



## Rising Early in Chanhassen

By Doug Roese / Lakewinds Natural Foods

It is another beautiful, crisp autumn morning in the Western suburbs, and as you enjoy those last precious hours of sleep, you dream. A little hungry, and a little hopeful, you might dream of warm cinnamon rolls made with butter and brown sugar, or perhaps fresh sourdough baguettes complimented with fine French triple-crème cheese. So, do you get up early to bake and fulfill your cravings? Of, course not! You hit the snooze button and feel grateful that you live near a Lakewinds Natural Foods where you can find some of the Twin Cities' best breads and rolls—and they're all made at our new artisan bakehouse in the Chanhassen store.

While you are sleeping, master baker Nate Spitzer and his team are glazing the warm cinnamon rolls, forming the day's baguettes, and starting the dough for the delicious organic whole grain sandwich bread.

Many world class bakers come from Geneva, but Nate may be one of the few to come from Geneva, Nebraska. Quite appropriately coming from the breadbasket of America, Nate worked hard honing his natural and whole grain baking skills ever since high school. Except for a few years in a restaurant bakery in La Crosse, he spent most of his time at Great Harvest. This October marks his first year with Lakewinds, and he has done a wonderful job building the bakehouse essentially from the ground up.

In the beginning, Nate found, ordered and then waited (patiently) for the best ovens to arrive in Chanhassen. He and his team developed recipes while waiting for their prized ovens. The deck oven is a top model from France with five stone-lined shelves (decks) used all day long for our artisan-type loaves. They benefit from one of the oven's most important features—controllable steam injection. When properly used, added steam provides some

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*Coming from the breadbasket of America, Nate worked hard honing his natural and whole grain baking skills ever since high school.*

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Nate, the head baker and manager, brought his love of baking and recipe development to Lakewinds last year while the Chanhassen bakehouse was being built.

of the most desirable characteristics of fine bread. The steam keeps the dough soft, allows bread to further rise, and helps caramelize the sugars in the dough—giving the bread a crisp, golden crust. A second “rack” oven bakes dozens of sandwich loaves or buns at a

## A DAY IN THE CHANHASSEN BAKERY

Starts off with the bakehouse crew arriving early in the morning to prepare a day's worth of breads for Lakewinds' three locations.



Damon proudly displays the results of his morning work—a rack full of fresh baked bread.

### COVER STORY FROM PAGE 1

time. A large rack is literally pushed into the oven and slowly turns while baking, providing even heat throughout the rack. When done, the rack rolls out into the cooling area and another rack rolls in!

Much of Nate and his team's time is spent creating and testing recipes, trying new flours, and improving bread starters. Our natural sourdoughs are Minnesota grown, as all sourdoughs are the result of the local wild yeasts. That's why a Chanhassen sourdough will taste different than a San Francisco or Boulder version. Our bakers keep a "barm," or wet starter, and use it to maintain a firm starter. The firm starter is a constantly rising batch of bread used to start a new batch. Both the barm and firm starter are fed everyday to keep them going. The bakers are in the process of making a whole wheat starter too. Nate and his team are developing new breads and expect to offer authentic



brioche, breakfast breads and gourmet croutons in the near future.

The bakehouse offers nearly two dozen varieties of all natural or organic loaves and rolls everyday. One of Nate's favorites is the

delicious Casatiello, brimming with natural parmesan and pepperoni—the perfect side for a bowl of our deli's homemade soup or fresh salad from our salad bar. He's also proud of the Ciabatta and Striato breads. Some of our customer favorites include the \$1.99 baguettes (both regular and sourdough), cinnamon rolls and nuggets, and the multigrain sandwich bread.

All of the Lakewinds locations offer Lakewinds breads, but the selection does vary. Look for a schedule near our breads if you are looking for something in particular.

