op Circles*: Wednesday, October 17, 2007



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Openings – “Wherever you go, no matter what the weather, always bring your own sunshine.” - Anthony J D'Angelo <http://anthonydangelo.com/blog/> Openings is a weekly feature of **Co-op Circles**. Send your favourite quote about celebrating co-operatives, communities and a better world for all, to News1@nbnet.nb.ca



This Week in Co-op Circles

- This week (Week 52) is Anniversary Week for Co-op Circles. Our first issue was sent out to about 70 friends and associates during Co-op Week 2005. We decided to write and publish Circles because we felt there was a place for a weekly e-newsletter sharing co-op and credit union related news and information. It is part of our commitment to the co-operative principles. As we have grown, we have been joined by our weekly contributors: Glenna Weagle, Ron Levesque, Bronwyn MacKinnon, Erin Hancock, and Todd MacLean. We look forward to continued growth and we love hearing from you and in some cases, meeting you, at various co-op and credit union events. Happy Co-op Week! – *Brenda and Maureen*
- OMISTA Credit Union is a proud supporter of the thINK FOOD program throughout Greater Moncton. <http://www.omista.com/thINK-FOOD.aspx> thINK FOOD is a project to alleviate hunger and divert waste from landfill sites by raising funds for local food banks. The funds are raised through the process of recycling used printer cartridges and cell phones. When a collection box is full, it is sent to a central location where the cartridges and phones are sorted and sold to the remanufacturing industry. This industry turns them into refurbished products for consumers. Through this process, thINK FOOD is able to generate funds for alleviating hunger, and operate at no cost to food banks. This allows food banks to spend all related funds on their greatest necessities. At every OMISTA branch you can drop off your used cell phones and ink cartridges and join them s in the fight against hunger for the people in our community
- **Baggin' It for the Food Banks** is an annual fundraising event put on in co-operation among C103, XL96, and the four area Credit Unions (Advance Savings, OMISTA, PSE, & Rexton Credit Union) in Moncton and Rexton, NB. Staff volunteers will be baggin' groceries at local co-op stores in Moncton, Petitcodiac, and Rexton for a donation, with all money raised going to benefit the local area food banks. It is on **this Saturday, October 20th from 9 am - 3 pm**. An on air Auction on C103 and XL96 will take place on Credit Union Day, Thursday, October 12th. Listeners are encouraged to make a bid on \$640 worth of Co-op Gift Certificates and support their local food bank! Radio ads will be playing on both C103 and XI96 until the day of the event. Funds are badly needed to sustain operating costs and feed members of our community.
http://www.omista.com/news_detail.aspx?news_id=50

- During this past summer, **Terry McRorie** was appointed to the position of Regional Vice-President of the West for The Co-operators. He began his career with The Co-operators in 1973. Terry had been the Regional Vice-President for the Atlantic for the past nine years. His previous experience includes nine years as a claims manager in London, six years as a District Manager in Red Deer and Saskatoon. He has held a variety of head office roles ranging from Underwriting to Systems Development. Terry says “I am exceptionally proud of the Atlantic Region and what our team has been able to accomplish in some very turbulent times. I am going to miss working directly with all of you but hope to keep in touch from a distance. I am also looking forward to my return to the West, seeing some familiar faces and embarking on this new and exciting challenge.”
- Prince Edward Island’s **new cricket co-operative** played its first inter-provincial game on Sunday, September 30. Incorporated as a co-op earlier this year, the ethnically-diverse team played in Halifax against a team comprised of Nova Scotia’s best players. Currently the team is in talks with the Town of Stratford with a view for creating a permanent cricket ground on PEI. Co-op members will also be presenting at an education meeting on November 9, as a number of Island teachers are now expressing interest in offering cricket as a new sport option in PEI schools. For more information on PEI’s cricket co-operative, contact Serath Chandrasekere at (902) 471-9254. – *Todd MacLean*



