

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

October 2022



From the Board of Directors

Rob May Treasurer

Happy October, everyone! Welcome to the pumpkin-spiced edition of the Scoop. Fall is quite a busy time of the year for the Board. Many initiatives are already

in full swing and we are looking forward to an active and productive autumn season.

The Owner Rendezvous, our annual celebration of the resiliency and success of our Co-op, returned this year as an in-person event for the first time since 2019.

On September 11, 145 Owners and staff gathered at MLK Jr. Park for great food, fun activities, and of course, our Annual Owner's Meeting and Financial Report as required in our bylaws. I was unfortunately unable to attend as I was away on a bicycle trip—so we asked Donna Tarasawa, First Alternative's Outreach Specialist, to give us a quick report on the event:

"We had live music by Rusty Hinges, a hot dog and sausage lunch, and a fun and educational Co-op Board Bingo game where people learned more about what the Board does. We also had a bounce house for the kids, ladder ball, Kanjam frisbee game, and

Corn Hole. For the adults there were tastings from Compton Family Winery, Block 15, and 2 Towns Cider. We gave away dozens of raffle prizes, too!

"Along with all that we had the Co-op Olympics. Owners signed up in teams to do a water balloon toss, build a tower with empty cartons, run a relay race carrying Rainbow Drop candy on a spoon, and to hike toilet paper rolls into a basket. And we had a cookie potluck to which many Owners contributed!"

Thank you to all who attended and made the event such a success! Check out some pictures of the good times on the next page, and find even more online. We hope to repeat the event next year with an even bigger crowd.

In other news from the Board, the reconstruction of the Annex at the South Store is moving along well, although we are now a bit behind the original schedule. You can finally see the full form of the new building, including the roof and windows. Completion is now scheduled for mid-January 2023, a month later than initially planned.



Continued on next page...

October Board Committee Meetings

Owners interested in virtually attending meetings should contact BREC@firstalt.coop for details.

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Tuesday, October 11, 6pm

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, October 12, 4:30pm

Owner Relations Committee:

The conduit for communication between Owners and the Board.

Tuesday, October 19, 5:30pm

Board of Directors:

Elected Owners putting our principles into action. **Tuesday, October 25, 6pm**

Strategic Planning Committee:

Develops strategic plans consistent with Board's vision and direction.

Meeting time to be determined



**Special Beans
For Bags 2022
Election Edition**

**CANDIDATE INFO
AND BALLOT INSIDE**



From the Board of Directors
Rob May *Treasurer*

Continued from previous page...

The Board is watching the construction schedule closely from a financial perspective because

of the increased sales the new, larger Annex kitchen will enable. We had anticipated having that revenue growth starting in December; that is now being pushed into next year. Fortunately our 2022 year-to-date sales have been stronger than forecast, so we believe we will not incur any significant negative impact from the current delay.

And speaking of revenue forecasting: October is the kickoff month for the Board's annual budgeting process for the coming year. We have just reviewed the initial 2023 financial assumptions and sales/expense targets within the Board's Finance Committee. Over the next two months we will be reviewing these with the full Board, then developing a detailed line-item budget for the coming year.

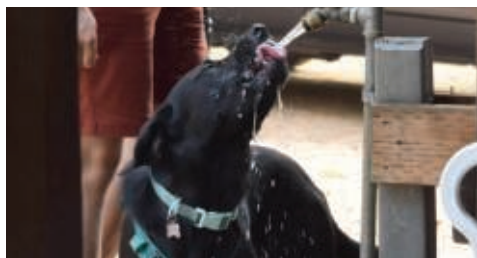
The past few years have been incredibly difficult to budget for with all the unprecedented events

and uncertainties. First Alternative management has done an outstanding job of forecasting and operational adjustment during this time, and we are in solid financial condition right now in large part due to their diligent efforts. We're hoping for a bit more "normal" 2023 which will see us continue to strengthen our business position.

In October the Board will also be having its first in-person annual Retreat in three years. We are excited to get together for some detailed strategic future planning discussions, after the extraordinarily high amount of short-term tactical focus required by the events of recent years. The retreat will be facilitated by Columinate, which is a national consulting cooperative serving mission-driven organizations by supporting their Boards and executive management. We are looking forward to having their assistance and expertise to help define our ongoing vision.

