

# 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**  
April 2024



From the First Alternative  
Board of Directors

**Dana Monroe**  
Board Secretary

Greetings, First Alternative Co-op Owners!

It seems like the Co-op received the springtime memo and is starting to grow new roots of their own. As our previous General Manager recently retired—thank you again Cindee for your years of service—we have welcomed our Interim General Manager, Wynston Estis, to the Co-op family.

Please say hello to Wynston when you see her in the store. The Board is working to find the best manager we can to help the Co-op continue to thrive and serve our community. We will provide updates every step of the way.

With the change in management, now is a good time to review our First Alternative's Guiding Principles with the Owner community. The Co-op has four guiding principles that help us ensure Owners and staff have the best possible experience, and that the financial health of the Co-op stays strong.

We hope that our Owners will find some shared values within these principles and gain a better



**What's cooler than new freezers at the South Store? All the tasty new products in them!**

understanding of the Co-op's work in our community.

**The first principle is that we act ethically and responsibly** by implementing sound environmental practices, manifesting unquestionable integrity throughout the institution, respecting and valuing healthy human diversity, and promoting socially responsible practices, choices, and products.

**The second guiding principle is that we care for our community** by serving First Alternative's Owners, staff, customers, and the larger community, ensuring that First Alternative nourishes the mental and physical well-being of Owners, customers, and staff alike. This promotes a web of interconnection within First Alternative, and between First Alternative and other co-ops and local community groups. This interconnectedness creates opportunities

*Continued on next page...*

## April Board Committee Meetings

Owners interested in virtual attendance should contact [BREC@firstalt.coop](mailto:BREC@firstalt.coop) for details.

### Owner Relations Committee:

The conduit for communication between Owners and the Board.

**Monday, April 8, 6pm**

### Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

**Tuesday, April 9, 5pm**

### Finance Committee:

Reviews, analyzes, and makes recommendations on financial matters.

**Wednesday, April 17, 4:30pm**

### Board of Directors:

Elected Owners putting our cooperative principles into action.

**Tuesday, April 30, 6pm**

Two locations  
Open daily  
7am - 9pm

Everyone is  
Welcome



Continued from the previous page...

From the First Alternative Board of Directors

**Dana Monroe**  
Board Secretary

for Owner involvement in the Co-op, helps in utilizing local sources for goods and services, and presents opportunities for the Co-op community to know that its work and involvement is valued. This provides people with opportunities to excel and grow while encouraging volunteer service whenever and wherever possible to the shared benefit of First Alternative, the volunteer, and the community.

**The third principle is that we provide high-quality products, goods, and services to our customers** by marketing wholesome, affordable, natural, and organic foods and other products, offering education, information, and resources for healthy living, and ensuring a welcoming, service-oriented atmosphere.

**The fourth guiding principle is that we balance human needs, financial necessity, and daily realities** by understanding and accepting the impact of our decisions, considering long-term and overall costs as



**Celebrate Earth Day with a weekend of savings on Bulk! See back page for details.**

well as short-term ones, depending on our community for appropriate support, and prioritizing socially responsible choices over purely profit-driven ones.

It is important to the Board that you, our Co-op Owners, can feel and see these principles being highlighted in each store. Next time you are shopping, try to notice how these principles are guiding your shopping experience.

As the Co-op "grows" through the changes that lie ahead, these guiding principles will keep our focus on what is important—the connection that the Co-op offers to each other and our community.

Thank you for your continued support and commitment to creating a healthy community.

# 2023-24 Co-op Board of Directors



Jasmin Woodside  
President



Emily Stimac  
Vice President



Dana Monroe  
Secretary



Rob May  
Treasurer

The Co-op Board of Directors is a dedicated group of volunteers elected by Co-op Owners to guide the store through Policy Governance. This means that although they are not involved in day-to-day store decisions, they shape these decisions through the development of Co-op policy and vision.

**BOARD MEETINGS**  
Last Tuesday of each month at 6 pm

Each meeting begins with a ten-minute period for Owner comments. Email is also welcome: [FABoard@firstalt.coop](mailto:FABoard@firstalt.coop).



Kestrel Bailey



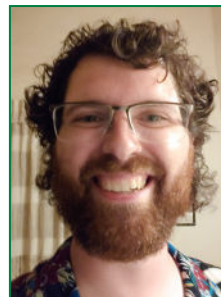
Jeff Contreras



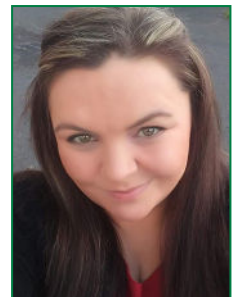
Frank Hall



Patrick Monroe



Jeremy Northway



Kate Woods



# Corvallis Artists Join Together for 2nd Annual Northside Open Studios Tour

North Corvallis artists open up their homes studios on April 20-21 to celebrate and support community through art

Seventeen local Corvallis artists will open up their home studios to the community for the 2nd Annual Northside Open Studio Tour from 10am-4pm on Saturday, April 20th and Sunday, April 21. This free event will feature more than 35 local artists and over 20 youth artists to celebrate spring and community connection through art.