Lakewinds is proud to offer fresh, daily baked breads from our bakehouse. It was one of our goals to offer this to our shoppers when we opened the Chanhassen location. So the next time you dream of artisan breads, baguettes or good sandwich bread—stop by Lakewinds where our passion for making great food satisfies your desire for great eating.

# Take a Class at Lakewinds!

Visit our website for complete course descriptions at [www.lakewinds.com/classes](http://www.lakewinds.com/classes). Lakewinds members receive a discount on classes, and may introduce friends to a class at their member price.

## OCTOBER CLASSES

### Introduction to Socially Responsible Investing

John Feistner

Tuesday, October 3 / 6:00–8:00 p.m.

Lecture and Discussion

FREE, but registration required

### Eat, Drink and Wag Your Tail; Secrets of the Pet Food Industry and More

Dawn Margavage

Thursday, October 5 / 6:00–8:00 p.m.

Lecture

\$18/\$15 for co-op members

### Pizza Party for Kids (ages 6-10)

Rachael Eide

Saturday, October 7 / 11:00 a.m.–1:00 p.m.

Demo with Meal

\$20/\$17 for co-op members

### Perfect Seasonal Vegetables

Jeff Woodward

Monday, October 9 / 6:00–8:00 p.m.

Demo with Meal

\$35/\$30 for co-op members

### Stress Less with Flower Essences

F.E.S. rep Isadora Tavens

Tuesday, October 10 / 6:30–8 p.m.

Lecture & Discussion

FREE, but registration required

### Fundamentals of Ceviche

Rachel Rubin

Thursday, October 12 / 6:00–8:00 p.m.

Demo with Meal

\$35/\$30 for co-op members

### Inflammation—The Cause of Chronic Health Symptoms

Jeff Woodward

Monday, October 16 / 6:00–8:00 p.m.

Demo with Meal

\$35/\$30 for co-op members

### Cooking for Healthy Bones

Jennette Turner

Tuesday, October 17 / 6:00–8:00 p.m.

Demo with Meal

\$35/\$30 for co-op members

### Holiday Baking with Amy

Amy Kovacs

Wednesday, October 18 / 6:00–8:00 p.m.

Demo with Tastings

\$30/\$25 for co-op members



### Classic Mexican Sauces

Manuel Moreno

Wednesday, October 25 / 6:00–8:00 p.m.

Demo with Tastings

\$30/\$25 for co-op members

### Table Scraps and Homemade Food & Treats for Cats and Dogs

Dawn Margavage

Thursday, October 26 / 6:00–8:00 p.m.

Lecture with Discussion

\$18/\$15 for co-op members

### A Cleaner House, A Cleaner Planet

Michael Sala

Saturday, October 28 / 11:00 a.m.–1:00 p.m.

Demo with Instruction, free copy of “Clean

House, Clean Planet” by Karen Logan

\$20/\$15 for co-op members

### Wheat/Gluten-Free Baking Basics

Eileen Anderson

Monday, October 30 / 6:00–8:00 p.m.

Demo with Tastings

\$30/\$25 for co-op members

## NOVEMBER CLASSES

### Introduction to Macrobiotic Cuisine

Author Gabriel Kushi

Wednesday, November 1 / 6:00–8:00 p.m.

Demo with Tastings

\$35/\$30 for co-op members

### Reducing Sugar Cravings: Food and the Brain

Jeff Woodward

Monday, November 6 / 6:00–8:00 p.m.

Demo with Tastings

\$35/\$30 for co-op members

### Ecuadorian Festival

Rachel Rubin

Thursday, November 9 / 6:00–8:00 p.m.

Demo with Meal

\$35/\$30 for co-op members

### Living Without—Gluten and Dairy Free Cooking

Jeff Woodward

Monday, November 13 / 6:00–8:00 p.m.

Demo with Meal

\$35/\$30 for co-op members

### Healthy Mexican Meals

Elizabeth Gonda

Saturday, November 18 / 11:00 a.m.–1:00 p.m.