Trends – A couple of weeks ago while perusing a trend watching site, I came across an item titled ‘Socks with a story’. It went on to detail how the Swiss Netgranny “is a collective of 15 grannies who knit socks on demand and sell them online.” “Well,” I say to myself, “that’s kind of cool”. It fits in with a relatively new trend of creating clothing with a story (‘provenance’ clothing, they call it). Digging further, and making assumptions about my abilities to translate from Swiss, I discovered that Netgranny (see them here: <http://www.netgranny.ch>) is a product of a Swiss fashion label. Not so cool, because now I wonder if the ‘grannies’ are even ‘real’ after all... But the provenance trend is real – consumers are becoming more and more ‘informed’ consumers (in my mind, that makes them less defined as consumers, but that’s for another day) and they want to know where their products come from. Perhaps more importantly, they want to know what makes that product interesting. Twenty years ago when I was starting out in the publishing industry (not as a publisher, but a reporter), a Grand Falls businesswoman was growing Christmas trees for the New England market, much the same as many other Maritime Canadians. What set her trees apart was that she was also a watercolour painter, and each year, each of her ‘Brenda Trees’ would reach the market accompanied with a Christmas card designed from one of her paintings and containing a personal message for the purchasing family. – *Ron Levesque*



Circle of Life - Trick-or-Treat-for-Unicef: We have all carried the boxes at Halloween or have made a donation when kids came to our door trick-or-treating. Well, now UNICEF has changed their fundraising approach. They now accept on-line donations for their campaign and provide other ideas for fundraising at Halloween. Check out the following link for more information, to donate and to **Tell-a-Friend** that things have changed. <http://www.trickortreatforunicef.ca/donate-online.html> Guided by the United Nations Convention on the Rights of the Child, UNICEF believes that the survival, protection and development of children must be a global priority, and that every child has the right to health,

education, equality and protection. UNICEF is funded entirely by the voluntary contributions of individuals, foundations, businesses and governments. – *Bronwyn MacKinnon*



Co-op Ed 101 - Happy Co-op Week everyone! Don't forget to drop us a note at news1@nbnet.nb.ca and tell us what your co-op did this week to celebrate our uniqueness. And this week being Co-op Week, I thought it appropriate to remind people that we have a national Co-operative representing us. The **Canadian Co-operative Association** (<http://www.coopscanada.coop/>) is a not-for-profit co-operative owned by its members. Members come from many sectors of the economy, including finance, insurance, agri-food and supply, wholesale and retail, housing, health, and the service sector. The majority are 'second tier' co-operatives (those that are organized at the regional or provincial level such as credit union centrals or federations, which provide services to 'first tier' co-ops such as local credit unions or retail outlets). CCA also has primary or first tier members, as well as 'third tier' members representing co-ops from specific sectors of the economy. CCA provides leadership to promote, develop, and unite co-operatives and credit unions for the benefit of people in Canada and around the world. - *Maureen MacLean*



Young Co-operators: The Buds on the Co-op Tree - **Chris Mears** is currently part of the energetic force getting the Prince Edward Island Co-operative Council up and running. Chris is the president of PEI's oldest housing co-op, Princeley Housing Co-op, where he is developing strategies to "attract a new generation of folks to participate in housing co-ops in PEI". Chris has been involved in the PEI Co-op Council since the first meeting back in March (2007). As a founding member, Chris appreciates the collective approach and believes strongly in the value of the PEI Co-op Council to support PEI co-ops. If you have any suggestions for Chris regarding the PEI Co-op Council or promoting housing co-ops, you may contact him at orangegarage@yahoo.com – *Erin Hancock*



Today I Learned Something New: International Development Through the Eyes of Students - During the year, as part of my work with the Canadian Co-operative Association, I visit schools and talk about co-operatives and communities in developing countries. I always appreciate the insights of the students, shared through comment sheets. From Joel, Fredericton, NB: "*I thought that it was a great presentation and I learned how far you can go by just helping people and being part of an organization. I learned that the Philippines are a group of a lot of small islands. I thought it was like Australia.*"



Co-op Community Bulletin Board

- November 3 – Special Membership Meetings for Co-op Atlantic and Consumers Community Co-operative, Moncton, NB
- November 16 - The Prince Edward Island Co-operative Council's (PEICC) inaugural Annual General Meeting is scheduled for Friday, November 16, from 3 to 5 p.m., at the Delta Prince Edward in Charlottetown. For more information, or to nominate a Board member, please email peicoopcouncil@gmail.com. All PEI co-op and credit union members are welcome to attend.

