First Alternative
NATURAL FOODS CO-OP

NEW YEAR THYMES

COMMUNITY MARKET MONTHLY
JANUARY 2016
VOLUME 37 • ISSUE 1

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from the GENERAL MANAGER

Cindee Lolik
General Manager

Happy New Year! Feliz Año Nuevo! Bonne Année! Another holiday season has come and gone and as your cooperatively-owned grocery store, we are excited to leap into the New Year and to share all the new products and services that come our way in 2016.

One new service began in late 2015. You may have read a little about it in last month's Thymes or seen materials in the store. Both Co-op locations are now UPS Access Points.

If you haven't already heard or had the experience of picking up your UPS package at the Co-op, let me explain. We started this partnership with UPS in mid-November and it's sure to catch on over the course of the new year, especially into the 2016 holiday season.

Being a UPS Access Point means that now if a package cannot be delivered to your home because it requires a signature and no one is home, the UPS driver leaves a notice for you saying you can pick it up at the Co-op. Depending on where you live in town, it will be either the South or the North store. All you have to do is bring your notice to the Customer Service desk, along with your ID. This saves you a trip out to the UPS depot in Tangent, previously the nearest pickup location.

Our two stores are two of the three new Access Points for UPS in Corvallis (we are proud to be the only Access Point in South Corvallis, saving folks a trip across town to the UPS store.) We are very pleased to offer this service to the community.

Another advantage? Both of our stores are open until 10 pm, making it even more convenient to pick up your package at your leisure.

The Basics and Beyond

In other news, we're getting ready to expand the Co+op Basics line of products to bring even more value to your shopping experience at the Co-op. As 2016 rolls along we will be adding new items to the Co+op Basics line—not only in packaged grocery but in our fresh departments as well. These high-quality value-priced products are part of our membership with the National Cooperative Grocers, meaning they're available exclusively at food co-ops across the country. Just recently we introduced the Field Day line of instant oatmeal—just in time for cold weather. Look for more of these new Basics items throughout the year.

Don't forget to take advantage of these other great ways to save when shopping the Co-op:

Co+op Deals: Our bi-weekly flyer focused on packaged grocery. **Fresh Flyer:** Our weekly flyer focused on fresh produce, meat/seafood and deli and more great grocery and wellness deals. **Owner Deals:** Ownership has its perks and one of them is a choose-your-own Owner Sale Day where you receive 10% off regularly-priced items in the store. **Bulk:** Save when buying just what you need; buy a pinch or a pound. And for budget-minded recipes look for our monthly **Budget Bites** brochures!

Local Direct

And last but not least, we are expanding our definition of local. While keeping our focus on **Local Six**—the program the Co-op initiated in 2006 that designates products that are grown, produced or made in Benton County and our surrounding five counties of Linn, Lincoln, Marion, Polk and Lane—we are adding a designation for **Local Direct**, products that come from directly from Oregon producers to the Co-op. This includes products from the eastern part of the state and many products from the Portland area.

We will also continue to label Oregon made products that come to us through third party distributors. So you have the choice of a widening range of the best that our community, locally and statewide, has to offer.

We all look forward to seeing you in the New Year. Happy shopping!

from the BOARD OF DIRECTORS

Blanche Sommers
Board President

Happy New Year, everyone. This is the perfect time of year to reflect on the Co-op's past year and give a little thought to what may be in store in the near future.

The past year has been a momentous one for our co-op. Management and the Board have made significant progress in adapting to the current climate in the natural foods industry. I have seen this change in the industry referred to as the "new normal of intense competition." Board members have discussed the changing environment for natural food providers in this space before. It is easy to see the change—every other grocery store now carries organic products. While the increase in appreciation of the benefits of organic and locally-produced food is to be celebrated, it also means that the Co-op must work harder to compete with large companies that benefit from their ability to purchase in larger quantities.

Management and staff have worked hard to adapt. A number of changes have occurred to improve the physical environment in the stores and to streamline operations. A new register system (POS) has been implemented that will help management more efficiently track inventory. The new system will also bring us into compliance with new requirements for credit card security. Another truly momentous change has been refinancing the Co-op's loans to much more favorable terms. The new loans will improve our financial picture and position us to continue the good work we do, which makes us more than just another organic and natural foods provider.

The big difference between First Alternative and the larger competitors is that we are not a giant company obligated to create wealth for its stockholders. We are a locally-owned company, owned by every person who buys a share, that is committed to being a force for good in its community. This commitment means that we must balance the need to make money so that we can survive with the benefits we provide to our shoppers, Owners, employees, suppliers, and community.

The most recent Board meeting featured an excellent example of one of the ways the Co-op benefits the community: the Co-op's efforts in environmental protection. The Co-op is committed to conducting its business as a responsible steward of the environment. Efforts in this area include reducing pollutants by not using toxic chemicals in landscape maintenance, using and encouraging alternative transportation and reducing energy use by the stores. The Co-op also strives to minimize waste both through its own operations and by providing a wide range of bulk products to reduce packaging. The Co-op strives for energy efficiency in all of its operations, using the most energy efficient equipment possible and turning off equipment when it is not in use. The Co-op's operation of its own recycling center encourages recycling by the community.

Our improving financial picture will allow the Board to spend more of its time and effort looking into the future to see where we need to be in the next few years. We have begun working on improving communication among the Board members and between management and the Board. We will also be reviewing our policies and procedures to ensure that we are operating in the most effective way possible for both governance of the Board and cooperation with management. It is important that we are getting the information we need to evaluate how things are going without creating unnecessary work for management.