“Through art making and community building we can create the type of world we want to live in,” said organizer and ceramic artist Avie Meadows.

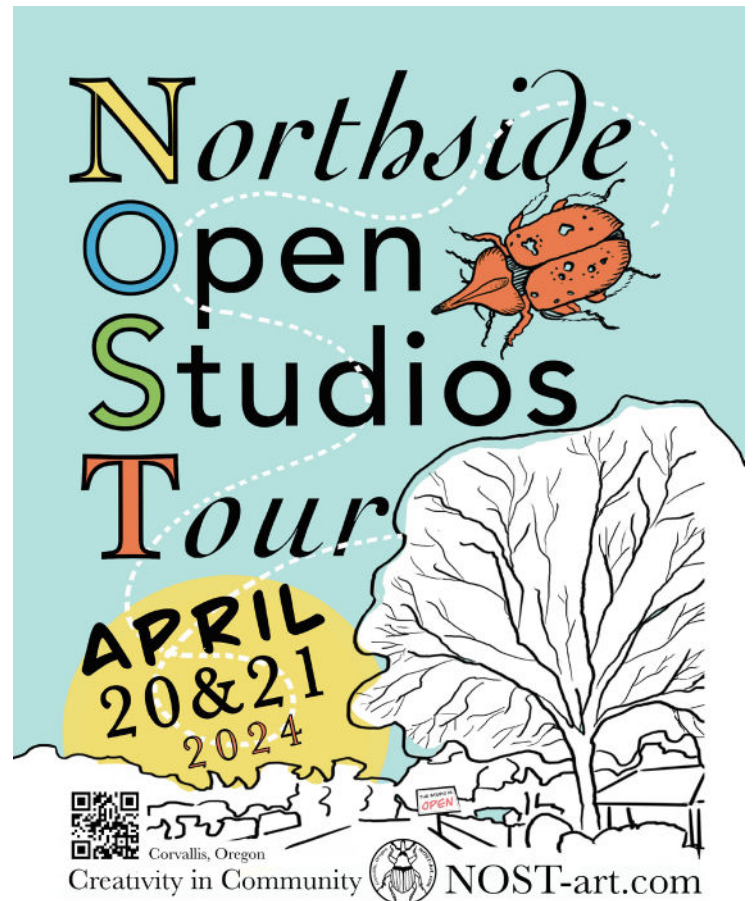
The Northside Open Studios Tour (NOST) has expanded in its second year, doubling both the number of host studios and artists. This event is an artist led effort, encouraging visitors to explore home studios during the two-day event. North Corvallis artists will be sharing and selling their works and inviting conversations about their creative practice and spaces.

As part of their ongoing dedication to the community, this year NOST artists are raising awareness and funds for the local non-profit, Vina Moses Center (VMC). A percentage of artist's sales will go directly to VMC where emergency assistance is provided to people going through times of hardship. NOST is also partnering with the Corvallis Environmental Center for an Earth Day event.

“We are excited to welcome Spring by sharing art with this amazing Corvallis community,” said local multimedia

artist and jewelry maker Pam Pniak Thompson.

The event is free to all and all proceeds go to living local artists. More information at [www.NOST-art.com](http://www.NOST-art.com).



## Follow First Alternative

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

[@firstaltcoop](https://www.instagram.com/firstaltcoop)



Facebook • Instagram • YouTube • TikTok

## The Co-op welcomed...



## new Owners in February

Learn more and become an Owner at [firstalt.coop/ownership](http://firstalt.coop/ownership)

# Customer Q&A

Answering the Co-op Community's Questions

**Q:** Would it be possible to get paper envelopes for spices and more efficient non-plastic options for bulk?

**A:** Thank you for your suggestion. The South Store will begin providing small, grease resistant paper bags in our bulk spice and tea area soon!

—Amy Bassett, South Store Manager



## Celebrate Earth Day with 20% off Bulk at the Co-op

Save big, Saturday, April 20 - Monday, April 22 at both locations

Here's the scoop: from Saturday, April 20 - Monday, April 22 at the Co-op, everyone gets 20% off all regularly-priced bulk products—including those in our pet, household, and wellness departments!



Come stock your pantry with heaps of savings and celebrate Earth Day, at both Co-op locations. (Selections vary by location and availability.)

## 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!**