

Congratulations to This Year's Scholarship Winners!



Hannah Hamilton is attending UNB and is going into her fourth and final year of Bachelor of Science in Psychology. This year she is in the process of studying for her Medical College Admissions Test. She participates on team related boards, has been involved in many activities pertaining to women's football (including managing a 30-woman team) and is a member of the undergraduate Psychology Society of UNB. Hannah continues to excel in her studies and work as well.

Jamila Belhadjsalah attended STU and received her Bachelor of Arts degree in 2010. She maintained a 4.3 GPA and placed on the Dean's list each she's completed. She is the 2010 recipient of the Governor General's Silver Medal Award for Academic Achievement. She is involved in many student and community service activities. She has also worked for the PNB as a Project Officer at the Senior and Healthy Aging Secretariat. She continues her studies in Medicine at the Memorial University of Newfoundland.



Cameron DuPlessis attended UNB and received his Bachelor of Science in Kinesiology this past May. Cameron was involved with the faculty and the student body during his time at UNB. He was also a volunteer at the DECH and a tutor for a national literacy organization. Cameron is continuing his studies at the Dalhousie University in a Master of Science in Physiotherapy degree program. He intends to practice in Fredericton or surrounding area upon completion of his medical training.

Jeremy VanSlyke graduated with an undergraduate degree in music from McGill University this year. He has been accepted into McGill's MMus (Master of Music) in Sound Recording program. This elite group of eight students is chosen from a pool of over a hundred applications. Jeremy has worked full time during every summer of his undergraduate degree, and has been actively involved in many student and community activities.



Did You Know?

That your Co-op is posting in-store (on a weekly basis) a comparative member's order with another supermarket?

Check this comparison which is now posted near the grocery line-up as you approach the cashiers. If you would like us to compare your order, please leave your cash register receipt with the service desk.

NOTICE THE SAVINGS!

On average a family shopping at Fredericton Co-op

SAVES 10-15%

a year on their annual co-op purchases.

What other investments have this return year after year?



If interested, please leave your NAME AND EMAIL ADDRESS at the SERVICE DESK
A Meeting will be set up for **INTERESTED PERSONS** to explain the **roles and responsibilities** of becoming a Director

Meet Your Food Division Manager



Teena Angie Lee Noble is a native of Fredericton, and lives in the area with her partner Joe and son Logan. Teena is a graduate of Oromocto High School and enjoys reading, crocheting, playing cards, camping and cooking. "Most of my personal life and love revolves around family".

Teena began her career with FDDC in September of 1987 as a part time deli clerk. She has worked in various departments within your Co-op including the seafood department, food administration, file maintenance, grocery manager and currently occupies the role of Food Division Manager, a role previously held by her mentor, Ed Hanscombe. Teena also spent two years from 1996 to 1998 at the Oromocto Co-op as liaison manager for FDDC.

Teena has witnessed considerable growth at FDDC since 1987 including two major expansions, a doubling of membership growth and the extension of store hours from five days a week to seven.

Teena is very loyal to the FDDC and points out with great pride that her parents were part of the original charter members who formed the store. "I have always referred to myself as a Co-op kid, she remarks, shopping as a young child with my family and then choosing it as a career path." I very much enjoy serving the membership and trying to meet their every need.

It is obvious from speaking to Teena that she has a profound love for her career role she has chosen at FDDC. In talking with members, it is wonderful to know and witness their commitment to their Co-op. Together with their support, we will continue to grow and meet our challenges for the future. "I am excited to be a part of this great organization as it moves forward."



New Section Popular With Members

The previous 'Video Shop' has undergone a complete transformation! The goal of this renovation was to offer membership a greater variety of products to choose from. Some of the new and existing items to be found in this section include: Lottery tickets, stamps, a selection of top new release movie rentals, carpet cleaning rentals, wine and beer making supplies, a mix and match program for our K-cup program, other quality coffee brands and a unique upscale food line that will have your taste buds jumping.

Be sure to check it out.



Every month the staff assistance committee holds a draw for an item with the proceeds going back to the committee. This in turn, is donated to local charities and helps support staff and members in the community through trying times. The monthly draw item is on display at the entrance of the store, and tickets can be purchased for \$1 each or 3 for \$2 at the service desk or any of the front end cashiers.

