

## ***"It's just food!"***

Brighton Food Coöp Newsletter  
December 2011

Welcome, new members **Lynette Greulich of Wolverine Lake  
and Tina Pospeshil of Fenton!**

### **Key Upcoming Dates:**

- **Annual Membership Meeting: Tuesday, January 10<sup>th</sup>, 9:00-11:30AM, Chilson Hills Church**
- Next Distribution: **Wednesday, December 28<sup>th</sup>** (Denise Hauk will announce shift times.)  
**\*\*\* Important: UNFI is on a one-day delay for deliveries during the week after Christmas, \*\*\***  
**\*\*\* so the December distribution will be on Wednesday instead of the usual Tuesday! \*\*\***
- Initial Orders Due: **Wednesday, December 14<sup>th</sup>** (by 9:00PM)
  - **UNFI** – Login to the Online System at <https://www.unfi.com> (Warehouse = Greenwood, IN).
  - **No Frontier Orders this Month!**
  - **No Outside Vendor (OV) Orders this Month except Higher Grounds and Sami's Bakery!**
  - Send Higher Grounds and Sami's orders to Christie Winch at [tc\\_winch@yahoo.com](mailto:tc_winch@yahoo.com).
- Unfilled Case Orders Due: **Sunday, December 18<sup>th</sup>** (by Noon)
- **Creswick Meats**
  - Pickup Date for orders placed back in late November is **Saturday, December 17<sup>th</sup>**.
  - **Order by Sunday, January 8<sup>th</sup>** (by Noon) for **pickup on Saturday, January 28<sup>th</sup>**.
  - Send orders to Dolores Johnson at [samjon@sbcglobal.net](mailto:samjon@sbcglobal.net).
  - Note: No Creswick delivery in February, so plan accordingly.

### **Annual Membership Meeting**

The date is official now! **The Coöp will hold its Annual Membership Meeting at Chilson Hills Church on January 10<sup>th</sup>**. The main purpose of the meeting is to renew memberships, elect officers, discuss Coöp operations, and vote on proposed changes to the Bylaws. **Please mark your calendar accordingly!** Brighton Food Coöp belongs to its members. Although the BFC Board tries to represent the membership in all decisions, there is no substitute for direct member involvement. The Annual Membership Meeting is your best opportunity to express your views about the governance and direction of the Coöp. This year's meeting will be especially important because of significant changes to the Bylaws that need to be discussed and voted on. Since the meeting is always accompanied by a potluck brunch, it's also a great opportunity to show off and try out some terrific recipes featuring products available through the Coöp!

More information about specific agenda items, voting ballots, etc. will be sent out in late December.

## **Distribution Recap**

The November 29<sup>th</sup> distribution went smoothly despite another huge (+\$10K) volume. Our usual UNFI driver returned, so unlike the November 1<sup>st</sup> distribution, there were no delays in the UNFI delivery. We continued to have some problems with order quantities, but discovered that they stemmed not from the use of the MORE field, but from a member's having duplicate accounts in the system (from UNFI's poor decision to use email addresses as user ids). Even though the MORE field does not seem to be the culprit after all, we are taking a cautious approach. A limited selection of members will use that field for the December order, and if there are no further problems, we will give the go-ahead for all members to use the field in January. Until then, please continue to avoid using the MORE field!

## **Church Remodeling Finally Over?**

One factor that may have contributed to a smoother distribution this time was the apparent end of the huge remodeling project in the basement at Chilson Hills Church. Some of the new electrical outlets still don't work, but changes to the work space seem to be done, and the positioning of members' "piles" appears to be stabilizing, making it easier to figure out where to put the items ordered. We're still experimenting with the locations for certain stations (Produce, Bulk) to maximize efficiency and minimize competition for equipment (scales etc.), but we hope to stabilize those as well before long. Now that the space is completely carpeted, though, the church has asked us to vacuum after every distribution, so 2<sup>nd</sup> shift floor workers should expect to add that task to the clean-up activities.

## **More Musical Chairs?**

Over the past three months, we've had a lot of turnover in Coöp jobs. More changes are on the way:

- After several years of laudable work as UNFI Batcher – including the challenge of UNFI's system upgrade last summer – Sue McComb (formerly Kataja) is confronted with an almost impossible work situation that forces her to fly around the country – and even to Calgary, Alberta – to support her business customers. Something had to give, and that something was the UNFI Batcher job.
- Nancy Clark will now take on the UNFI Batcher job for the December 28<sup>th</sup> distribution and beyond. As you may recall, Nancy did a great job as Outside Vendor Coordinator before turning that position over to Christie Winch in September, so we can expect continued solid support on the UNFI front.
- After many years of keeping the books for the Coöp – arguably the hardest job of all – Dolores Johnson has decided to step down as Treasurer. She plans to relax for a while as a floor worker, although she'll continue to help with cashiering at distributions and to handle Creswick orders and Higher Grounds deliveries. (This is her idea of "relaxing"??) Thanks, Dolores, for putting up with and straightening out all the billing issues in the aftermath of each distribution!
- Denise Hauk, who is currently 2<sup>nd</sup> Shift Work Coordinator, has been "learning the ropes" from Dolores for a while now and feels she's ready to shoulder the burden of Treasurer. In fact, she's looking forward to the challenge! But please, everyone, help her in this transition by being extra careful during distribution, checking, inventory, and cashiering!