It's going to be a busy autumn for the Board! We are always looking for people who want to help guide the future of the Co-op by serving as a Director. If you are interested in joining the Board please reach out to our Board Recruiting and Elections Committee by emailing brec@firstalt.coop. And of course, you may contact the Board about any issue at any time by writing to faboard@firstalt.coop.

Scenes from Owner Rendezvous 2022



See more pictures at
facebook.com/firstaltcoop



BEANS 4 BAGS

2022 Election Info

500 Women Scientists Corvallis have made it their mission to make science open, inclusive, and accessible by building collective power and advocating for gender diversity in Science, Technology, Engineering, Math, and Medicine (STEMM). Their goal is to use curiosity to bridge divisions and enhance awareness of the connections among us. To create a better future, the Corvallis pod hosts monthly all-ages presentations on science and society to highlight the work of diverse experts (Tap Talks), community science projects (Eco Surveys), interactive displays on effective actions at public events (Farmers Market, Sage Concert), and fundraisers to support local schools and impacted communities (Linus Pauling Middle School, 500 Women Scientists Ukraine, Farmers Against Foster Farms, Majestic Community Theater). If you can't see it, you can't be it. 500 Women Scientists Corvallis help increase the visibility and voices of members of underserved communities, and develop practical solutions to address environmental, economic, social, and health crises.

ABC House works to break the cycle of child abuse and neglect, supporting children as they find their voice, and helping children and families heal and thrive. One in ten children will be sexually abused before the age of 18. ABC House believes that prevention education is the key to ending child abuse. ABC House offers free trainings in English and Spanish to public groups, organizations, and businesses. They are a non-profit Children's Advocacy Center working with children, youth, and their families to overcome the trauma of abuse and neglect in Benton and Linn Counties. Since 1997, they have provided child abuse assessments and support series to ensure children impacted by abuse receive the services needed to heal and live a productive life. Families pay no out-of-pocket costs for services and over 50% of their funding comes from generous community members.

The Co-op's Beans for Bags program supports the work of sixteen different Owner-elected community organizations (four for each financial quarter) by dividing an annual \$4,000 in donations between them. We have 28 candidate organizations this year and it's up to our Owners to select sixteen of them for 2023.

Read about the missions and accomplishments of the candidates, presented alphabetically on the following pages. Then vote via paper or online ballot.

Owners with a valid email address will receive an online ballot. If you vote online, **DO NOT** complete a paper ballot. If you vote with a paper ballot, fill out your ballot and drop it in the ballot boxes at either store and **DO NOT** vote online. All ballots, digital and printed, are due by 9 pm on October 31.

Asian Dogs Rescue Allies (ADRA) have made it their mission to transport, foster, and facilitate the adoption of survivors of the Asian Dog Meat Trade. In collaborations with rescue organizations in several Asian countries (currently China and South Korea), ADRA works to bring Dog Meat Trade survivors to the United States. ADRA then works with established/approved rescues (primarily on the West Coast) to place them in vetted and supportive transitional homes until they become cherished family members in loving forever homes.

Boys & Girls Club of Corvallis makes it their mission to attract, engage, and inspire all K-12 youth to realize their full potential by mentoring, modeling good character, and delivering relevant structured enrichment programs in a safe, inclusive, and positive environment. They are the only year-round K-12 enrichment center in Benton County. Youth benefit from no-cost daily meals, academic support, mentoring, an on-site clinic, and paid first job experience. Their goal is to eliminate intergenerational poverty in Benton County by investing in youth and teens through life-enhancing programs.

CASA – Voices for Children seeks to ensure the best outcome and future for each abused and neglected child in Benton County and beyond by training volunteers to provide advocacy, life skills, and expanding services to help kids thrive.

Casa Latinos Unidos was founded in 2009 to serve and strengthen the Latinx communities of Benton and Linn Counties. It provides direct assistance and wraparound services to individuals and families

who have difficulty navigating the system of services because of linguistic and cultural barriers. As part of this, the organization has an emergency assistance program to help people in need with rent and food. Additionally, Casa Latinos Unidos implements leadership and culturally appropriate educational programs, and celebrates the culture of the local Latinx population.

Center Against Rape and Domestic Violence (CARDV)'s mission is two-fold: To provide services and support to those affected by sexual and domestic violence, and to provide education and leadership within the community to change the societal conditions that cultivate these forms of violence. Their organization is expanding their team to provide more support in the rural areas of Linn and Benton counties with the goal of making services even more accessible to survivors in the community.