Demo with Meal

\$30/\$25 for co-op members

## DECEMBER CLASSES

### Wine, Cheese and Cheer

Rick Stellmach & Judy Thompson

Monday, December 4 / 6:00–8:00 p.m.

Demo with Tastings

\$40/\$34 for co-op members

### Nutrition for Menopause

Jennette Turner

Tuesday, December 5 / 6:00–7:30 p.m.

Lecture with Discussion

\$22/\$18 for co-op members

### Festive Chanukah Meal

Rachel Rubin

Thursday, December 7 / 6:00–8:00 p.m.

Demo with Tastings

\$35/\$30 for co-op members

### Authentic Mexican Appetizers

Elizabeth Gonda

Saturday, December 9 / 11:00 a.m.–1:00 p.m.

Demo with Meal

\$30/\$25 for co-op members

### Realistic and Healthy New Year’s Resolutions

Hilmar Wagner

Monday, December 11 / 6:00–8:00 p.m.

Lecture with Discussion

\$22/\$18 for co-op members

### Registration Is Easy

1. Register with a credit card on our secure server at [www.lakewinds.coop/classes](http://www.lakewinds.coop/classes).
2. Visit the customer service desk at any location where a staff person can help you.
3. Call our 24-hour Classline at 952-742-1222, and we'll return your call to complete your registration.

# Connecting with Your Community Co

## Wellness Wednesdays

**Minnetonka and Chanhassen**

**Wellness Departments**

**October 18**

Lakewinds now dedicates a special day to wellness education each month. Every third Wednesday of the month, you can speak with expert wellness vendors and receive discounts on select products for that day only. The next Wellness Wednesdays are November 15 and December 20. For more information, visit our home page at [lakewinds.coop](http://lakewinds.coop).

In October, Wyndmere Essential Oils, Bryn Mawr Soap, Flax Revolution, Cones by Cronos and Herb Pharm will be on hand to answer your questions and to provide demonstrations and samples. (By the way, all of the mentioned companies are local except Herb Pharm.) The event will be held at both stores, and these featured products will be on sale all day as well.



## The Importance of Fair Trade with Special Guest Octavio Ruiz

**Saturday, October 21 from 12:00–1:30 p.m.**

**Lakewinds Classroom in Minnetonka**

**Free, but registration required**

Increasingly, Americans are realizing that when workers around the world remain in poverty, our standard of living is affected as well. Twenty-five dollar DVD players and \$6/per pound coffee have plenty of hidden costs to us all. Learn more, and discover how you can help, at this important presentation. On Saturday, October 21, Octavio Ruiz of the Minnesota Fair Trade Coalition will share inspiring stories of the progress being made, and the need to continue to work for fair treatment of the people responsible for the food and products we enjoy every day.

The lecture is free, but registration is required. Please register online at [lakewinds.coop](http://lakewinds.coop), call our Classline 952-742-1222 or stop by customer service.

## Taste of Lakewinds

**Chanhassen Location**

**Saturday, October 7**

**10:00 a.m.–3:00 p.m.**

Join us this day at Lakewinds in Chanhassen for a day of enticing your senses. This gives us a chance to highlight the great food and products we offer from all of our departments.

There will be lots of food samples, recipes and give-aways. Be sure to register for our drawing of a \$100 Lakewinds gift card. (No purchase is necessary to enter.)

Bring a friend so you can both experience Lakewinds like you never have before!



# Co-op: Events, Activities and Updates



## Lakewinds Natural Foods Powers Up One of Minnesota's Largest Solar Electric Systems

The 10 kilowatt (kW) system on the new Chanhassen store sports 57 solar electric panels, making it one of the largest solar electric systems in Minnesota. It was installed by Innovative Power Systems (IPS Solar) of Minneapolis.

Chanhassen's new solar electric system is expected to produce about 12,250 kilowatt-hours (kWh) of electricity per year, which should offset about 10%–20% of the store's electric bill, depending on the store's total power consumption. The new solar electric system is expected to save the Chanhassen store about \$52,000 on electric bills over a period of 30 years.