Finally, I would like to mention that we have a Board election coming soon and we would be thrilled to see several more Owners step forward to run for the Board. It is a chance to see in detail how the Co-op operates and to help guide its future. Candidate materials will be available in the next month or so. Watch for more information in the Thymes. If you don't feel able to commit to running for the Board I encourage you to vote. The election dates are not set just yet but the election will take place sometime in May or June.

The Co-op Thymes is published on the 1st of each month. Correspondence and submissions are welcome. Send by e-mail or 'snail mail' to addresses listed below. Deadline for all submissions is the 15th of the prior month. Opinions expressed in *The Co-op Thymes* are strictly those of the writers and do not represent an endorsement by, or official position of, First Alternative Co-op, its Board, managers, or Owners, unless specifically identified as such. The same is true of claims made by paid advertisers.

The Co-op Thymes is a free publication available at First Alternative and at other locations in the Corvallis area. It can also be viewed online at www.firstalt.coop.

Editors . . . . . *Adam Payson, Jessica Brothers*
Design/layout. . . . . *Adam Payson*
Photography . . . . . *Adam Payson, Emily Stimac*
Illustrations . . . . . *Julia Lont, Stev Ominski*

Store Locations & Hours

NORTH STORE 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115
SOUTH STORE: 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

HOURS: Open 7 days a week, 7am-10pm
Web site: *www.firstalt.coop* • **Email address:** *firstalt@firstalt.coop*
Editor's email: *thymes@firstalt.coop* • **FA Board's email:** *faboard@peak.org*

First Alternative Board of Directors Committee Meetings Schedule

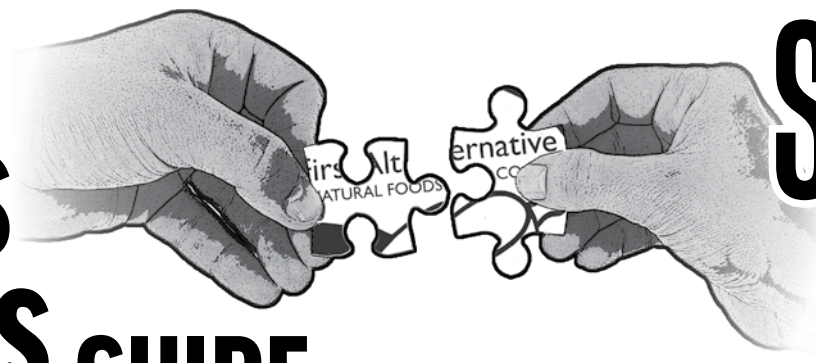
Owner Relations Committee
The primary conduit for communications and relations between Owners and Board.
Tuesday, Jan. 6th at 11:30am
in the South Store meeting room

Finance Committee
Reviews, analyzes, and makes recommendations on financial matters.
Wednesday, Jan. 13th at 5pm
in the North Store meeting room

Board Recruitment & Elections Committee
Works to enhance Board performance and recruit qualified candidates.
Thursday, Jan. 21st at 6pm
in the North Store meeting room

First Alternative Board of Directors
Comprised of elected Owners, the Board puts cooperative principles into action.
Tuesday, Jan. 26th at 6pm
in the South Store meeting room
Owner comments welcome in first 10 minutes.

BOARD OF DIRECTORS COMMITEES GUIDE

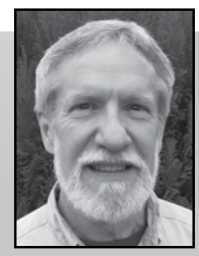


STRONGER TOGETHER

EXECUTIVE COMMITTEE

- Consists of the Board President, Vice-President, Secretary and Treasurer, as well as the General Manager.
- Meetings are not open to anyone outside the committee
- The committee's duties include overseeing the General Manager, review of our by-laws and long term goals, visioning for future Co-op plans, review of Board goals, accountability and performance tracking, as well as planning the monthly board meeting and annual retreat agendas. All items in executive meeting minutes require FA Board approval, except as noted

Blanche Sommers
Board President


Jim Mitchell
Board VP

Cindee Lolik
General Manager

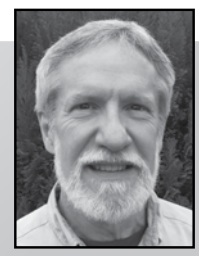
Robert Williams
Board Secretary

Jim Smith
Board Treasurer

POLICY GOVERNANCE COMMITTEE

- Consists of two Board Directors and General Manager
- Meetings are not open to anyone outside the committee
- Committee's role is to propose modifications to existing policy language, propose new policies and expedite the adoption process. All items generated by this committee require approval of the Board of Directors, unless otherwise specified by Board policy.

Robert Williams
Board Secretary


Jim Mitchell
Board VP

Cindee Lolik
General Manager

FINANCE COMMITTEE

- Consists of the General Manager, the Finance Manager, the Board Treasurer, at least one other Board member and up to three First Alternative Owners
- Meetings are open to all Owners, unless committee is in executive session
- Committee's role is to review, analyze and make recommendations to the Board of Directors on financial matters. The committee reviews all financial reports, budgets, investments, etc. as they are submitted or proposed by management. The committee also performs "environmental scanning" to provide early warning and suggest potential responses to the Board.

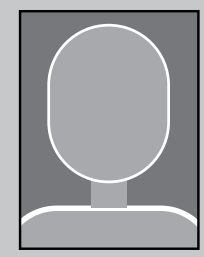
Jim Smith
Board Treasurer

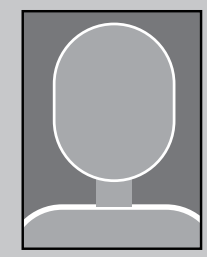
Kathy Berg
Board

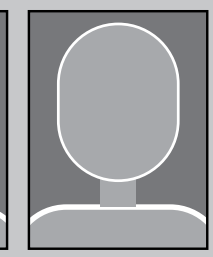
Cindee Lolik
General Manager

Mark Tarasawa
Finance Manager

Erik Rose
Board


Co-op Owner


Co-op Owner


Co-op Owner

OWNER RELATIONS COMMITTEE

- Consists of two Board Directors, one staff representative and up to three Owners
- Meetings are open to all Owners
- The committee is a primary conduit for communication and insight between Owners and the Board. It facilitates discussions and develops various vehicles for Owner input.

