

# 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 2023



*From the Vice President  
of the Board of Directors*

**Emily Stimac**

***Hello Cooperators! Welcome  
to August in the Valley!***

With two months of a hot summer already behind us, we're happy to say there are still a lot of fun things to do and eat coming up in August. The tomatoes, melons, and summer squash will be hitting their peak; fairs, summer concerts, camping, and chillin' by the lake or river will be in full swing. The abundance of summer harvest is such a wonderful part of the season—so much to be thankful for!

It is with gratitude that we sat down to our June Board meeting as well. This meeting, a once a year Appreciation Dinner, starts with a beautiful feast prepared by Co-op Outreach Specialist Donna Tarasawa, and is a moment for us to say thanks to our departing Board members. This was especially difficult to do, because we were letting go of one of our most important and long standing members, Camille Freitag. Camille has served on the Board for 12 years in two separate 6 year stints. (She was even serving when I was an employee back in 2008!?) and has an incredible memory for details, a warm, friendly personality, and a finesse

**Thanks**

for all you did for the  
Co-op Community!



**Camille Freitag**



**Lino Rauzi**

for policy governance that will be sorely missed. Also departing is Lino Rauzi. Lino was an outstanding Board member who brought a keen sense of inclusion, balance, and cooperative spirit to the Board.

Next in the meeting we heard from Jasmin Woodside on the details of her trip to the Cooperative Management Association Conference (CCMA) that was held in early June. Jasmin attended the annual event in person with General Manager Cindee Lolik and Finance Manager Mark Tarasawa. Board member and Produce Manager Patrick Monroe attended remotely. They brought back a wealth of information which was presented in part at the meeting. Ongoing education

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**Everyone is welcome!**

We encourage the use of inclusive language  
because our Co-op community includes  
people with a variety of identities.

**Inclusive language includes terms like these  
until you know a person's pronouns:**

**people, person, folks, they, them**

**Thank you for helping us create a safe space!**

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and enrichment opportunities are such a wonderful opportunity of Board membership—on a personal level for members and as a benefit to the cooperative as a whole as we use these tools going forward.

Other Board work in the meeting included reviewing and accepting the election results. We are pleased to welcome the new directors 'aboard' the Board ship! In July, we had our first meeting with new directors Kestrel Bailey, Jeremy Northway, and Kate Woods. It's so exciting to greet new folks who are motivated to help guide our cooperative.

From there we heard an update from the General Manager on various ongoing projects including finishing out the top of the annex rebuild, the status of the Unity Shelter, and our latest market study, which is focusing on how to serve the South Corvallis community best.

The upcoming months look exciting as we move forward with an eye to the long term vision of serving our community through fresh, local, and sustainable food. Be sure to keep your eye out for ways you can help shape this future!

—Emily Stimac, First Alternative Board of Directors

## Your 2023-24 Board of Directors



Jasmin Woodside  
President



Emily Stimac  
Vice President



Dana Monroe  
Secretary



Rob May  
Treasurer



Kestrel Bailey



Jeff Contreras



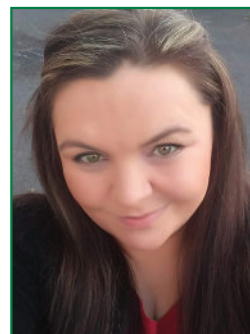
Frank Hall



Patrick Monroe



Jeremy Northway



Kate Woods

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

## August Board of Directors 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, August 8, 6pm**

### Owner Relations Committee:

The conduit for communication between Owners and the Board.

**Monday, August 14, 6pm**

### Finance Committee:

Reviews, analyzes, and makes recommendations on financial matters.

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

### Board of Directors:

Elected Owners putting our cooperative principles into action.

**Tuesday, August 29, 6pm**





# Customer Q&A

Answering the Co-op Community's Questions

**Q:** Is the Co-op participating in the Benton To Go program?

**A:** Due to different regulatory oversight and rules for grocery stores as compared to restaurants, First Alternative is not yet able to participate in the Benton To Go program. We hope to be able to participate in the future and will let our shoppers know if so. Meanwhile, our General Manager and Brand Manager serve on the Benton To Go planning committee to ensure we can help support this program that helps reduce single-use plastic waste in our community!

**Q:** Do you carry freestone peaches?

**A:** We try to source Freestone peaches whenever we can! Freestone peaches are a specific variety that are only available for select periods during the season. Due to how the growers communicate the variety, it can also sometimes be difficult to identify which items are of the Freestone variety. If you are ever curious about Freestone peaches, feel free to call us or ask a staff member in our Produce Department and we will be happy to help identify our current varieties.

—Patrick Monroe,  
North Store Produce Manager



Peaches ripening on the tree at  
La Mancha Ranch & Orchard



**July, August, and  
September Recipients:**

**Casa Latinos Unidos**

**Old Mill Center**

**Senior Dog Rescue**

**Unity Shelter**



**Bring your reusable bags to cut  
waste and support local charities!**

## Follow First Alternative

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

**@firstaltcoop**     

Facebook • Instagram • TikTok • Twitter • YouTube

**The Co-op welcomed**

**32**

**new Owners in June!**



DONATE TO SUPPORT  
**UNITY SHELTER**

**Thanks to the generous support  
of Co-op shoppers during our  
recent fundraiser, we will be  
donating \$3,300 to Unity Shelter.**

***Thanks, Cooperators!***

**OPEN--  
STREETS**  
CORVALLIS

***Sunday, August 20, 2023***

This free Corvallis street festival includes live music, dance, fitness activities, giant-sized games, food, and much more! Look for the Co-op's very own activity booth and say hello! Learn all about Open Streets (including how to volunteer) at:

**[openstreetscorvallis.org](https://openstreetscorvallis.org)**



**It's your Co-op.  
Own it.**



**Save • Earn • Support • Vote**

To get all the details and become an Owner visit  
**[firstalt.coop/ownership](https://firstalt.coop/ownership)**