

First Alternative NATURAL FOODS CO-OP

Fresh, local, organic groceries for everyone

North Store: 2855 NW Grant Ave • South Store: 1007 SE 3rd St

The 
SCOOP
August 2021



From the
**Board of
Directors**
**Jim
Mitchell**
Board President

Hello, fellow Owners.

At the June Board meeting, which is the annual Board appreciation meeting, we enjoyed a fabulous meal (take-out for each member) prepared by Donna Tarasawa and said “good-bye” and a big “thank you” to Richard Cunard who, after two terms, decided not to run for reelection. Richard has served on three board committees: Finance, Owner Relations, and Board Recruitment and Elections.

We also approved the results of the 2021 election which reelected Demian Hommel, Tyra Jansson, and Rob May and elected Emily Stimac to 3-year terms on the Board. This year, we were fortunate to have a

great slate of six candidates for the four positions. It is wonderful to have so many Owners interested in serving the Co-op this way.

Next year the Board intends to use a ranked-choice election which we think is the most democratic process for elections with multiple candidates. One result of that change would be eliminating write-in candidates. (There were 8 this year—sorry Mickey Mouse and Batman, you’re still not eligible.)

The results of this year’s election were 1,114 ballots submitted with none of the candidates receiving fewer than 400 votes. There were only five invalid ballots, mostly due to Owner information missing on some of the paper ballots. Also on the ballot were four charities to choose from to be the recipient of any 2020 Owner Patronage Dividend donations. The Owners selected the South Corvallis Food Bank. The amount donated in each of the past two years was about \$3,000. I’m sure

the Food Bank will make great use of the donations in their work to increase sustainable food security in south Corvallis, and the Executive Director is very appreciative and expressed their deep gratitude.

Another important task the Board completed was the annual self-assessment. The basis of the assessment is one of the governance policies, G2 – Governing Style. This policy states (as paraphrased by me) that the Board will focus on the future, emphasize initiative and strategic leadership—not operations,

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**Thanks,
Richard!**

For two terms
serving on
the Board of
Directors!



August Board Committee Meetings

Committee meetings are currently taking place on Zoom. Owners interested in virtually attending should contact BREC@firstalt.coop for details.

Board Recruitment & Elections Committee: Working to recruit qualified Board candidates.
Tuesday, August 10, 6pm

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.
Wednesday, August 18, 4:30pm

Owner Relations Committee: The conduit for communication between Owners and the Board.
Wednesday, August 11, 6pm

First Alternative Board of Directors: Elected Owners putting cooperative principles into action. **Tuesday, August 31, 6pm**

SOUTH STORE
8am - 8pm daily

NORTH STORE
8am - 9pm daily

Pick-up & Delivery
at firstalt.coop/order

...From the previous page

understand the distinctions between Board and management roles and responsibilities, and deliberate as many but speak with one voice.

As we discussed each part of this policy, we answered two questions: how are we doing? And what can we do to do better? Generally, the Board thinks we function well and, in some areas, very well, and have been doing better or are continuing to improve in others. We also identified a few areas where we think we can do better and discussed some ways to do it. The Board members agreed that they enjoy being on the Board and feel good about their part in serving the Co-op.

No doubt, you have noticed changes in the stores due to the relaxing of most of the Covid restrictions. Hopefully you've also noticed the return of many of the tasty foods made by our commissary. Although it's operating out of temporary facilities and working under some COVID-19 restrictions, it is again making delicious meals and goodies.

Another change you may have noticed is an increase in bilingual signage in the stores. This change is only one example of the work being done by the Board and management on addressing diversity,



equity, and inclusion issues. Data is showing a continued increase in customer counts from a year ago which I believe is an indicator of a return to “normal,” although we’ve still got more to do. I’m confident we’ll get there, especially as more of the population that can be vaccinated is vaccinated against COVID-19. Until then, as you continue to shop at First Alternative, remember to be safe and be kind.

If you would like to address the Board or any of the committees on this or another item, please use email at FABoard@firstalt.coop or visit our website at firstalt.coop. And keep up with the Co-op by following us on Facebook, Instagram, or Twitter at [@firstaltcoop](https://www.instagram.com/firstaltcoop). 🐦

How are we doing?

Take our quick and easy Co-op Customer Service Survey by August 15 and let us know!



Visit this address: bit.ly/3C3P9MX or scan the QR code above

Everyone Can Shop, Anyone Can Join

Become an Owner and join a cooperative community 12,000 people strong and growing.

SAVE: Get 10% off your purchases of items not already on sale, one day per month. *(Some restrictions apply.)*

EARN: Owners receive a patronage dividend in years the Co-op is profitable. The more you spend, the more you earn!