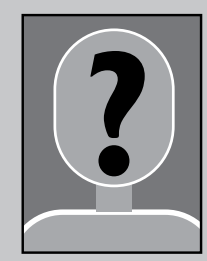
Susan Hyne
Board

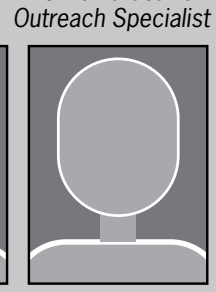
Joel Hirsch
Board

Donna Tarasawa
Outreach Specialist

With Board approval, up to two more Owners may join this committee.

Co-op Owner


Co-op Owner

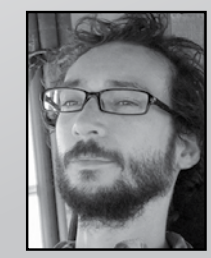

Co-op Owner

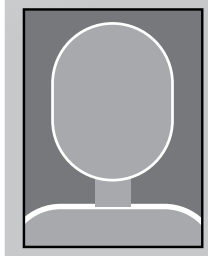
BOARD RECRUITMENT & ELECTIONS COMMITTEE

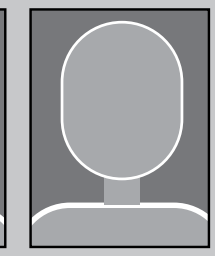
- Consists of one or more Board Directors, one staff representative and up to three Owners
- Meetings are open to all Owners
- This committee is responsible for maintaining excellence, continuity and stability in the leadership of the organization. The committee seeks qualified Board candidates and works to enhance Board and Board Director performance, individually and as a group.

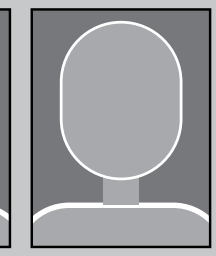
Melissa Hartley
Board

Richard Cunard
Board


Phil Hochheiser
North Store Front End Assistant Manager


Co-op Owner


Co-op Owner


Co-op Owner

First Alternative NATURAL FOODS CO-OP

January Anniversaries

Staff Anniversaries

1 year:	Michael Kelly
5 years:	Cindee Lolik
7 years:	Amy Bassett-Williams
8 years:	Kiki Love

Paid Sub Anniversaries

3 years:	Anthony Stumbo

Owner-Worker Anniversaries

13 years	Byron C. Bray
18 years	Zuzana Veijlupkova
19 years:	Judy Forgey, Bruce Mangers, Gary Wheeler

Staff: Staff Members work 8-40 hours per week on a regular schedule.

Paid Sub: Paid Substitutes are trained in various departments to fill in for staff.

Owner-Worker: Co-op Owners who work a 2-hour shift per week in various capacities

THANK YOU ALL
for helping make this such a fantastic place to work and shop

WHAT IS THAT HUMM?

What do Humm Kombucha and Hummingbird Coconut Oil Have in Common?

They're on sale all through the month of January!

Yes, that humming noise you hear just may be the sound of money staying in your wallet, because we're kicking off the year with great savings on two of our shoppers' perennial favorites: kombucha and coconut oil.

All 14oz. ***Humm*** **Kombuchas, regularly $3.29 each, are on sale, 2 for $5!** They're made right over the mountain in Bend, and are Oregon Tilth Organic certified!

Available in a fermented rainbow of flavors: **Blueberry Mint, Lemon Ginger, Pomegranate Lemonade, Strawberry Lemonade** (South store only), **Coconut Lime, and Apple Sass** (both North store only). Look for them in our chilled drink coolers.

From sustainably-focused, Eugene-based ***Hummingbird Wholesale***, a long time Co-op supplier, comes the **100% Organic Unrefined Coconut Oil** you know and love, also on sale all through January.

In the grocery aisle you'll find **16oz. jars, regularly $11.99 on sale for just $9.99, and 32oz. jars, regularly $21.39 are only $18.99. Over in the bulk department where it's regularly $9.99/lb., Hummingbird Coconut Oil is on sale for just $8.49/lb.**

Keep your motor running with ***Humm*** **Kombucha** and your heart humming with ***Hummingbird*** **Unrefined Coconut Oil**, always available at the Co-op.

Holly Smith
South Store Deli
Assistant Manager

cheese please

START OFF THE NEW YEAR WITH THESE EXCEPTIONAL CHEESE ALTERNATIVES.

New Year's resolution time is here again, and chances are some of you out there in Co-op land have resolved to cut back on the cheese—if not cut it out entirely. If that's the case, don't worry, the Co-op has got you covered.

We're generally on the cutting edge of all things alternative, and cheese is no exception. Just because cheese is out of your diet, doesn't mean your favorites are, too.

Here are three cheese alternatives that have all the flavor and none of the dairy. You'll find these cheese alternatives (and more!) in the dairy case.

Have any questions, just ask us and we'll be glad to help!

Miyoko's Creamery Cultured Nut Products

The driving force behind **Miyoko's Kitchen**, Miyoko Schinner, has created an extraordinary line of cultured nut products. Using techniques inspired by traditional artisan cheese-making, Miyoko's line of products includes "cheeses" that are aged, smoked, wrapped in grape leaves, or dusted with black ash.

