



**North Coast Co-op
Board Retreat Agenda
March 20, 2016**

Humboldt Bay Aquatic Center – Room 203
921 Waterfront Dr, Eureka, CA

Note: Policy decisions and/or recommendations will be brought to the next board meeting for approval

Goals of the Retreat:

1. Bring everyone together
2. Identify strengths
3. Develop shared vision
4. Set the stage for strategic plan

8:30 – 8:50 am	Gathering, morning treats
8:50 – 9:00	Check-in, Review Agenda, Guidelines for Participation, and Goals for the Retreat
9:00 – 10:30	Introduction to Tai Chi & Qigong by Glenda Hesseltine, a practice to promote wellness, vitality and alert relaxation <ul style="list-style-type: none">• Chair Tai Chi, Healing Circle Synergy• Standing and Moving Tai Chi & Qigong
10:30 – 10:45	BREAK
10:45 – 12:00	Tai Chi Chih Joy through Movement <ul style="list-style-type: none">• Swimming Dragon Tai Chi for Spinal Care• Mindfulness Meditation/Body Scan/Breathing
12:00 – 1:00	LUNCH
1:00 – 1:20	Board orientation – Dave Feral
1:20- 2:20	Getting to know each other - Ron White and Kelly Boehms <ul style="list-style-type: none">• Who we are and how to serve the whole in the Co-op• StrengthsFinder: matching and supporting each other's strengths in our board• Small group sharing: what is your experience with different co-ops here and abroad?
2:20 – 3:50	Vision of economic democracy from co-ops best practices – Ron White <ul style="list-style-type: none">• Review Co-op Principles• Why Co-ops? Review background materials and resources.• Gar Alperovitz video• What are the needs in our community that our co-op is being called to see and respond to?
3:50 –4:00	BREAK
4:00 – 5:00	How does our vision match our skills going forward – Dave Feral <ul style="list-style-type: none">• Who can take on the various tasks to drive the vision?
5:00pm	END

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Please review the following information and visit the two websites prior to Sunday. This information will help guide portions of the afternoon discussion.

1) Weaver Street Market (Coop)

<http://www.weaverstreetmarket.com>

see “who we are”

Weaver Street is a food co-op that combines employee and consumer membership, with each group electing representatives to the co-op's Board of Directors. Currently, Weaver Street has 70 worker-owners and 8,000 consumer-owners. The co-op has expanded greatly in recent years, adding a second storefront and a restaurant operation. It has also supported the development of a housing co-op and serves as the site of many broadcasts of the new local community radio co-op.

2) Mandela Market

<http://www.mandelamarketplace.org/#!/our-work/c21kz>

Mandela Foods Cooperative

Established in 2009, Mandela Foods Cooperative is a worker-owned, full-service, 23,000 square foot grocery store located in West Oakland, California that helps fill the need for healthy food options in a community that has been historically underserved in grocery retail. It offers an example of using a cooperative to fill needs in a food desert. Mandela has a series of community service goals. It seeks to expand and promote local buying power and employment opportunity through its efforts to increase purchasing from small farms within a 170 mile radius of Oakland. It also aims to distribute produce and other fresh foods to local convenience stores wholesale, to increase access to healthy food beyond its own neighborhood. And it seeks to provide entrepreneurial training for low-income residents working within the store's cooperative ownership structure. The cooperative also has a profit sharing arrangement with members of the neighboring People's Federal Credit Union, a local credit union. While most cooperative grocery stores are consumer cooperatives – owned by the people who shop there – Mandela Food is a worker cooperative, primarily because the low-income residents in its area lack the wherewithal to support a consumer cooperative.

Key Facts & Figures

(based on the latest industry surveys)

Number of U.S. cooperatives (excluding housing)	29,284
Number of worker-owned cooperatives	223
Number of producer cooperatives	1,494
Number of purchasing cooperatives	724
Number of consumer cooperatives	26,844
Number of cooperative memberships	350 million
Total revenues	\$653 billion
Number of jobs	856,310
Families living in cooperative housing	Over 1.2 million

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Cooperatives are businesses governed on the principle of one member, one vote. There are several common types of co-ops (as well as hybrids—which combine more than one type), including cooperatives owned and operated by:

- The people working there (worker cooperatives);
- The people buying the co-op's goods or services (consumer cooperatives);
- The people collaborating to process and market their products (producer cooperatives);
and
- Groups uniting to enhance their purchasing power (purchasing cooperatives). Groups uniting to enhance their purchasing power (purchasing cooperatives).

Demonstrating this strategy's vast scope and scale, there are 29,284 cooperatives across the U.S. operating within a range of diverse industries including banking (credit unions), agriculture, utilities, and child care.

They have a role in building community wealth because:

- They often provide quality goods and services to areas that have been shunned by traditional businesses because they are deemed less profitable markets.
- They typically invest in local communities. For example, many rural cooperative utilities finance community infrastructure projects, make equity investments in local businesses, make grants to neighborhood nonprofits, and sponsor a range of community-focused events.
- Since most cooperative members are local residents, business profits remain and circulate within the community.
- Cooperative membership builds social networks and strengthens social cohesion, which are essential elements of strong, healthy communities, by connecting diverse community residents.
- Purchasing cooperatives, in particular, help small, local businesses remain competitive within markets dominated by large, national retailers.
- Worker cooperatives, in particular, create quality, empowering jobs for community members