

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

May 2023



From the Board of Directors

Lino Rauzi

Board Secretary

Hello one and all, spring has sprung! It's been so lovely to watch the annual procession of flowers and enjoy a few sunny days.

At the beginning of every Board meeting there is time set aside for Owners to join us and give comment. At the March meeting we were lucky to be joined by long-time Owner, Gary Rodgers, who taught us a great deal about how enriched flours contain a multitude of potato-based ingredients, an allergen for Gary.

Thankfully, local bakeries like Wild Yeast and Bread Stop provide us with unenriched breads that shoppers with allergies like Gary can enjoy. A big thanks to them! *(Learn more about Gary's story on the next page —ed.)*



Next, General Manager Cindee Lolik gave an update from the City of Corvallis Economic Development Office on their proposal to locate a “food hub” somewhere in Southtown.

Exact details on this hub are still vague and broad, but the goal is for the site to contain food, community, and cultural elements. The Co-op plans to maintain a seat at the table as this project inches forward to help ensure Southtown's access to a reliable source of healthy food.

As many of you well know, our Co-op is closely partnered with National Cooperative Grocers (NCG) and associated development cooperative Columinate. As part of this partnership, the Board and Co-op management have access to professional consulting services to help better our governance and management strategies. The Board met with our consultant in early April in an ongoing strategic planning

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May Board of Directors Committee Meetings

Owner Relations Committee:

The conduit for communication between Owners and the Board.

Monday, May 8, 5:30pm

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Tuesday, May 9, 6pm

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

Wednesday, May 17, 4:30pm

Board of Directors:

Elected Owners putting cooperative principles into action.

Tuesday, May 30, 6pm

Owners interested in virtual attendance can contact BREC@firstalt.coop for details.

**ANYONE
CAN SHOP**

**Two locations
Open daily
7 am - 9 pm**



From the Board of Directors

Lino Rauzi

Continued from previous page...

discussion to cover the Co-op's strengths, weaknesses, opportunities, and threats. This is the 1,000-foot view that can help our estimable Co-op staff ensure that First Alternative is in business for the *next* 50 years!

Each year, if finances allow, the Board may decide to declare a patronage dividend to the Owners. This dividend is derived from any profit the Co-op made that year and is declared to each Owner in proportion to their spending at the Co-op that year. This is why it is always important to give your Owner number at check-out, even when not claiming your Owner Sale Day!

Often, this dividend has a minimum of one dollar (dividends below one dollar will not be distributed) and is automatically applied to your Owner number.

Your cashier will let you know if you have a dividend you can apply to your total. Alternatively, you can donate your dividend to a charity that will be selected by our Owners in the upcoming election. Please note that the decision of whether to declare a dividend has not yet been made.

That's all for now, until next time, and may you all have a joyous spring and find time for leisure and stillness in your busy lives.

Letters to the editor

I am not a doctor. This is just my story.

In 2000 I nearly had a heart attack. My cardiologist said I needed open heart surgery. While considering my options Julie, my wife, noticed a friend of hers was looking much healthier and feeling better. When asked "what gives" the friend said she had food intolerance tests done by a naturopath (ND) and now she was feeling much better. Long story short, I got my food intolerance test done because the diet the cardiologist put me on (very low fat) was not cutting it. I was feeling worse and even started getting unexplained nosebleeds.

The test results showed I had an intolerance to potato, and secondarily that I should not have fruit and sugar within six hours of each other. This sounds simple, but iodized salt has a lot of potato in it, so does skim milk, low fat cheese, and enriched bread. Also, olives, balsamic vinegar, wine, etc. are fruit. Oh, and sweet potato is in many IVs used in hospitals.

After one week of following the ND's suggestion, which we were dubious about, I got rid of almost everything in my kitchen cabinet and followed this diet. The ND told me I was born with these intolerances and it would take time to flush out my system. I ½ years later the cardiologist cleared me of the need for a bypass, and chronic pains I had are gone.

—Gary Rodgers, *Lover of the Co-op since 1974*

Opinions expressed are strictly those of the writer and are not an endorsement First Alternative Co-op. Speak with a physician before making dietary changes.

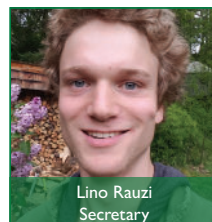
Your 2023 Co-op Board of Directors



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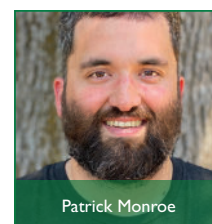
Jeff Contreras



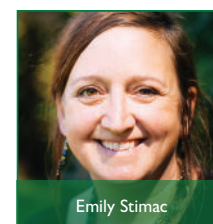
Camille Freitag



Frank Hall



Patrick Monroe



Emily Stimac

Board Meetings are held the last Tuesday of each month at 6pm. **Learn more at: firstalt.coop/governance.**



It's your Co-op.
Own it.



Save • Earn • Support • Vote

To get all the details and become an Owner visit
firstalt.coop/ownership

The Co-op welcomed

27 new Owners
in March!

Follow First Alternative

*For up-to-the-minute news,
giveaways, recipes, special offers,
and tons of cooperative fun.*

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Community Happenings

Corvallis Spring Garden Festival 2023

Featuring plant sale, garden art, and more!

Sunday, May 7, from 10 am to 4 pm at The Arts Center Plaza and Madison Avenue, between 7th & 8th streets, next to Central Park

The annual Corvallis Spring Garden Festival will be held this year on May 7 at the Arts Center Plaza in Corvallis. This spring event is free and open to the public, and features activities for the whole family.

The festival will feature vendors offering a wide variety of items for sale, including annuals, perennials, specialty plants, garden art, gifts, ceramics, seeds, edible goods, succulents, herbs and more.

Sweet and savory goodies, with both gluten-free and gluten-filled options, will be available for purchase from two local bakeries, Wild Yeast and Whole Flower Farms. Live and local entertainment by Captain Hezekiah, performers from Cirque Valise, Kjersten Hallin - CommUnity Songleader, Marilyn Jordan, Gypsy Butterfly Dancers, and Melanie Reid will entertain garden enthusiasts and customers all afternoon.

The 2023 Spring Garden Festival is sponsored by the Corvallis Sustainability Coalition, Corvallis Parks and Recreation Department, Corvallis-Albany Farmers' Market, and The Arts Center.

For questions or to volunteer for this year's event, please contact Festival Coordinator Serena Kapuler at serenakapuler@gmail.com. For further details, visit sustainablecorvallis.org.



CORVALLIS

Spring Garden Festival



SUNDAY, MAY 7, 2023 **10AM - 4PM**

ARTS CENTER PLAZA/MADISON AVE
BETWEEN 7TH AND 8TH STREETS

EDUCATIONAL GROUPS <ul style="list-style-type: none">• CORVALLIS SUSTAINABILITY COALITION FOOD ACTION TEAM• THE ARTS CENTER	GARDEN SALE <p>ANNUALS, PERENNIALS, SEEDS, HERBS, STARTS, FLOWERS, SUCCULENTS</p>	ARTIST DISPLAYS <p>GARDEN ART, CERAMICS, WOOD, CRAFTS, JEWELRY, PAINTINGS, CANDLES, WELLNESS ITEMS</p>
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