Fans of chevre will love the crumbly texture and tanginess of Miyoko's selection of **Double Cream** flavors including chive, tomato garlic, and garlic herb. And even die-hard cheese lovers will fall for this brand's one-of-a-kind artisan flavors.

Elegant on a cheese plate with fresh fruit, these cashew-based products are delicious enough to stand alone. However, they also work well as a cheese substitute in pasta sauces, spread on sandwiches, or stirred into a warm winter risotto.

Assorted flavors available at both First Alternative locations.

Sister River Foods Parma! Vegan Parmesan

The folks who created **Parma! Vegan Parmesan** did so with the understanding that nutritious, allergen-free foods should also taste great. The result of their vision is an incredibly versatile, cheesy seasoning that's easy to love and packed with flavor.

Dress up hummus or your favorite dip with a dash of Parma! and a generous drizzle of olive oil. Or wake up your tastebuds with a sprinkle of Parma! on your morning bagel, scrambled eggs or tofu, or homefries. It also makes a great topping for popcorn, pastas and salads, slices of ripe avocado, and your best bean and chili recipes.

Available in **Original**, **Chipotle Cayenne**, and **Garlicky Green** flavors.

Field Roast Chao Slices

Field Roast, purveyor of a wide line of grain-based meat products, has now expanded into the non-dairy cheese market with their selection of Chao Slices. This coconut-based cheese alternative has remarkable melting qualities and an unsurpassed savory flavor delivered by the unique use of fermented tofu (called Chao by the Vietnamese).

Spice up a meat or alternative-meat burger with a slice of **Tomato Cayenne** and a heap of fresh spring mix. Or hand shred **Creamy Original** slices over pizza toppings and bake until melted and bubbling. This cheese-alternative is sure to please!

Fresh Local Organic News

Published monthly, available in both of our stores, online, and at more than 20 local businesses. We reach the people who reach out to the community

For more information including rates and frequency discounts, contact: marketing@firstalt.coop

BRUSHING UP ON NATURAL TOOTHPASTES

By Yadira Ruiz, *Sunbow Produce, Thymes contributor*

Did you know digestion starts in your mouth? The second you take a bite, your saliva starts breaking down your food. It's not something many people think about very often but our mouths are another one of those unsung workhorses of the human body. A few months ago we reviewed lotions and the critical role that skin plays in our line of defense against disease. This month we're taking an inside look at toothpaste and its role in fortifying our health.

Having a great smile is only a superficial aspect of a healthy mouth. If you've ever visited a dentist, you've surely been told about gum health. The teeth may get the spotlight but they'd be quite literally lost without the supportive role played by plump, pink gums. The usual suspects in good health can't be ignored when it comes to oral health. It's all about nutrition, hydration and genetics but we can always give ourselves a daily boost by choosing a toothpaste that makes us run to our toothbrush with glee!

The toothpaste selection at First Alternative is so extensive I kind of went into a trance staring at all of the varieties. I couldn't take it all in, there are so M.A.N.Y. (that's me dramatically drawing out of the word, not an acronym) choices.

I ending up selecting five toothpastes I've never tried before and adding in three that I've been using at home (yes, that's right folks, three...what can I say, I like variety.)

When "grading" toothpaste, here's what I look for: texture, taste, freshness, sweeteners, extras (Does it whiten? Is it good for sensitive teeth? Does it come with inspirational thoughts for mankind? Is the packaging recyclable?) and a little something I call "the morning after" referring to what my mouth feels like in the morning, hopefully you've never had a toothpaste cause the lining inside your mouth to shed but I have and I don't wish it on anyone.

I've summarized my thoughts by sorting the toothpastes into tiers. The Beginners tier is for people who have only recently decided to switch over from conventional, mainstream toothpaste. There's the self-explanatory Intermediate tier, and the Expert tier for folks who were perhaps raised using baking soda as their toothpaste and whose mouths have never experienced "extra-sparkle strawberry flavored whitening with extra-synthetic flouride" toothpaste.

Beginners

***Kiss My Face* Whitening Cool Mint Gel:**

Anti-cavity fluoride paste sweetened with Xylitol and Stevia that contains some organic ingredients. Does not contain Sodium lauryl sulfate (SLS) or Triclosan, which studies have shown may reduce the bioavailability of flouride. Boasts antioxidants, Iceland moss extract, and tea tree oil.

***JASÖN* Sea Fresh Anti-plaque and Strengthening Paste:**

Fluoride free, lightly minty, SLS free, sweetened with Stevia. Contains some organic ingredients. Boasts antioxidant Blue Green Algae and gentle polishers.

***Nature's Gate* Mint Paste:**

Flouride free, SLS free, strong mint flavor sweetened with Glycerin. Boasts an exclusive AntioxiDental Blend and baking soda.

Intermediate

***Tom's of Maine* Propolis and Myrrh Toothpaste:**

Fluoride-free, antiplaque, sweetened with Xylitol. Boasts a BPA-free tube, participates in a landfill waste reduction program with Terracycle. This one made it into the Intermediate category because of the flavor. It's not for everyone but I love the non-mint option every now and then

.

***Dr. Bronner's* Peppermint All-One Toothpaste:**

Flouride-free, 70% organic ingredients, whitening and plaque reduction, sweetened with glycerin and Stevia. Boasts Menthol crystals, baking soda and Fair Trade coconut-based ingredients. Strongly flavored, blast of mint. This toothpaste has a texture that isn't for beginners. The Menthol crystals are noticeable and add a slight chunkiness to your brushing experience.

Expert

***Weleda* Ratanhia Toothpaste:**

Unsweetened, synthetic flouride-free. This paste boasts Ratanhia which is a South American plant used for oral health because it is high in Tannins, and contains astringent and toning properties that reduce inflammation, redness and infection. The flavor falls into the "interesting" category in my book, very different. Does not contain any foaming ingredients so it doesn't expand in your mouth.