In terms of CO<sub>2</sub> reduction, the system will have an environmental impact equivalent to planting about four acres of trees.



## This is Great! We're Eating Chocolate Cake!

Enjoy a piece of cake on us! Cake will be served at all Lakewinds locations in celebration of Co-op Month in October. (A wheat-free/gluten-free treat will be provided as well.)

### Minnetonka

Tuesday, Oct. 3 / 11:00 a.m.–1:00 p.m.  
Friday, Oct. 13 / 3:00–5:00 p.m.  
Thursday, Oct. 26 / 11:00 a.m.–1:00 p.m.

### Anoka

Wednesday, Oct. 11 / 11:00 a.m.–1:00 p.m.

### Chanhassen

Saturday, Oct. 14 / 11:00 a.m.–1:00 p.m.  
Tuesday, Oct. 10 / 3:00–6:00 p.m.  
Saturday, Oct. 21 / 11:00 a.m.–1:00 p.m.



## October is Co-op Month

Lakewinds members will receive an additional 5% discount when they shop in October. This offer is different than what we have offered in the past. On the day you shop and take your member discount, you will be given a coupon for an additional 5% discount to be used on another shopping visit—valid only in October. So we suggest you take your first discount early in the month so you can take advantage of the additional 5% off.

*(NOTE: Discounts cannot be combined and the coupon is required at the time of use. No coupons will be handed out except at the register when the first discount is taken.)*

# Lakewinds Annual Member Dinner

**J**oin us on Monday, October 23 from 6:00–8:30 p.m. for our annual member dinner and meeting at the Minnetonka Community Center in Minnetonka. Doors open at 6:00 p.m. Our guest speakers include a panel of local farmers and food manufacturers. Learn more about their connection to Lakewinds and their shared passion to keep local foods strong.

## The Menu

Lakewinds' Soups: Vegan Creamy Cashew Mushroom, Lemon Chicken and Italian Lentil

Fresh Garden Salad with Homemade Dressings

Artisan Breads from our Bakehouse

Apple Strudel and Wheat-Free Pumpkin Bars

Beverages

## Children's Program

Children from ages 4–10 with a reserved spot can participate in the program, which

includes a dinner of pizza, fruit and dessert. There will be crafts, games and activities to enjoy. Children can be dropped off in the Minnetonka Mills room at 6:00 p.m.

## Tickets

Admission to the dinner, children's program and meeting is free. However, seating for the dinner is limited, so pick up your tickets early at the customer service desk at each location. Tickets for the children's program are also required. Tickets will be available October 1–18, or until they are gone.

## Nominees for 2006 Board of Directors

**T**here are **four** seats available on the Lakewinds' Board of Directors. Each nominee completed an application process. The candidates' statements provided in this newsletter may have been edited for space. Every attempt was made to include their main points, and wording was not changed.

Please use the ballot provided in this newsletter. **Ballots will be accepted until October 18.** One ballot per member number please.

### Mary Chasin Incumbent, Director of Organizational Development, United Health Group

*Why are you interested in serving on the Lakewinds Board of Directors?*

I have been very fortunate to serve on our Board for the past three years as we have seen rapid and significant growth—in membership, sales, and store locations. The next two to three years are a critical period for Lakewinds. We must focus internally to understand and meet the needs of our increasingly diverse membership, and to achieve equilibrium between profitability and advocacy, while remaining committed at all times to our mission. At the same time, we need an increased external focus, expanding our presence in the

community and strengthening the role of organic, local, and sustainable agriculture in our economy.

The management and staff of Lakewinds have done a remarkable job of getting us to where we are, and they are critical to ensuring our continued success and the uninterrupted delivery of the personalized customer service our members expect and deserve. The Board of Directors supports this success by ensuring a foundation of fiscal discipline and strategic planning.