Coastal Range Food Bank, Inc. (CRFB) creates access to varieties of healthy food by promoting client autonomy and reducing barriers to food access, particularly stigma and shame. In May of this year they began a "24 hr. Emergency Food Pantry." The unique concept repurposed a drink machine. Stocked with nonperishable foods, the Emergency Food Pantry is located outside in front of the CRFB building and has received a positive response from individuals in the mountain communities CRFB serves. The shopping-like format of the self-serve pantry hasn't been abused, instead it's shown how grateful and respectful people are to have stigma-free support. Since February CRFB has hosted four C-19 Clinics with Benton & Lincoln Health Departments.

Community Outreach, Inc. (COI) began as a grassroots effort to serve the youth of Corvallis and Albany. Their Sunflower House, a completely volunteer effort focused on serving youth of Benton and Linn counties with crisis intervention, drug education, and a food bank, opened in June 1971. Over the years services have evolved as unmet needs in the community have been identified and funding has been obtained. Today, COI's employees and volunteers provide a comprehensive, integrated array of the highest quality services to more than 5,500 men, women, young adults, and families annually. What began as a small non-profit in a little yellow house in Corvallis is now the premiere social service provider for the mid-Willamette Valley. COI's programs and services are

specifically designed to move families and individuals from crisis to self-sufficiency. They believe that everyone, regardless of their personal circumstances deserves to be treated with dignity and respect and offered the skills, knowledge, and assistance needed to help themselves lead healthy and productive lives.

Co-op Recycling Center The Co-op Recycling Center provides multiple resources for most of your recycling needs in Corvallis and the rest of the valley. They are the only place in town where you can recycle Styrofoam and are a focal point in South Town that helps fulfill the community's needs for recycling items that would otherwise go to the landfill. In an average year they recycle 3,700 lbs. of metal, 1,420 cubic yards of Styrofoam, 840 cubic yards of commingled items, and 510 cubic yards of glass. The center is operated on a zero-dollar budget; community support is vital to its success.

The Corvallis Multicultural Literacy Center (CMLC) was started in 2005 in order to create a safe and equitable place for a cross-cultural community to grow and learn from one another. They provide language and other cultural classes to the public, free of charge. CMLC also provides support for those in the immigration process. At the CMLC there is a large collection of items from around the world including books, clothing, toys, and much more that is available for the community to explore.

Corvallis Sister Cities Association – Gondar (CSCA-G)'s mission is to collaborate with the people of Gondar, Ethiopia (one of Corvallis' two sister cities), in developing sustainable solutions and promoting cultural awareness, respect, and understanding. Working with people to access clean water and improve quality of education is at the heart of this work. During the 17-year relationship, twenty wells and spring developments have been constructed, providing clean water to over 2,700 households throughout rural Gondar. Educational partnerships with Gondar schools and NGOs during this past year centered in the donation of 2,400 bilingual early readers and school textbooks along with teacher and librarian training for eight schools in Gondar City and five rural schools. Priority projects for 2022-23 include construction of toilet facilities for kindergarten students at Walaj Elementary in rural Gondar and maintenance of wells and spring developments. CSCA-G is completely run by passionate volunteers.

The Corvallis Sustainability Coalition

promotes an ecologically, socially, and economically healthy city and county. The Coalition includes a broad and diverse network of 350 local organizations and hundreds of individual volunteers. Since 2007, the Coalition has brought a wide range of programs and projects to the community such as Solarize Corvallis, It's On Us Corvallis, Microshelters, No Food Left Behind, Dunawi Creek Regeneration, Home Retrofit Clinics, Buy Local First, Bike Valet, Natural Areas Celebration Week, Saving Green, Starker Arts Park Filtering Wetland, ReUse Directory, Edible Garden Tours, Corvallis Garden Resource Guide, Farm to Table Month – and many more! These programs and projects were conceived by community volunteers, and the Sustainability Coalition helped turn their ideas into reality. Beans for Bag's support helps them continue their quest to create a community that values environmental protection, social equity, and economic vitality.

Friends of Corvallis Parks & Recreation work to enhance and preserve the livability of the community and the quality of life for all residents. They provide support and generate funding for the operation of public parks, natural areas, cultural and historic resources, recreation facilities and programs, and help strengthen and expand these services. They advocate for public parks, trails, natural areas, cultural and historic resources, recreation facilities, and programs that are accessible and affordable for all. This year the Friends serves as a key partner in a fundraising campaign for enhancements to Dr. Martin Luther King Jr. Park in Corvallis. The goal of the project is to further enhance the Park to become an outstanding place to honor the legacy of Dr. King, recognize historical and present-day social and racial justice struggles and activism efforts, and create a space to enjoy nature, recreation, and community.