Himalaya Botanique
Neem Pomegranate Toothpaste:

Flouride-free, Saccharin free, SLS free, plaque fighting. Sweetened with Xylitol and glycerin. Boasts an "exotic" flavor which tastes very medicinal to me. Very light foaming agent.

Uncle Harry's Natural Products
Peppermint Alkalizing Toothpaste:

Unsweetened, bentonite mineral clay-based paste that comes in a jar. Contains salt. Boasts remineralization of tooth enamel by neutralizing acids and bacteria, tooth strengthening, and aids in maintaining a naturally alkaline pH. This paste is not for the light hearted. Go easy on the amount you put on your brush. Too much of a good thing here is really, really, really bad, especially if you aren't used to salty toothpaste. However, this was hands-down the most refreshing, long-lasting and happy-mouth feeling toothpaste of them all when used in moderation.

We've got brushes too, but that's a feature for another day. Until then, happy hygiene, cooperators!

Moms make 82% of household buying decisions. Promote your business directly to your target market — local moms. Contact us about advertising, 541-231-7250.

MOM MAGAZINE REAL | LOCAL | MOMS

FOL BIG BOOK $ALE

We clear the warehouse for this one!

FRIENDS OF THE LIBRARY
Corvallis-Benton County PUBLIC LIBRARY

Friday, February 19, 2016
*6:00pm–9:00pm
Saturday, February 20, 2016
9:00am–4:00pm
Sunday, February 21, 2016
10:00am–3:00pm

BOOKS! MUSIC! MOVIES!
Benton County Fairgrounds 110 SW 53rd, Corvallis

* Doors open at 4pm Friday for members of "Friends of the Library". Become a Friend today at http://friendsofthecbclibrary.org/

Profits benefit the libraries of Benton County Alsea, Corvallis, Monroe, Philomath & Bookmobile

IN THE KNOW ON THE NEW

Love Grown Foods **Power O's & Mighty Flakes Cereals**

These new cereals from Love Grown Foods will revolutionize your breakfast. Made with navy beans, garbanzo beans, and lentils, these are powerfully nutritious and tasty cereals, and the hearty protein-packed flakes and crunchy O's stand up strong in milk. Start your day the powerful way, with a bowl of Love.

Block 15 **Sticky Hands**

Coming to us direct from one of the world's greatest breweries, right down the street, it's Block 15's Sticky Hands Hop Experience Ale. Once you pick it up, you won't be able to put it down. Comes in four-packs of pint cans.

Miss Jones **Organic Cake Mixes and Frostings**

Quality means the world to San Francisco-based Miss Jones Baking Company. They worked long and hard to perfect their recipes for organic frosting (the first on the market!), brownie mix, and cake mixes. Now they're ready to share them with us. Make a cake that will be talked about for years to come, with a little help from Miss Jones.

Bob's Red Mill **Gluten Free Instant Oatmeal Cups**

Sometimes you've got to eat in a hurry, sure, but that doesn't mean you need to eat junk. Bob's Red Mill makes it all the easier to eat well in a hurry with these single-serving mixes of whole grain rolled oat groats, stone ground Scottish-style oat groats, and nourishing flax and chia seeds.

Get Real Nutrition **Fermented Food Supplements**

Get Real Nutrition knows how to get results, and they want to get nutrition into your life with their sprouted and fermented supplements.

This expansive new product line has an organically-certified supplement for everyone's health. To read more visit www.getrealnutrition.com or stop into the Co-op and ask one of our Wellness team. They love to help. Also look for a $4 off coupon, in stores during the month of January.

Sweet Creek Foods **No Sugar-Added Tomato Sauces**

New from one of our local favorites, comes this line of organically-certified tomato sauces. You've tasted the wonders that Sweet Creek can work with salsas and enchilada sauces, now see what they can do with classic tomato sauce preparations. Mushroom, Tomato Basil, Roasted Garlic, and the simply delicious Kids' Tomato Sauce. No sugar is added and they taste great.

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- allergies & sensitivities
- fatigue & stress
- digestive imbalances
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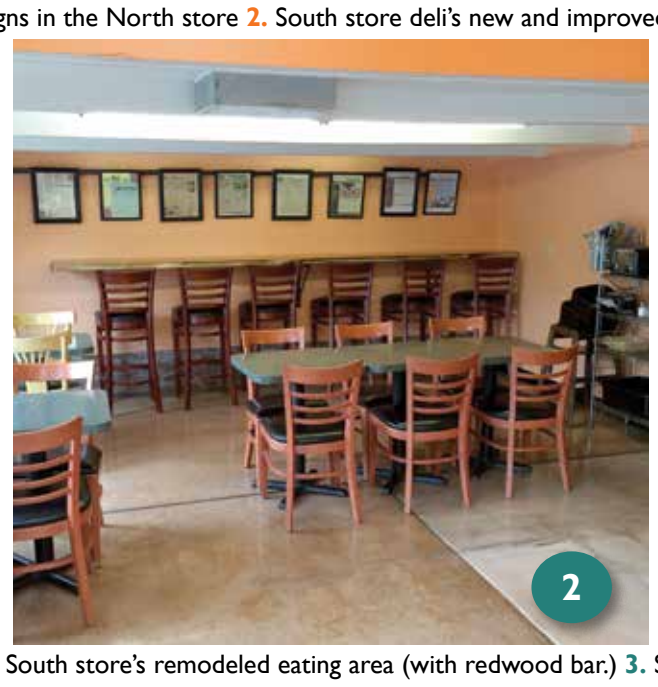
A LOOK BACK AT 2015