- Like Dolores, Diane Brady has served the Coöp in a variety of roles over the past several years, including Secretary, Frontier Coordinator, and “Nut Lady” (Nuts/Candy/Honey/Syrup). Despite the small size of her own orders, she has also cheerfully chipped in at distributions to help on the floor and at cashier. She has earned a respite from the demands of these multiple roles and will settle back into helping at distribution and cashiering whenever she orders.
- In January, Megan Putnam will handle the Frontier orders.
- That leaves the Nut Lady job open. The job is a “Home Worker” position, which requires no work on the floor at distribution (even though Diane usually insisted on also helping at distribution when she held the job). The job description is posted at <http://www.brightonfoodcoop.com/nutlady.pdf>. If you’d like to take on the job, **please contact Denise Hauk by phone (810-691-3714), by email (djhaukcoop@gmail.com), or in person** (either at the next distribution or at the Annual Membership Meeting).

Some of these job changes will require voting approval at the Annual Membership Meeting, so stay tuned for a more formal ballot. Technically, **all board positions will be open in January**. **If you’d like to be on the Coöp board, please contact Denise as soon as possible to have your name put on the ballot!**

### **Produce Concerns**

Although most of the produce from B&B Organics has been excellent, some members have reported problems with some of the items in their produce shares, especially mold and bruising. If you discover such problems in your produce share, please mention them to Nicole Brown right away – preferably at distribution, but certainly within a day after (colerie@charter.net). B&B has been good about refunds, but only if we request them soon after delivery. Also, if you’d like to see different items in the produce share, please let Nicole know what you have in mind – preferably early in the order cycle.

### **Benefits of Honey**

As you may know, the Coöp gets honey locally from Nectar Sweet Apiary in Howell. Honey is a tasty treat, and getting it fresh, raw, and local is a real boon, but did you know about all the health benefits attributed to raw honey, especially when teamed with cinnamon and certain other ingredients?

- **Pain/Itch:** Make a paste of one part honey and 2 parts lukewarm water, adding a teaspoon of cinnamon powder. Massage the paste on the painful/itchy area. Relief comes in about 15 minutes.
- **Hair Loss:** Before a bath, apply to the scalp a paste of hot olive oil, one tablespoon honey, and one teaspoon cinnamon powder. Keep for about 15 minutes, then wash off with lukewarm water.
- **Toothache:** A paste of one teaspoon cinnamon powder and five teaspoons honey when applied on the aching tooth reduces the pain within 15 minutes. (May be done 3 times a day.)
- **Cholesterol:** Mix 2 tablespoons of honey and 3 teaspoons of cinnamon powder in 16 ounces of tea. Reduces the level of cholesterol in the blood by 10% within 2 hours.
- **Colds:** For common or severe colds, take one tablespoon lukewarm honey with ¼ teaspoon cinnamon powder daily for 3 days. This process will relieve cough and cold and clear the sinuses.

- **Infertility:** According to ancient medical streams like Ayurveda and Yunani, to strengthen semen, men may take 2 tablespoons of honey before going to sleep. Women who cannot conceive may take a pinch of cinnamon powder in half a teaspoon of honey, and apply it on the gums frequently throughout the day, so that it slowly mixes with the saliva and enters the body.
- **Stomach Upset:** For relief of stomach ache and gas, take equal parts honey and cinnamon powder.
- **Immune System Support:** Daily intake of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Researchers have found that honey has various phytonutrients that strengthen the white blood corpuscles.
- **Longevity:** For prolonged life, ancient cultures used tea made with 4 spoons of honey, one spoon of cinnamon powder, and 3 cups of boiling water. The prescription is to drink ¼ cup 3 times a day.
- **Weight Loss:** Drink honey and cinnamon powder boiled in one cup water first thing in the morning (empty stomach). Taken regularly, this mixture reduces the weight of even the most obese person and also prevents fat accumulation in the body, even for someone with a high calorie diet.

### Great Recipes

This recipe was sent in by member Kathy McKay and comes from the book ***If It Makes You Healthy: More Than 100 Delicious Recipes Inspired by the Seasons*** by Sheryl Crow and Chuck White. Even though the dish has a “Mexican” flavor to it, the red and green look very festive for the holidays.

### Lime-Kissed Stuffed Avocados

<p>Ingredients:</p> <ul style="list-style-type: none"> <li>• 4 ripe avocados</li> <li>• 4 tsp fresh lime juice</li> <li>• 1½ tsp kosher salt</li> <li>• 1 tsp ground cumin</li> <li>• 1 tsp garlic powder</li> <li>• ½ tsp black pepper</li> <li>• 4 T fresh salsa, preferably organic</li> <li>• blue corn or flax seed tortillas, or raw crackers</li> </ul>	<p>Directions:</p> <ol style="list-style-type: none"> <li>1. Cut the avocados into halves, and remove pits. Carefully scoop the flesh from each avocado into a glass mixing bowl, leaving the skins intact so they can be refilled. Add the lime juice, salt, cumin, garlic powder, and pepper, and mash with a fork or potato masher. Taste and adjust the seasoning.</li> <li>2. Spoon the avocado back into the skins. Garnish the top of each with a tablespoon of fresh salsa.</li> <li>3. Serve with tortillas or crackers.</li> </ol>
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We encourage members to bring recipe cards with their potluck dishes to the Annual Membership Meeting. If your dish is a hit, we'll probably also ask you to email us your recipe for publication!

See you on the 28<sup>th</sup>!

*Jim Brown*

BFC Communications Coordinator



***Live long and prosper;  
keep life in perspective;  
and don't ever forget--  
it's just food!***