Grace Center for Adult Day Services provides day services that optimize the cognitive and physical abilities of seniors and adults with disabilities so they can remain as independent as possible and in their homes. Their program focuses on health and social services and include a specialized exercise program, health monitoring overseen by a nursing team, and individualized service plans which help participants, as well as their caregivers, monitor their health and well-being. At Grace Center, participants receive quality care while their family caregivers obtain the respite they need without having to worry. Grace Center's

programs aim to improve the quality of life for both caregivers and participants. As part of Grace Center's mission, they strive to provide supportive care to help participants. Grace Center also provides individual counseling to caregivers as well as a caregiver support group that meets two times a month. Grace Center understands the importance of mental and emotional health, for this reason all counselling services offered are free through their financial assistance program.

Greenbelt Land Trust works to conserve in perpetuity native habitats, working lands, and lands of natural beauty, which provide a connection to nature for residents of the mid-Willamette Valley. Greenbelt Land Trust works alongside landowners and conservation partners across the Willamette Valley to create innovative conservation strategies to protect wildlife habitat, water quality, and recreational resources. They acquire land through purchase, conservation easements, and occasionally through land donations. Over 3,600 acres of critically important lands are currently under permanent protection by the Trust. Each year, they bring thousands of people out onto the land for a variety of free public education events and maintain over 18 miles of recreation trails.

Jackson Street Youth Services believes every young person deserves safe housing, access to basic needs and services, positive connections to caring adults, and opportunities to rise above challenging situations. For nearly 20 years the state-licensed, 501(c)3 private nonprofit agency has promoted safety, stability, and well-being for youth. They work to prevent and end youth homelessness by showing a path to long-term success through building positive relationships and skills for self-sufficiency. Safety is their highest priority. Trauma, poverty, neglect, dysfunctional families, or negative peer influence are common reasons why a youth might need shelter, housing or other services from Jackson Street. Their programs help youth set goals, assist in enrolling or staying in school, connect with community resources, and work toward family reunification (when safe and appropriate) and ultimate self-sufficiency. Staff members model positive adult behavior and help youth learn to communicate successfully, manage stress, and cope with conflict.

Love, INC is on a mission is to mobilize local churches to transform lives and communities. They believe transformation happens best in community. Donations from Beans for Bags would go directly to support their

Grow Together Program, their free, volunteer-led life skills classes dedicated to helping break cycles of need and awaken hope for the future. People from all walks of life can grow together in a safe, Christ-centered environment. Tangible outcomes may include: reduced debt, stronger relationships, healthier lifestyles, job interviewing skills and more. Anyone living in Benton County can access Gap Ministries and participate in Grow Together classes - there are no income limits or any qualifications (religious or other) that would make a person ineligible to receive services from Love INC. Love INC offers free goods and services that are not currently or sufficiently being met by other organizations.

Lumina Hospice & Palliative Care provides compassionate care and support for individuals, families, and caregivers facing serious illness or end of life. They are a community-based, nonprofit serving the Mid-Willamette Valley. Over the years, Lumina has earned a reputation for their commitment to promoting dignity, respecting choices, easing suffering, and honoring the grieving process. They take pride in going above and beyond as both a trusted healthcare provider and a community resource. Lumina delivers compassionate care and support to those facing end of life. It is what they call their Margin of Excellence—the enhanced level of care they provide that improves the quality of life for patients, their families, and the community at large. Margin of Excellence requires a commitment that is not supported by the Medicare/Medicaid funding model.

Marys Peak Search and Rescue - K9 SAR Unit supports the community by having well-trained, nationally certified canine teams available to assist 24/7 with missing person searches and emergency response missions in a variety of capacities: area search, trailing, human remains detection, water search, and disaster response. They also teach children, youth, and other community members techniques on how to remain safe in wilderness and urban environments. The Region Three K9 Unit is composed of local volunteers who train and handle their own dogs. All the training costs for this commitment are borne by the individual team members.

