

# 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

November 2022



*From the Board of Directors*

**Camille Freitag** *Board member*

Fall is a busy time in the Board calendar and busy for many families as well. I hope you have time to slow down and

enjoy the rain and the leaves and, of course, some turkey or holiday feast of your choice!

The Board started off the September meeting by electing and then welcoming new member, Frank Hall. Frank is a long time Owner who brings experience in finance and strategic planning, and we are already benefiting from his thoughtful comments. This brings the Board to nine members with only one vacancy remaining.

We were then joined by Maintenance Manager, Anthony Mattos, who led us on a tour of the new Annex. It was interesting to see the facility with interior walls framed after months of seeing only blueprints. We are still expecting completion early next year and I know staff will be excited to work in a new state of the art kitchen and shoppers will be excited for the return of the hot bar.

General Manager, Cindee Lolik, reported on customer and Owner relations. The Board asked for answers to customer comments to be more prominently displayed and you will now start seeing those in The Scoop and can also find them on the website under Our Co-op. Keep your comments coming!

September kicks off budget season with our first look at projections for the coming year. 2022 has been a good year for the Co-op so far and we expect that to continue. Our Finance Committee, which includes Board members, Owners, and managers has been over the budget in great detail before it's presented to the Board. We saw it again in October, updated based on our feedback, and will approve it in November. These are some spreadsheet rich meetings.

Fall is also our retreat season, and I am thankful that we were able to get together in person for some social time, great food, and concentrated work. Our facilitator, Rose Marie Klee, from Columinate (a consulting cooperative aiding boards) works with many different co-ops and brought her wide experience to the discussion. We chose to focus on the Board's

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## November Board Committee Meetings

Owners interested in virtually attending meetings should contact [BREC@firstalt.coop](mailto:BREC@firstalt.coop) for details.

### **Board Recruitment & Elections**

**Committee:** Working to recruit qualified Board candidates.

**Tuesday, November 8, 6pm**

**Finance Committee:** Reviews, analyzes, and makes recommendations

on financial matters.

**Wednesday, November 16, 4:30pm**

### **Owner Relations Committee:**

The conduit for communication between Owners and the Board.

**Tuesday, November 15, 6pm**

**Board of Directors:** Elected Owners putting our principles into action. **Tuesday, November 29, 6pm**

**ANYONE CAN SHOP  
EVERYONE SAVES**

**Open daily  
7 am - 9 pm**

*The Co-op will be closed for  
Thanksgiving, November 24.*

**Turkey prices  
and info inside!**



## From the Board of Directors

# Camille Freitag

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role in strategic planning. The Board and management work closely together when charting a course for the stores and we needed to clarify responsibilities.

Rather than assigning strategic planning to a committee as we had for the last few years, we decided that it needs to involve the whole Board. And we realized that any plan or decision must start with our Ends. That means we must ask ourselves if it will enhance the success of the cooperatively owned business, strengthen the local economy, provide a more reliable source of healthy food and/or a more welcoming atmosphere for all. Specific plans might come from management, but the Board is responsible for evaluating them based not only on the Ends, but also financially. Taking on debt, spending cash reserves, and buying real estate are all Board level decisions. That can sound more than a little intimidating, but Rose Marie reminded us that we are collectively, not individually, responsible.



So, what sorts of decisions are we preparing to make? Discussions about remodeling, expanding, or even relocating the South store have been going on for years, but were put on hold by the Annex fire and reconstruction. With that project wrapping up the future of the South Store is moving to the forefront again.

Another vital function of the Board is connecting with Owners. We represent you and are always interested in your visions for the future of First Alternative.

As plans move along, there will be structured opportunities for Owner input, but you are always welcome to attend a Board meeting or contact us at [faboard@firstalt.coop](mailto:faboard@firstalt.coop). And, if being involved in making these crucial decisions interests you, we still have one vacancy on the Board and will be looking for candidates for the June election in the new year.

Contact [brec@firstalt.coop](mailto:brec@firstalt.coop) if you are interested in serving. We have a great group and I very much enjoy working with every one of them. Come check us out!



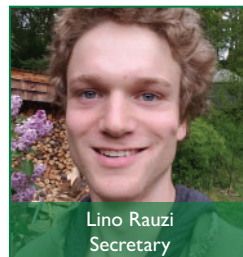
# Co-op Board of Directors 2022



Jasmin Woodside  
Vice President



Dana Monroe  
Vice President



Lino Rauzi  
Secretary



Rob May  
Treasurer



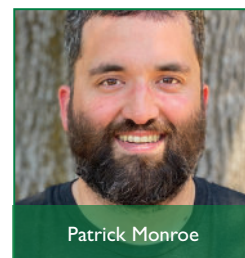
Jeff Contreras



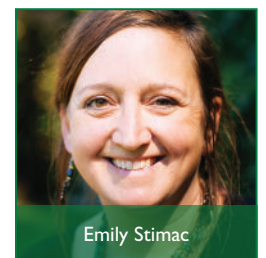
Camille Freitag



Frank Hall



Patrick Monroe



Emily Stimac

*learn more at [firstalt.coop/governance](https://firstalt.coop/governance)*



# Customer Q&A

Answering Co-op Community Questions

**Q:** When will you reopen indoor eating areas?

**A:** We are waiting to make this decision until the Commissary is reestablished in their new facility. We hope to reintroduce the eating areas when production of hot bar offerings and baked goods is enough to meet customer demand.

**Q:** What types of bags do you provide in your fresh Produce department?

**A:** We offer both compostable bags (non-GMO) and recycled plastic bags for customers to use. The compostable bags are only compatible with residential composting, not with commercial composting or yard bins. They are also not recommended for storing produce (the compostable bags break down your produce faster than plastic bags.)



Annex re-construction is going great!



Recycled plastic bags



Compostable bags

## Subscribe to our Email Newsletter



Scan this QR Code with your smart phone to join our email list. *Subscribers receive twice-monthly emails plus occasional special offers, coupons & announcements.*



## Follow the Co-op on social media

For up-to-the-minute news, giveaways, recipes, special offers, and more.

@firstaltcoop

Facebook • Instagram • Twitter



## TURKEYS ARE COMING!



Whole Turkeys

Non-GMO \$3.29/lb

Organic \$4.29/lb

Owner Sale Day discount may be applied

Non-GMO Turkey Breast .....	\$5.99/lb
Organic Turkey Breast .....	\$7.99/lb
Non-GMO Whole Duck .....	\$4.59/lb
Non-GMO Game Hens .....	\$6.29/lb
Organic Game Hens .....	\$7.29/lb
Mary's Heritage Whole Turkey .....	\$5.99/lb
Geese (limited availability) .....	\$6.99/lb

**ARRIVING NOVEMBER 16**



## In Memoriam **James Reismiller**

The Co-op Community mourns the loss of James Reismiller, Co-op Owner and friend. James was someone the Co-op and the community-at-large could always turn to for good advice on solar and great conversation. He will be dearly missed.

**Save • Earn • Support • Vote**

## Become a Co-op Owner!

Get all the details and  
become an Owner today at  
**[firstalt.coop/ownership](http://firstalt.coop/ownership)**

**Save • Earn • Support • Vote**

**The Co-op welcomed**

**39** new Owners  
in August 2022



A Market Event for the  
Alpine Community Center

# Alpine Holiday Festival

shopping · art · music · food

Saturday,  
November 12  
9 am ~ 4 pm

Monroe Grade School  
600 Dragon Drive,  
Monroe, Oregon

[www.alpinecommunity.net](http://www.alpinecommunity.net)

Support from