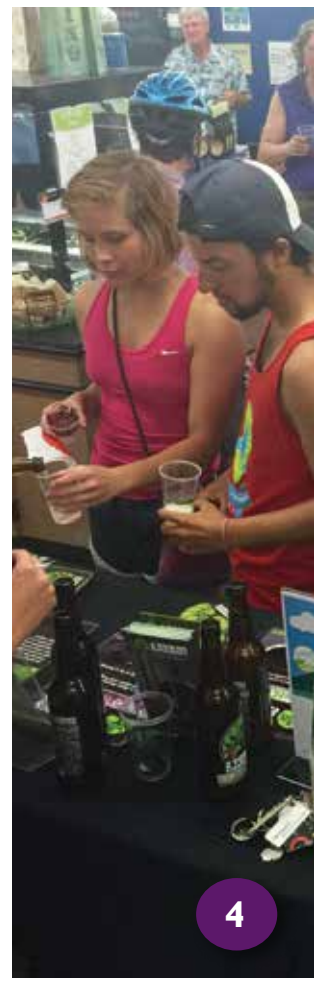
As we settle into 2016, let's take a quick look back at some of the improvements we made to both stores this past year, and take a moment to remember some of the fun times we had together.

1. New North store sign (along with our new hours.) **2.** New aisle signs at the North store. **3.** North store's new paint job and department signs.

1. More of the snazzy new signs in the North store **2.** South store deli's new and improved hot bar and salad bar layout.



1. South store's relocated register 6 **2.** South store's remodeled eating area (with redwood bar.) **3.** South Store's new specialty cheese case



1. Host Defense at our Winter Wellness Fair. **2.** Aromatherapy Workshop with Tim Blakley and Aura Cacia **3.** Owner Rendezvous at Osborn Aquatic Center **4.** North Store Block Party **5.** South Store Block Party **6.** Caroling at the Co-op

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January 2016 Community Calendar

Upcoming Events

New Year's Day Meditation

January 1st, 9:30am-12:30pm at The Friends Meeting House (3311 NW Polk)

We are happy to announce the 4th Annual New Year's Day Meditation, hosted by the Zen and Tibetan Buddhist Groups of Corvallis. FMI: https://placeoftara.wordpress.com/2015/12/04/new-years-day-meditation/, or email Susan Salveson: salvesonvideos@gmail.com.

Graphic Novel Book Club

January 5th, 6:30-7:30pm at New Morning Bakery (219 SW 2nd)

Join the Corvallis-Benton County Public Library sponsored club on January 5th to discuss *Lazarus, Volume 1* by Greg Rucka. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. For info visit: cbcpubliclibrary.net/graphic-novels/. FMI: bonnie.brzozowski@corvallisoregon.gov.

Creating Photographs with Compelling Composition: A Photography Workshop with Kat Sloma

January 16th, 1-4pm at the Benton County Public Library (645 NW Monroe)

Acomposition workshop for photographers of any level. Participants should have working knowledge of their digital camera (any type) and bring sample photographs for exercises. This workshop is free to the public, but registration is required and limited to the first 30 registrants. People can register by calling (541) 766-6793 or by emailing askalibrarian@corvallisoregon.gov. FMI: Lindy Brown, lindy.brown@corvallisoregon.gov.

Coloring…for Adults!

January 19th, 6:30-7:30pm at the Benton County Public Library

Start the New Year with a different way to relax. Find out why coloring books are on bestseller's lists and explore with us. Create, relax, have some fun and de-stress from life on the run. Bring your own coloring books and tools or use some of ours! Relaxing music and refreshments provided. For info visit: cbcpubliclibrary.net/coloring-for-adults/. FMI: Ruth Rose Hennessey, (541) 766-6793.

Adult Book Club

January 20th, 7pm at the Benton County Public Library

Join us at 7:00 PM in the library Board Room the third Wednesday of each month for the library sponsored adult book club. At the next meeting on Wednesday, January 20th we will be discussing *The Memoirs of Cleopatra* by Margaret George. Check out a copy at the 2nd floor Reference Desk. FMI: Carrie Ottow, askalibrarian@corvallisoregon.gov.

eBook Clinic

January 21st, 10am- noon and 1-3pm at the Benton County Public Library

Get started with library e-books, e-audiobooks and e-magazines. Instruction for iPad, iPhone and Android devices at 10am, Kindle users at 1pm. Users of other devices are welcome during either session. Please bring your Apple ID or your Amazon password if applicable. Kindle users with black-and-white kindles are encouraged to bring a laptop or other internet-enabled device for the checkout process. No sign-up is required. For a head-start, check out our ebook guides at cbcpubliclibrary.net/ebooks/. Questions? Call (541) 766-6793. FMI: Charles Dunham charles.dunham@corvallisoregon.gov.

Letter Writing Social & Stationery Exchange

January 24th, 2-4pm at the Benton County Public Library

Celebrate the art of crafting handwritten letters the fourth Sunday of the month. Join other fellow letter writers in the library's Main Meeting Room to compose letters to friends, relatives or acquaintances. Bring your own stationery, handmade or store bought, or use supplies provided. You will also have the opportunity to exchange your handmade or store bought stationery with other letter writers and encourage each other to sustain the epistolary tradition. FMI: Mike Hanson michael.hanson@corvallisoregon.gov.

Ecology and Conservation of a Seabird Enigma: The Marbled Murrelet

January 28th, 7pm at the Benton County Public Library

S. Kim Nelson of OSU will speak about her work on the ecology and habitat associations of seabirds in order to better understand and help resolve wildlife conservation and management issues surrounding birds that inhabit the coastal region and the adjacent inland forests. FMI: Marcia Shapiro, (541) 758-5255.

