

Your Co-op

Overall the Best Deal in Town



February
2009

A loving spoonful



The smell of beef stew and bannock fills the kitchen at the Centre for Northern Families (CNF).

The hot meal is being scooped up by 20 hungry women. Some are single mothers on lunch breaks from low paying jobs. Others are new Canadians or homeless women.

The Co-op helped make this meal, and hundreds of others, possible with their weekly donations of canned and non-perishable food.

Brand name soups, cereals and juice boxes began flowing from the Co-op shelves to the CNF a year ago, after the centre issued a citywide call for help.

CNF bookkeeper Moira Cameron keeps a close eye on the donations.

"It is food that is perfectly good. Just cans that are dented or packaging that's damaged," she says from the centre's narrow pantry filled with pasta, coconut milk and every type of bean ever canned.

Moira estimates the Co-op's donations, which sometime include laundry soap and shampoo, are worth close to \$1,000 a month.

"It is a substantial savings. It is money we do not have to spend for a program that does not have much money to begin with," she says.

It is not just women in transition who benefit from the Co-op's contributions: 16 active and hungry children in the centre's daycare sit down to lunches and snacks everyday.

As well, mothers in the Healthy Baby-Healthy Toddler program learn how to whip up chick pea curries and homemade salad dressings during weekly cooking classes.

The goal of the Centre For Northern Families is to help women get back on their feet. But Moira anticipates a steady, if not growing, need for well-stocked shelves.

"With people losing their jobs and jobs becoming fewer and harder to come by, we could easily see an increase in demand for food. These donations make a huge difference to the families we support and we are extremely grateful."



With the help of the Co-op's meat department

Dinners just got easier

Gerald Rice (left) and James Kaulback from the Meat Department.

Did You Know?

The Co-op's meat department donates meat scraps and bones to Yellowknife dog mushers on a daily basis. Meat manager Gerald Rice says the free bits weigh up to 120 pounds, and are handed out on a first come, first serve basis.

"We're helping the mushers and it's something that is not going into the dump," he says.

A delicious selection of in-house marinated, stuffed and seasoned meats is now available.

Three-pepper striploin or tenderloin medallions wrapped in bacon are sure to please steak lovers. Seafood aficionados will want to try the crab stuffed mushroom caps.

To help with the cooking, recipe cards have been included.

Meat manager Gerald Rice says the value added products are ideal for busy families on tight budgets.

"Everything is fresh. People like that they can just take it home and it's ready to go into the oven," he says.

The selection of seasoned and stuffed meats available will depend on the time of year. In the winter there will be more roasts. In the summer, expect more kabobs.

Co-op's meat department offered feta and spinach stuffed broilers (the red and green meat pinwheels) in the past.

Member response last December was so good, Gerald decided to create a cooler dedicated to the specialty meats.

So far, the feedback has been encouraging.

"People really like the apricot stuffed pork roast," he says.

The "master hands" behind the new line is James Kaulback, a professionally trained cook.

"He's knows about cooking so members can talk to him if they have any questions or suggestions," Gerald says.

"If members come in with ideas, we will certainly listen to them. And if it is feasible, we will give them a try."



You don't have to be a member

Family Travel Plan made the difference

Some deals are too good to pass up!

Just ask Barb Labelle and Albert Casaway. They have regularly shopped at the Yellowknife Co-op for years, but when they heard about the new Co-op Family Travel Plan, they signed up to be members.

It was just the push they needed.

"I've been thinking about joining for a while," says Labelle. "We always come here to shop, but we've never been members.

"It's time we started to get some payback."

While they say they don't travel a lot, "it's to our advantage" to be a member and qualify for the flight discount to Edmonton.

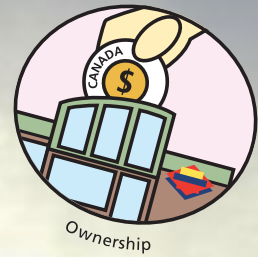
Labelle works at the Academy of Learning and Casaway owns his own contracting business.

Even before joining, they say they came to the Co-op for groceries because of the better variety of products available.

"It's all good," says Casaway with a smile. "Especially the pastries."

They live out on the Ingraham Trail where they're building a new home, so the fuel discounts are another positive reason for joining, says Labelle.

In their spare time, the couple enjoys the outdoors, something that's close at hand near their home.



Member Referral Rewards

Members who get new members to join the Co-op family get a "signing bonus" of a \$20 gift certificate. Recent referrals have come from:

- Greg Krivda
- Moe & Dave Miller
- Lori Larochelle
- Jack Miller
- Robert Carey
- Roger Russell

Grocery Packing Dates

- February 7 – YK Ski Club
- February 8 – Sir John Franklin High School Music Department
- February 21 – St. Pat's SCUBA
- February 22 – École St. Joseph Grade 8 class



Brand new Co-op members Barb Labelle and Albert Casaway say the new Co-op Family Travel Plan offered through First Air lured them to join up.

to shop at the Co-op!

EMPLOYEE OF THE MONTH: SHARI WYNNE



You never know where you will find her

Shari Wynne helps a shopper who's signing up to join the Co-op while a member waits to rent a steam cleaner.

In the background a phone rings and a fellow staff member inquires about the location of unflavoured gelatin. "Aisle 5," says Shari.

All this activity occurs at the customer service desk, where Shari is the member service supervisor.

"They call me the 'go-to-girl'," she says with a laugh. "I deal with the usual customer inquiries but I also make coffee, collect baskets and help out on till at the front end."

Shari graduated from Yellowknife's Sir John Franklin High School in 1989. By

then, her family had already been long time Co-op members.

"I remember as a teenager going to the Co-op with my friend and helping restock the shelves. It was just a tiny store then. The meat department consisted of an ice cream freezer filled with frozen hamburgers, steak, and chicken."

Before starting in her position at the Co-op last July, Shari worked as the general manager of a busy Yellowknife cab company.

Shari turned down several jobs, including one with the territorial government, to work for the Co-op.

"It would have been a lot more stress and red tape and politics. Of course, we have rules here but I like coming to work where you get hugs from your co-workers when you come in the door. I

feel like I am making a difference even if it is just helping someone find a product or returning a lost wallet or handing peanut free cookies to the kids."

When not at work, the amateur photographer turns her camera towards the Frame Lake Trail or tunes into her favourite television show "House."

She is a single mother of three teens and one pre teen, and cares for her mother with health problems.

Shari hopes to own a hybrid vehicle one day. For now, she walks or car pools to work.

Her plan is to have a long career with the Co-op.

"It is a fast paced job but very enjoyable. I leave at the end of the day and I don't take (work) home with me."

Contact us

Yellowknife Direct Charge Co-op
321 Old Airport Road
Yellowknife, NT X1A 3T3
Phone: 873-5770
Fax: 873-3769



www.ykcoop.com

Store Hours

Mon. & Tues. 9 am – 7 pm
Wed. to Fri. 9 am – 9 pm
Saturday 9 am – 7 pm
Sunday 10 am – 6 pm

Gas Bar Hours

Monday to Sunday 6 am – 11 pm

Department

Member Services Counter
Member Relations Manager
General Manager
Accounting Manager
Human Resources Manager
Bakery Manager
Bakery Cake Orders

Ext.

237
270
221
224
245
242
232

Department

Corporate Sales
Deli Manager
Front End Manager
Gas Bar Manager
Grocery Manager
Meat Manager
Produce Manager

Ext.

269
230
226
235
238
229
228