



OCTOBER 2024

# At the Store



## Thank you!

We just want to say thank you to those who joined us on Sunday for our Annual Meeting of the Members! And thank you to the board members and staff who helped make this event happen! We are so grateful for everyone in our Co-op community; we wouldn't be here without you!

As for the election, all four candidates were elected to the board, and all five bylaw changes were approved! Thank you to everyone who voted!

If you missed the Annual Meeting, Annual Reports are available at the front of the store.

## Co-op Events!

We have a variety of things happening at the Co-op this fall! Check out our [online calendar](#) to stay up to date on all Co-op events!



### DOCUMENTARY CLUB

We're starting a Documentary Club! Join us on **the Third Thursday of each month at 6:30pm** where we will watch a documentary, then engage in a discussion led by a community member who specializes in that topic. This free event will take place upstairs in our Co-op Classroom.

Our first one will be **Thursday, October 24th at 6:30pm**

"Ocean Deep" of the Planet Earth series

Discussion led by Olivia Streit from the New Hampshire Academy of Sciences

*It's the **FOURTH** Thursday this time!*

### SEWING CLASSES

**Basic Mending** Saturday 10/19, 10am-12pm

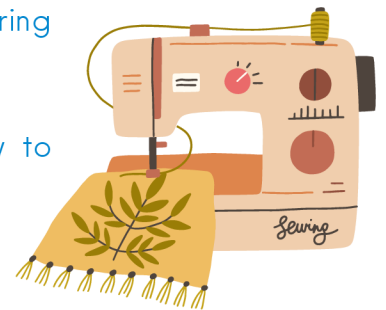
This handsewing class will teach you how to mend clothing. You're welcome to bring an article of clothing that needs mending.

**Decipher Your Pattern** Saturday 11/2, 1-3pm

Confused by all the symbols on your pattern? This class will teach you how to decipher them!

REGISTRATION REQUIRED: email [info@uppervalleyfood.coop](mailto:info@uppervalleyfood.coop)

\$30 for UVFC members / \$35 for non-members





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# In the Community

## WRT DOWNTOWN NATURE WALKS

Are you coming to November's First Friday in Downtown White River Junction? To help kick off the festivities each month, the Upper Valley Food Coop will now be hosting guided walking tours around the downtown neighborhood each First Friday at 4pm!

In part to help people get oriented to the different First Friday festivities taking place throughout the downtown each month, these guided walking tours will explore new locations, focusing on a specific topic chosen by our expert guides. The tour will start in front of the big red Co-op building (or inside, if it's too chilly), and will last about two hours.

Our first Downtown Nature Walk will be guided by Hartford's own Tree Board to learn how to identify different species of trees. This route will take us from the Co-op, over the bridge, and into a local tree hotspot: Lyman Point Park. This small park boasts an incredible diversity of trees (in part thanks to the Tree Board's planting efforts) and is a remarkable outdoor classroom to study some common local ones, as well as some of the curious oddballs that seem to be thriving.

In addition to expanding the list of tree species you'll be able to identify, this walking tour will also be a great opportunity to learn about what all will be happening during that evening's First Friday. If you're part of a local organization that will be hosting events during First Friday, Coop staff will be doing our best at organizing the different activities based off of scouring the internet - but please consider reaching out with details so that we're able to share the best possible info each month!

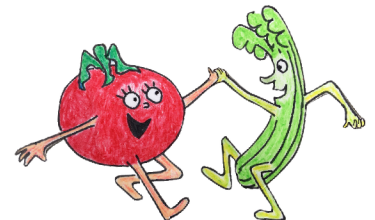
If you're a nature nerd and want to meet some like minded neighbors, we hope you'll consider joining the fun!

## FOOD CO-OP INITIATIVE

Opening a Food Co-op is no small feat. Some co-ops fund raise for years before they're able to find a retail space, hire staff, and open their doors. And all of this is done by community members, working towards the dream of a grocery store that is owned by the community, not a big corporation looking for profits. But where can they find the resources and guidance to navigate this process?

That's where the Food Co-op Initiative comes in. This non-profit organization provides exceptional resources for people in the U.S. working to start a retail food co-op. They provide free resources to start ups, co-create strategies for overcoming systemic barriers, serve as an advocate, and facilitate opportunities for co-op leaders to connect.

"We envision a world where every community has the power and ability to build a thriving cooperative food system that provides them with the food they need and want."



Our OCTOBER partner is...

**FOOD CO-OP INITIATIVE**  
New co-ops start here.

Food Co-op Initiative provides exceptional resources for people in the U.S. working to start a retail food co-op that meets the needs of their community.

LET YOUR CASHIER KNOW  
YOU'D LIKE TO ROUND UP!