White Out? The Future of Racial Diversity in Oregon

February 7th, 2- 3:30pm at the Benton County Public Library

Many Oregonians value racial diversity, yet we remain largely isolated from one another. Dr. Emily Drew, associate professor of sociology and ethnic studies at Willamette University, will lead a conversation about the challenges to creating a racially diverse, inclusive community. A Conversation Project sponsored by Oregon Humanities. Everyone is welcome. No fee. No pre-registration required. FMI: Faith, (541) 609-8420, fer@caleyreidenbach.com.

Ongoing Events

FREE or by-donation listings only • To submit your free or by-donation event, visit firstalt.coop/community/community-calendar/

Food

VEGAN AND VEGETARIAN OSU STUDENTS Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: vegansandvegetarians@gmail.com to join the listserve or for more info.

CORVALLIS VEG EDUCATION GROUP Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: Corvallisveg.org

GLUTEN FREE SUPPORT GROUP 1st Saturdays, 10am-12pm, First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: (541) 602-1065

Spiritual

ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD 425 SW Madison, Suite N. 1st Sunday, 10am, join us as we sing HU, an ancient name for God. 4th Sunday, 10am, ECK Worship Service. FMI: www.Eckankar-Oregon.org

PLACE OF TARA Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. This is a Tibetan Buddhist Meditation group. We offer meditation, instruction on request, and readings from all Buddhist traditions. FMI: https://placeoftara.wordpress.com/

BUDDHIST PRACTICE SGI-USA Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: (541) 753-6170

BAHA'I DEVOTIONAL PROGRAMS The Baha'i communities offer many devotional gatherings throughout the county in English & Spanish. Locations vary. FMI: (541) 745-7916, linnbenton.local.bahai.us

CORVALLIS INSIGHT MEDITATION Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: maryleigh.burke@gmail.com

MINDFULNESS MEDITATION 5:30-7 pm, Friends Meeting House, 33rd & Polk. Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: ken.oefelein@gmail.com

CORVALLIS MEDITATION COMMUNITY Learn meditation techniques to relax and recharge body and mind. Tuesdays, 5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, RASALiLA2@yahoo.com

A COURSE IN MIRACLES 7:30pm. Join us as we read & discuss this spiritual classic, after a meditation. FMI: (541) 754-9051.

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP Sunday 10-10:45am, Meditation & 11am-12pm Inspirational Service; Thursday 7-8 pm, Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, Autobiography of a Yogi. FMI: corvallismeditation.org

FALUN DAFA GROUP 9-11am. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong (541) 754-9938

CORVALLIS ZEN CIRCLE weekly meditation. FMI: www.corvalliszencircle.com

Wellness

COMPASSIONATE COMMUNICATION PRACTICE GROUP Every first and third Monday, 7-9 pm, at 2255 NW 25th Street Support in living the model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. Donations appreciated RSVP and FMI: Tina@tinataylor.co, (541)753-2255

AIKIDO OPEN MAT Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido, or "the way of harmonious spirit," is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Wear loose, comfortable clothing. More info at CorvallisAikikai.com

TAI CHI CLASSES 5:30-6:30pm, Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: (541) 760-9328

HEALTH AND HEALTHCARE FORUM TV Wed. @ 8pm.; Thurs. @ 9pm; Sat.@ 1:30pm & Sun. @ 5:30pm. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: rlhall@peak.org, (541) 758-9340

FREE TEEN YOGA Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. It's fun and it's good for you too. All teens welcome. FMi: Theresa McLaren, frontdesk@livewellstudio.com, (541) 224-6566

CHAIR YOGA Tuesdays, 3pm, Live Well Studio, 971 NW Spruce Ave. Chair Yoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding scale donation. FMI: (541) 224-6566

TRADITIONAL SHOTOKAN KARATE Tuesdays and Thursdays, 7-9pm, Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

REIKI HEALING CIRCLE 1st Thurs., 7-9:30pm. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, (541) 754-3595

FREE TEEN LAUGHTER YOGA Wednesdays 4-5pm. FMI: Energy9Studio.com

YOGA FOR RECOVERY Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. $5 suggested donation. FMI: (541) 224-6566

HEART OF THE VALLEY BIRTH NETWORK Every 3rd Wed. 6-7:30pm, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org google.com/site/wutantaichi

MEMORY LOSS SUPPORT GROUP Every 2nd Tues. 1:30-3pm, for caregivers and family of persons with Alzheimer's or a related disorder. Another group for people with memory loss is held at the same time Free, but registration is required. To register, call (541) 766-6959. FMI: Gene Dannen, (541) 753-1342

Peace

CORVALLIS SECULAR SOCIETY 3rd Saturdays. Meet 2-4pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, CorvallisSecular.org

AMNESTY INT'L WRITERS GROUP 2nd Monday, 7pm, First United Methodist Church, 11th & Monroe Rm #106-B. Write letters to prisoners of conscience. FMI: (541) 619-1379

COMPASSION COMMUNICATION PRACTICE GROUP Every 1st & 3rd Monday, 7-9pm, 2255 NW 25th St. Support in living the model taught by Marshall Rosenberg, in our daily lives. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: Tina@tinataylor.co, (541) 753-2255.

DANCES OF UNIVERSAL PEACE 2nd Thurs, 7-8:30pm, Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn circle dances honoring spiritual traditions from around the world. $5-10 donation. FMI: barbwoehle@comcast.net

Music

ACOUSTIC OPEN MIC Third Thursdays Imagine Coffee, 5460 SW Philomath Blvd. Classic acoustic coffeehouse variety includes acoustic music solos—trios, music, poetry/rap & standup comedy. signup and keyboard setup, 6:30pm. optional tips/donation. FMI: (541) 760-3069.