SUPPORT: Invest in a locally-owned business that supports local farmers and producers, fair trade practices, sustainability, and community.

VOTE: Each Owner has an equal voice. Vote for or serve on our Board of Directors and vote for annual donation recipients.

CONNECT: Enjoy access to Co-op Community events for Owners and build a sense of community.

Interested in becoming an Owner? Visit the Customer Service desk at either location or join online at firstalt.coop/ownership



Donation Round-up

"Concern for Community" is the Seventh Cooperative Principle and something that's very important to us. This community helped build the Co-op and it's important we return the favor. Our donation programs are part of how we give back to the community.

Here's a breakdown of our giving in July:

Schools Donations: Our Q2 donation was \$999.99 from the Co-op plus \$38.29 in Round Up donations, for \$1038.28. (Curious about Round Up? Ask your cashier!)

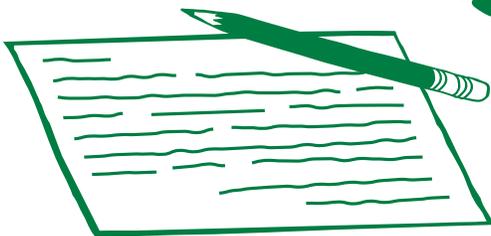
Beans for Bags Donations: For Q2 we donated \$250.00 to each of that quarter's Owner-selected organizations: CASA, Philomath Community Gleaners, Greenbelt Land Trust, and Coastal Range Food Bank

Gift Card Donations: The Co-op donated \$30.00 gift cards to College Hill High School, Furniture Share, and Benton County 4H to help support their efforts.

Other Donations: Continuing our partnership with Timberhill Tennis Club, we donated more than \$250 in snacks for their tennis tournaments.



Owner Mail Call



Follow us on Facebook, Instagram, or Twitter for news, giveaways, recipes, and special offers or scan the QR Code to join our email list and get special announcements and the twice-monthly Co-op Connection Newsletter sent to your inbox.

Community Happenings

OSUsed Store Public Sales

Tuesdays, 5:30-7:30 pm and Fridays, noon-3:00 pm at the OSUsed Store, 644 SW 13th St.

OSU's on-campus surplus store has reopened. Store carries furniture, computers, household items, office supplies and more. For more info: Andrea.Norris@oregonstate.edu.

Participants Wanted for a Short Term Vegetable Sprout Research Study at OSU

August – December 2021, dates and times vary.

Researchers at Oregon State University are seeking volunteers to study compounds in the body after one serving of broccoli or alfalfa sprouts. The study is titled *Discovery of Biological Signatures for Cruciferous Vegetable Intake* and its Principle Investigator is Emily Ho, PhD.

If you are healthy, age 18-60, non-smoking, not pregnant or breastfeeding, without diabetes, heart disease or stroke, bariatric surgery, kidney, thyroid or intestinal problems, you may qualify.

The study lasts 72-hours. Volunteers will receive \$150. For more info, contact: MFCResearch@oregonstate.edu; 541-737-5049 or visit beav.es/J8j for an online screener.

Dear Co-op Owners, We'd like to hear from you! Send letters and we'll publish what we can every month in The Scoop. Letters over 250 words will be edited for length. All letters subject to editing for spelling, grammar, and clarity. Letters should include author's name, Owner #, and contact information. Contact info won't be published. Opinions are not necessarily supported by Co-op, Board, staff, or Owners. Email letters to: scoop@firstalt.coop or mail them to 1007 SE 3rd St., Attn: The Scoop. Deadline for submissions is the 15th of the month prior to publication. 📝

Follow us on Facebook, Instagram, or Twitter for news, giveaways, recipes, and special offers or scan the QR Code to join our email list and get special announcements and the twice-monthly Co-op Connection Newsletter sent to your inbox.



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First Alternative
NATURAL FOODS CO-OP

Melon Mania

99¢/lb

August 4-10
Organic Melon Sale!

Get your melon on at our annual Melon Mania sale, August 4-10!

A Grab 'N' Go Picnic with the Co-op Kitchen

Let us do the cooking with the new Co-op Kitchen Pulled Pork (made with slow-cooked Lonely Lane pork), their classic Coleslaw and Potato Salad, and a hearty New Cascadia Gluten Free Cheddar Chive Biscuit!



Find them in the Deli!



Look for the Co-op Candy Shoppe at all remaining Corvallis Knights home games at Goss Stadium

TUESDAYS

**15% off
produce**

FOR STUDENTS

with a valid student ID from an Oregon college



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