*What do you believe are the primary challenges facing the co-op?*

- The changing organics marketplace: Organic standards are being compromised, the importance of sustainable and local agriculture is not widely understood, and there are new entrants into the organic marketplace who are exploiting the opportunity to increase revenue without taking accountability for environmental stewardship. Now more than ever we must differentiate the cooperative movement and communicate to the public the compelling case for our unique value.
- Achieving and maintaining financial stability and steady growth across our multiple locations. Our members have placed great trust in us. We will continue to earn that trust by protecting their investment in Lakewinds.
- Ensuring we have a strong management “bench” to meet both our short and long term business needs.

*What specific insights, skills and experience do you possess that will help the co-op meet these challenges?*

Extensive experience in leadership

development, over ten years of strategic planning experience, quantitative analysis of processes and results, access to professional resources and understanding of Lakewinds' current situation, opportunities and challenges.

### John DePaolis Head Marketing Guy, Country Choice Organic

*Why are you interested in serving on the Lakewinds Board of Directors?*

I'm interested in serving on the Lakewinds Board of Directors because I believe in the mission of the coop and feel Lakewinds can play a vital role in helping people take control of their food choices. Five years in the Natural food industry (following five years in the mainstream grocery) gives me a unique perspective on the U.S. food business. Current consumer health trends are at odds with the primary objective of the food industry (i.e., sell more calories). Consumers need more places where they can reconnect with their food and discover the direct link between the food they (or their family) eat and their personal well being. Only in this environment can we hope to move people away from the “food as fuel” mindset that permeates society and begin to offset the myriad negative impacts of our fast food culture. My goal in joining is to help Lakewinds continue to communicate its message with a strong, clear voice.

*What do you believe are the primary challenges facing the co-op?*

The Twin Cities co-op market, well developed by any measure, is under pressure on two fronts: 1) The expansion of large “Supernatural” chains (e.g., Whole Foods Markets, Trader Joes, etc.) and 2) the aggressive push by conventional grocery into Natural/Organic. The challenge for Lakewinds and other co-ops is to differentiate themselves from the other retailers in order to remain relevant to the broad diversity of current (and potential) members. In the western suburbs the opportunity is to remain a leader with food variety and information for consumers who are just discovering organics. Retaining knowledgeable and helpful staff, in-store informational signage and ongoing education on health and wellness can help assure Lakewinds' place in the evolving marketplace.

*What specific insights, skills and experience do you possess that will help the co-op meet these challenges?*

My experience in the natural food industry provides many tools to help Lakewinds meet future challenges. With a strong understanding of the consumer insights driving organic industry growth, I will be able to help Lakewinds target and attract new members as well as solidify the relationship with existing members. Likewise, my experience in developing and executing strategic business plans can help the Board with many of its planning and development activities.

## Lou Dierking

**Assistant Director, Clinical Operations for a Managed Care Organization**

*Why are you interested in serving on the Lakewinds Board of Directors?*

To be instrumental in assuring the ongoing success of a business that I believe serves a significant purpose in the marketplace (both through the product and educational offerings as well as through community involvement).

*What do you believe are the primary challenges facing the co-op?*

The biggest challenge I see facing cooperatives in general is how to compete effectively with the growing trend toward natural and organic food sections in larger grocery businesses. Competing with national chains that have access to more resources can be difficult, and it will be necessary for the coop to be clear regarding its purpose and identity both in the community and with its membership.

*What specific insights, skills and experience do you possess that will help the co-op meet these challenges?*

I have the ability to provide insightful analysis of market trends, to ask critical questions, and to engage members in frank discussion about their concerns. I have a solid grounding in business, and am able to look beyond the day-to-day to consider the broader impact of decisions. I can build relationships with strategic partners, whether they are with community representatives, vendors or competitors that lead to win/win solutions to difficult challenges.