- November 22-24 CWCF's AGM/Conference "Community Sustainability & Worker Co-ops", Ancaster, Ontario. The basic info on the conference is available at: <http://coopzone.coop/en/node/2022>.

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



Contest of the week – Last week our winner was Glenna Weagle, NS. Well done!! The contest entry deadline each week is Tuesday, 12 noon. Send your answer to contest1@nbnet.nb.ca. All entries will be placed in the "Contest Can" for the month end draw. **Last week's contest:** James ordered a fishing rod, priced at \$3.56. Unfortunately, James is an Eskimo who lives in a very remote part of Greenland and the import rules there forbid any package longer than 4 feet to be imported. The fishing rod was 4 feet and 1 inch, just a little too long, so how can the fishing rod be mailed to James without breaking the rules? Ideally, James would like the fishing rod to arrive in one piece!

Answer: One solution is to use a box which measures 4 feet on all sides, the fishing rod will fit within the diagonal of the box with room to spare. **This week's contest:** During Co-op Week a contest was held with 10 Co-op relay teams. It was a fine fall day, sunny and 16 degrees. The first place prize for each runner was a \$100 gift certificate to be used at their Co-op Store. Some of the teams felt they had an advantage because they had a larger staff. Four teams did well to finish ahead of the opposition. Market Town was not last and the team wearing blue was not third. Country Morning was before the team in green. Co-op Gold came first. Country Morning finished before Market Town. Harmonie wore red but Country Morning did not wear yellow. Can you determine where each team finished and the colours they wore?



Co-op Cooking – Everyone is striving to eat healthier these days and fish is a big part of a healthy diet. Here's a great tasting salmon dish which has built in options to change the flavour, or even the fish. This dish goes well with a serving of basmati rice.

Herb-Crusted Salmon

- 3 slices white or whole grain bread
- 1 cup coarsely chopped coriander or parsley
- 1/2 cup grated mozzarella or cheddar cheese
- 1/2 tsp salt
- 2 tsp olive oil
- 2 peppers, preferably different colours
- generous pinches of salt and pepper
- 4 6-oz salmon (or halibut) fillets
- 1 tbsp honey mustard

Preheat oven to 400F. Trim crusts from bread and place on baking sheets. Toast in center of oven until lightly golden (3 min. per side), or lightly toast in a toaster. Tear into large pieces and place in food processor. Pulse until coarse crumbs form. Add herb, cheese, salt and 1 tsp oil. Pulse just until mixed. Cut peppers into strips. Place in medium bowl. Drizzle with remaining 1 tsp oil and sprinkle with salt and pepper. Toss to mix.

Spray baking sheet with cooking oil. Place fish, skin side down, on sheet. Smear tops with mustard and top with bread-crumb mixture, gently pressing so it sticks. Scatter peppers around fish. Roast in center of oven until knife tip inserted into center of fish comes out warm (15 to 18 mins) Serve with basmati rice, (it cooks faster than regular rice), and enjoy. - *Glenna Weagle*



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- *Hi Everyone, I thoroughly enjoy/agonize over the puzzles, and sometimes surprise myself with coming up with correct answers. Now last week's contest (Week 50) I feel was a groaner. In this day and age, when poor spelling is more normal than irregular, it is disappointing to know that non-capitalization of a given name is now considered correct. LOL Keep them coming! – JM, NS*



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Next *Co-op Circles*: Wednesday, October 24, 2007