The committee would like to take this opportunity to thank the members and the staff for their participation.

FDCC Supports Oromocto High School Envirothon Team



The Canon Envirothon is the largest North American environmental competition. The competition includes hands on field tests on soils, forestry, aquatics and wildlife and ends with each team preparing and presenting a 20 minute presentation on a chosen topic. This year's topic was mitigating harmful impacts to estuaries. The Oromocto High School team, consisting of Leela

Cheung, Zoe O'Malley, Emily Smith, Emma Jost, Zach Baird, Katie Baba and teacher advisors Julie Lizotte and Heather Roxborough won the Provincial Envirothon and finished 4th in North America. Participation in the Envirothon teaches students not only the fundamentals of the elements that encompass the environment, but also critical thinking, public speaking and how to work effectively as a team under pressure.

The FDCC Environment Committee is pleased to support such dedicated and community minded young people and congratulates them on their achievements.

FDCC Environment Committee Promotes NB Grown Produce to Members

The FDCC Environment Committee would like to thank everyone who joined us on September 10th. at our "Let's Go GREEN Booth". The FDCC supports local farmers and to the greatest extent possible tries stock products grown in our community.

We have developed a symbol to identify those products which have been grown in NB. Check out the different locally grown products knowing that you are supporting farmers in NB.

One of the best things we can do for our environment and our economy is to buy locally, the less it has to travel which reduces greenhouse gas emissions and your carbon footprint. Food purchased and produced in New Brunswick also helps to stimulate our economy and contribute to better food security. We believe that once you begin to buying locally, tasting the food's freshness and meeting the people behind the food, buying locally will soon become a way of life.

www.buylocalnb.ca
www.mangerlocalnb.ca



Pictured at left: Board members Heather Tesselaar (left) and Valerie Delong (right) at the "Go Green" booth to discuss with members the importance of supporting local farmers and products

10 Reasons to Buy NB Produced Food

- Tastes and looks better
- Supports Local Families
- Builds trust
- Builds Community
- Preserves open space
- Keeps taxes down
- Makes a lighter carbon footprint
- Preserves genetic diversity
- Is an investment in our future
- Benefits the environment and wildlife

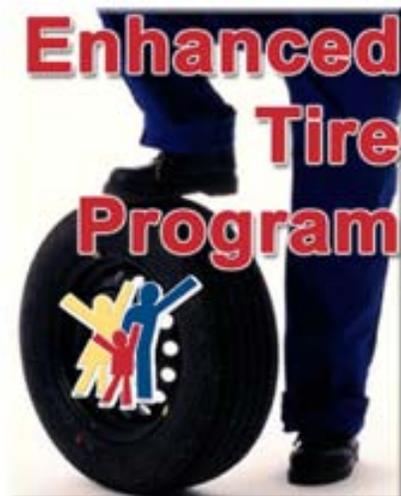


Why "BULK BUY" When On Sale?

Did you know... Approximately 2,000 food items, paper products, and household cleaners will be advertised on Sale on a rotating basis at least once a month? To realize the greatest amount of savings we suggest members "BULK BUY WHEN ON SALE". As you recall, your Co-op had an information booth set up in the store for two weeks in June to talk to members about how to be a "smart shopper".

From the information we have gathered on smart shopping, we want to remind you how to get the best value long term if you are traditionally a bulk-buyer.

- If you bulk-buy and don't consume or use the product immediately, it is in your best interests, in most cases, to wait until the item is on special.
- Our research has proven time and again that the shoppers get the best value for their dollar if you shop at your supermarket when an item is on sale.
- As you know, Fredericton Co-op has weekly food flyers and monthly large sales events, all geared to provide value for you, the members/owners. A good example of savings when on special as compared to Bulk Buying is Jello Snack Puddings 24x99g @ \$6.59. This equates to \$1.09 per 4x99 pack. We recently had this on special at \$.97 per 4 pack.



Tire Program Changes

Your Co-op has some great new additions to our already popular Tire Program.

The Home and Leisure Department has worked with "Elite Tire" located on the Hodgson Road for a great member value tire program.

FDCC Members purchasing new tires will now receive:

- * LIFETIME TIRE ROTATION
- * FREE NITROGEN FILL

Just one more way you save by being a Fredericton Direct Charge Co-Op Member!