Marys River Watershed Council (MRWC)'s mission is to inspire and support voluntary stewardship of the Marys River watershed. Their primary program areas include 1) Restoration: MRWC works with landowners to restore natural function to streams, wetlands, prairies and oak savannas; 2) Education: in partnership with local schools and nonprofits, MRWC

seeks to provide equitable and culturally relevant outdoor learning through field exploration and service projects, and; 3) Outreach: MRWC engages watershed residents through a variety of approaches to raise awareness, inspire stewardship, and advance diversity, equity, and inclusion in the watershed. They work closely with local school teachers, other non-profit and municipality partners, and Benton County youth to engage in direct, hands-on classroom and field environmental education opportunities.

Old Mill Center for Children and Families is a community-based, family-oriented center empowering children and families of diverse backgrounds to optimize their potential through specially designed education and therapy programs. Founded 45 years ago with a dream of fostering a new approach to early education where acceptance, compassion, and understanding would be available to all children in diverse preschool classrooms. Today, that dream has become so much more. Old Mill Center now offers six programs that respond to the community's changing needs. They support the social, emotional, physical, and mental health needs of children and families, providing critical support to those who need it most.

Philomath Community Gleaners is a non-profit community membership organization in which members work side by side to provide a "helping hand" not a "handout". Members glean food and other household supplies. Regular members share food with adoptees (those who are elderly or disabled and not required to work). Many tons of food are kept out of the landfill by the work of Philomath Community Gleaners. The group has recently ballooned in size, going from 263 members in July 2021 to 475 members in July 2022.

Rootstock the new OSU College of Forestry food pantry, will actively work to provide a variety of resources and educational experiences for faculty, staff and students to ensure that more people in our community have the food and resources they need. They are in need of more funding and food donations, which Beans For Bags donations would help provide.

Senior Dog Rescue of Oregon promotes the well-being, safety, and care of older dogs. Their mission is finding new homes for dogs who are homeless or in unhealthy or unsustainable homes, so that they may spend the remainder of their lives in positive, loving homes. They save older dogs left at

shelters, dogs whose owners have died, and dogs whose families came apart. In the past 22 years, they've helped close to 1,100 dogs find new homes.

South Corvallis Food Bank seeks to increase sustainable food security in south Corvallis by providing emergency food boxes, information, and opportunities with compassion and respect. With food prices increasing, there's been a rapid growth in demand for food in 2022. South Corvallis Food Bank is currently providing food boxes to approximately 1,500 households each month.

Ten Rivers Food Web's mission is to steward the growth of a resilient local food web in Benton, Lincoln, and Linn Counties. They envision a vibrant regional food web where reciprocal relationships sustain a thriving food economy, steward land and water, and produce delicious food to nourish the whole community. In addition to two annual cornerstone events: the Soil Amendment Sale in January and Fill Your Pantry one-day bulk quantity farmers' market sale in November, they've begun exploring new programming, like an online local food directory and a Big Bean Barn, which will offer equipment and space to process and store beans and grain, to help small farmers sell to local communities at competitive prices.

Unity Shelter's mission is to provide safe shelter through collaborative care. They provide housing through four programs: the Men's Shelter, Room at the Inn (Women's Shelter), SafePlace (micro shelters) and Third Street Commons (non-congregate shelter).

Vina Moses Center helps people through times of hardship, engaging the community to build resilience and improve well-being. Through coordinated community effort, they work to meet the urgent and emerging needs of people experiencing or at risk of poverty and homelessness. Volunteer-run programs include a free thrift store. Emergency Financial Assistance meets urgent needs and fills financial support gaps to restore utilities, pay for prescriptions, replace ID, help families avoid eviction, and more. Back to School supports students with needed items classrooms don't provide— shoes, backpacks, clothes, water bottles, and more. Giving Tree provides holiday food and gifts to kids, families, and seniors. Outdoor Food and Hygiene Pantries provide give-and-take community pantries of non-perishable items. These and other Vina Moses Center programs help more than 7,000 people every year.



2023 Ballot

Voting Owner name (required): _____ **Share # (required):** _____

Voting Owner signature: _____

You must be a Co-op Owner to vote. Owner share payments must be current or paid, share must be in good standing. One vote per Owner number.