## Katherine Roseth

**Marketing Consultant**

*Why are you interested in serving on the Lakewinds Board of Directors?*

My primary interest is to further support the good work that Kris Nelson and Lakewinds has done to date. I would like to demonstrate my continued support through a more

visionary and strategic role on the board.

It is evident to me that Lakewinds should increase sales in two of its three markets, and I feel the board can guide the planning process in a way that offers strategic direction and accountability to help strengthen sales and membership. Solid sales and membership allows Lakewinds to invest in the communities that it serves.

*What do you believe are the primary challenges facing the co-op?*

1. The primary challenge is to increase sales and membership at the Anoka and Chanhassen locations. Lakewinds is in a great position to become the "store of choice for natural and organic products" in these markets. 2. Another challenge is to oversee that staff and management develop and share best practices between the locations, and do so in a manner that encourages participation and collaboration. 3. Another challenge is to continually improve the knowledge of the staff so that Lakewinds can offer growth opportunities to employees, provide best-in-class customer service and stay ahead of the competition.

*What specific insights, skills and experience do you possess that will help the co-op meet these challenges?*

My strengths in natural foods marketing, public relations and outreach would prove helpful when developing short term plans as well as considering the future growth of the co-op. Also, my experience working at Lakewinds and the association would give the board an "insider's look" at the day-to-day challenges found within this industry.

## Deborah Tenner

**Advertising/PR**

*Why are you interested in serving on the Lakewinds Board of Directors?*

I feel I could help ensure our coop's continued growth by offering guidance in customer service, public relations and communication. Lakewinds has been a part of my life for 25 years and

overall I am happy with the direction it has taken and its expansion to Chanhassen. But continued success will require a stronger focus on customer service, improved communication between stores and better attention to detail in planning. With my marketing background and twenty years in advertising and public relations, I have hands on experience ensuring businesses' viability. I have been involved with customer service, communications and media from the bottom up (brainstorming, planning, creating, executing and evaluating promotional and public relations programs). Combine this professional background with my personal commitment to health, wellness and sustainability and you get a member with the desire and ability to move Lakewinds' future securely into the 21st century.

*What do you believe are the primary challenges facing the co-op?*

One immediate challenge would be ensure the viability of the Chanhassen store by:

- Increasing recognition of the Chanhassen stores within the community
- Identifying differences and similarities in the customer base
- Determining ways to serve specific needs of each store
- Improving customer service at both stores so the shoppers feel that the customer is the most important person there.

*What specific insights, skills and experience do you possess that will help the co-op meet these challenges?*

My background in advertising, marketing and public relations provides twenty years' experience in an arena vital to maintaining growth and viability of stores. Combine this professional background with my personal commitment to health, wellness and sustainability and you get a member with the desire and ability to move Lakewinds' future securely into the 21st century.

## Joseph M. Wagner

**Consultant, Wagner International, LLC**

*Why are you interested in serving on the Lakewinds Board of Directors?*

My wife and I both share a belief that the organic/natural products we bring into our home must be of the highest quality and promote a respect for our environment. Such products cannot be readily obtained at the mass retailers because of a variety of factors not the least of which is the profit motive. In each community there is a need for an alternative to the mass retailers that is dedicated to the provision of quality organic/natural products which also promote a respect for the earth. I believe Lakewinds is such an alternative and would be proud to be part of the organization, its contribution to the communities it serves, and to its potential growth into other communities.

*What do you believe are the primary challenges facing the co-op?*

One of the biggest challenges to Lakewinds is the "commoditization" of the natural/organic foods movement by the mass retailers. Lakewinds can effectively fight this by continuing to educate consumers to its vision of providing a total approach to natural/organic and environmentally responsible products and not just to a few here and there. In addition, it needs to hire and retain staff that are dedicated to this vision, are thoroughly knowledgeable about Lakewinds' products, and, are encouraged to provide exceptional service. Lastly, there must be a sufficient variety of products of the absolute best quality available, and at a reasonable price.

*What specific insights, skills and experience do you possess that will help the co-op meet these challenges?*

In general, what I bring to the table is 26 years of increasing responsibility in very competitive industries that have trained me to be a strategic thinker and problem solver. I couple this with a lot of energy and drive. I hope this will suffice to become a productive member of the Board.

# Lakewinds Natural Foods 2006 Board Candidate Nominee Ballot

Members can vote for a candidate using the ballot included in this newsletter. There are three ways you can send in your ballot:

1. Ballots can be faxed to our store in Minnetonka at 952-473-9834,
2. Dropped off at customer service, or
3. Mailed to: Lakewinds Natural Foods, 17515 Minnetonka Blvd, Minnetonka, MN 55345 ATTN: K. PLUIMER

Ballots will be accepted until October 18, 2006. One ballot per member number please.

Member # \_\_\_\_\_

*You must provide your member number and name to validate your vote! One vote per member number or household.*

Name \_\_\_\_\_

Please vote for up to four (4) candidates:

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Mary Chasin (Incumbent)</b> | <input type="checkbox"/> <b>Katherine Roseth</b> |
| <input type="checkbox"/> <b>John DePaolis</b>           | <input type="checkbox"/> <b>Deborah Tenner</b>   |
| <input type="checkbox"/> <b>Lou Dierking</b>            | <input type="checkbox"/> <b>Joseph M. Wagner</b> |

## Warm Hands, Warm Hearts

Person-to-Person is a non-profit organization that helps kids in need, of all ages, receive new winter coats through the Warm Hands, Warm Hearts program. For the past several years, Lakewinds' customers have generously supported this program. Please help us achieve our goal of donating 200 new coats to kids in the program. You can receive a card with the child's name, size and coat type request at the customer service desk at all Lakewinds locations, and return the new coat to us by October 20. Coats are collected mid-September through October 20.

Gently-used coats, boots and other winter clothing can be donated to the Hopkins/Minnetonka Family Resource Center located on Main Street in Hopkins.

Contact Mary Moulton at 952-742-1211 or email her at [marym@lakewinds.coop](mailto:marym@lakewinds.coop) if you have any questions about these or other donation programs.

## A Notice to Our Loyal Members

This is just a reminder that your member number can be used by anyone in your household; however we ask that you not allow

others, including friends or neighbors, to use your membership.

This is also a good time of year to let us know if any of your contact information has changed such as your address, phone number, etc. Please visit or call customer service at any of the three stores, to update your information. Thank you.

## Holiday Hours

All of our locations will be closed on Thanksgiving, Christmas and New Year's Day. For the week of Thanksgiving, we will have longer hours on Monday and Tuesday, open 8:00 a.m.–10:00 p.m. We will be open from 8:00 a.m.–4:00 p.m. on Christmas Eve and 8:00 a.m.–6:00 p.m. New Year's Eve at all locations. Visit our website for current store hours [lakewinds.coop](http://lakewinds.coop).

## Holiday Food Order Forms

Look for holiday order forms for turkeys, entrées, appetizers and desserts at the beginning of November in the deli and meat department at all locations. Order forms will also be on our website at [lakewinds.coop](http://lakewinds.coop).



### Lakewinds General Manager

Kris Nelson

### Board of Directors

Steve Caster  
Mary Chasin  
Janice Hardin  
Jane Howard  
Ann Perkins  
Rachel Soffer  
Sharann Watson  
Ellen Wolaner  
Dale Woodbeck

Lakewinds is proud to be a member of the National Cooperative Grocers Association and the Association of Twin Cities Natural Foods Co-ops.

Design and layout by  
Triangle Park Creative.



### Minnetonka

17501 Minnetonka Blvd.  
952-473-0292

### Anoka

1917 2nd Avenue South  
763-427-4340

### Chanhassen

435 Pond Promenade  
Just off Hwy 5 at  
Great Plains Blvd near Hwy 101  
952-697-3366

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



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