- ☐ 500 Women Scientists
- ☐ ABC House
- ☐ Asian Dogs Rescue Allies
- ☐ Boys & Girls Club
- ☐ CASA—Voices for Children
- ☐ Casa Latinos Unidos
- ☐ Center Against Rape and Domestic Violence
- ☐ Coastal Range Food Bank
- ☐ Community Outreach, Inc.
- ☐ Co-op Recycling
- ☐ Corvallis Multicultural Literacy Center
- ☐ Corvallis Sister Cities Association - Gondar
- ☐ Corvallis Sustainability Coalition
- ☐ Friends of Corvallis Parks & Rec.
- ☐ Grace Center for Adult Day Services
- ☐ Greenbelt Land Trust
- ☐ Jackson Street Youth Services
- ☐ Love, INC
- ☐ Lumina Hospice & Palliative Care
- ☐ Marys Peak Search and Rescue – Region 3 K9 SAR Unit
- ☐ Marys River Watershed Council
- ☐ Old Mill Center for Children and Families
- ☐ Philomath Community Gleaners
- ☐ Rootstock Food Pantry
- ☐ Senior Dog Rescue of Oregon
- ☐ South Corvallis Food Bank
- ☐ Ten Rivers Food Web
- ☐ Unity Shelter
- ☐ Vina Moses

Vote for up to 16 nominees

Ballots with more votes will be considered invalid

Ballots must be received by 9 pm Oct. 31st

Community Happenings

Mid-Willamette Woodworkers Guild 39th Annual Exhibition

Friday, October 14 - Sunday, October 16 at the Corvallis Public Library, 645 NW Monroe Ave, Corvallis

The professional and hobbyist woodworkers of the Mid-Willamette Woodworkers Guild will hold their 39th Annual Exhibition at the Corvallis Public Library event room. Come enjoy finely hand-crafted works by local craftspeople, in designs ranging from traditional to highly original. Opening reception at 5:30pm on October 14.

Corvallis Fill Your Pantry

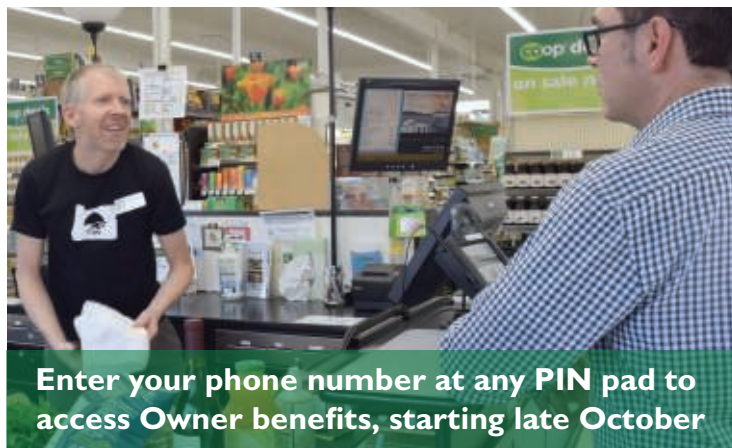
Sunday, November 6, noon-3pm at Benton County Fairgrounds, Guerber Hall, 110 SW 53rd Street.

Fill Your Pantry is a one-day farmers' market held every November. It offers bulk quantities of beans, grains, storage crops, meats, and preserves to encourage local eating throughout the fall and winter months. It also allows our local food farmers, ranchers, orchardists, and beekeepers to move large quantities of produce before the slower winter season. Pre-ordering encouraged for best availability and required for orders over 100 lbs. SNAP welcome! Visit tenriversmarketplace.com by October 23 to pre-order (optional), then pick-up pre-orders and shop in person.

A New Way to Access Your Owner Share at the Register

A new way to tell us you're an Owner is coming to the registers soon! Beginning later this month, Owners will be able to enter the phone number associated with their Owner share at any of the credit card PIN pads to access their benefits and let us know who's shopping.

It works just like entering your customer or rewards info at many other grocery stores or retailers. You'll still be able to tell your cashier your name or Owner number or scan your card, like before, but we're excited to offer you more versatility in the future!



Own it in October!

Sign up to be an Owner during October and

GET 20% OFF your next shopping trip.

Sign up in-store or at firstalt.coop/ownership

The Co-op welcomed

39

new Owners
in August 2022

VIRTUAL Saturday 10/15
COOK ALONG 3 - 5 pm
WITH ELENI

Ethiopian cuisine

Fundraiser

Learn how to make delicious
Ethiopian vegetarian dishes
and support our work in
Corvallis' sister city,
Gondar, Ethiopia.

**\$55 (INCLUDES
SPICES & INJERA-
TRADITIONAL BREAD)**

Registration and additional
information
sistercities.corvallis.or.us



For more
information about
Eleni and her
classes, visit
eleniskitchen.com