CELTIC JAM Every Tuesday, 7-9pm, Imagine Coffee. All levels of players are welcome. FMI: (541) 286-4340, imagine.cof@gmail.com

EZ BLUEGRASS JAM, every Sunday 2-4pm, Jam with other beginning and intermediate-level players. Traditional bluegrass and other acoustic songs. We meet in a private home. FMI: Christine, (541) 738-2610

COMMUNITY SINGING LESSONS Every Thursday, 12-1pm, Gracewinds Music Lesson Loft, 137 SW 3rd St. International singer and expert voice teacher offers FREE group lessons to the community. FMI: Rebecca, (503) 559-5205

PLANET BOOGIE Nov. 16, Feb. 20, Mar. 19, 7:30-9pm, Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. $5-10 donation appreciated. Facebook: Planet Boogie Corvallis

CORVALLIS COMMUNITY DRUM CIRCLE 1st Saturdays 7-8pm, 101 NW 23rd St. FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich, Drum Circle Connection. FMI: drumcircleconnection@gmail.com

Environment

MARYS RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

OSUSED STORE PUBLIC SALES Tuesdays 5:30-7:30pm and Fridays 12-3pm. 644 SW 13th St. FMI: http://fa.oregonstate.edu/surplus, surplus@oregonstate.edu, (541) 737-7347.

AUDUBON FIELD TRIPS Every 2nd Saturday. Meet at 7:30am. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

NATURALIST ADVENTURES Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9am-12pm. For meeting place, see website. FMI: www.neighborhood-naturalist.com, (541) 753-7689

Health Services Guide

Advertise your health services for only $40 per ad. Please email your ad to thymes@firstalt.coop by the 15th of the month.

LYMPHATIC DRAINAGE * VISCERAL MASSAGE * CRANIOSACRAL THERAPY
These modalities rejuvenate and strengthen the body's natural immune system and promote vibrant health and well being. Specializing in: Detoxification, Cancer Therapy Support, Breast Health, Lymphedema Management and Self-care. Heart in the Valley Massage - Piper Jones LLCC, LMT 8032. Now at Blue Heron Healing Arts, 564 SW 3rd St., Corvallis. (541) 740-3698.

DOWNTOWN PILATES
Pilates from fundamental to advanced. Fully equipped studio featuring traditional apparatus. Private lessons, duets, small classes. Enroll now – Pilates Fundamentals Tues-Thus 6-7pm. Gain strength, build confidence, tone & reshape your body. Call Shiikan for an appointment: (541) 207-1009

Un-classifieds

Un-classifieds are only 30¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

RELIABLE HANDY SERVICES LLC
House maintenance and repairs. Fence and gate repairs. Caulking and waterproofing. Dry rot replacement. Reliablehandyservices.com (541) 243-4097 ccb#205095

NORTHWEST REALTY CONSULTANTS
has many listed and by-owner services for people interested in buying or selling their homes. Call us at (541) 753-4567 or (541) 928-8440 or visit us at northwestrealtyconsultants.com for more details.

GREEN GIRL OFFERS FREE PARTY SUPPLIES
for birthdays, holiday parties, and any gathering where tableware is needed. Plates, bowls, and cups are plastic; forks and spoons are metal; other supplies available as well. A variety of colors and sizes to choose from! A free service aimed at reducing waste. FMI: lauriricher@comcast.net, (541) 207-7924

FOR A BEAUTIFUL BIRTH,
hire a doula. Mid-Valley Doula Network: www.midvalleydoulas.net.

GREEN HERON WOODCRAFT
Expert cabinet and trim installation. Fine woodworking, custom furniture. German trained craftsman. (541) 753-2345. greenheronwoodcraft.com

PARENTING SUPPORT
for families in Linn and Benton Counties. Find parenting tips, classes, and resources at www.ParentingSuccessNetwork.org. Parent Advice Line: (541) 917-4899

CERTIFIED HAKOMI THERAPIST
Margot Vance-Borland, LPC has been a healing arts professional for 30 years. Her sessions are powerful and nurturing and designed to access the body, mind and spirit's deep healing wisdom. Reiki-Seichim classes and sessions are also available. Call (541) 754-3595 to schedule. www.seichimcenter.com

DRIED SEAWEED
$40/lb. Dried apples, kombucha. Ken (541) 929-4296

YARDWORK SERVICES:
raking, weeding, pruning, scything, mowing, hauling. Organic methods. General labor. Ken (541) 929-4296

CORRECT PRUNING
on ornamental and fruit trees. 13 years local experience. Call David, (541) 758-7432

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SEEING WITHOUT STRAIN
Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach. (541) 753-8374 or www.marybettssinclair.com

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PARENT COOPERATIVE PRESCHOOLS
in Albany, Corvallis, Halsey, Philomath and Scio offered by Linn-Benton Community College. For information call (541) 917-4899 or visit www.linnbenton.edu/parenting-education

First Alternative NATURAL FOODS CO-OP THYMES Advertising order form

Deadline: 15th of the month

Questions? email marketing@firstalt.coop

Advertiser's Name: _____ Date: _____

Address: _____

City, State, Zip: _____

Email: _____ Phone: _____

☐ **Unclassified**

Use lines to the right for ad copy or attach your copy to this form. **Limit 100 words.** Phone #, email addresses, date ranges count as one word. Billing available for ads running a minimum of 3 months.

☐ **Health Services Guide (HSG)**

Use lines to the right for ad copy. **Limit 60 words.** Address required. **Advertisers making a 6-month commitment will receive 20% discount on total cost.** Billing available for ads running a minimum of 3 months.

Circle all months ad is to be run:
Jan Feb Mar Apr May Jun Jul Aug Sept Oct Nov Dec

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Unclassified (PLU 945): _____ words x 30¢ x _____ months = $ _____

☐ I would like to be billed (for ad purchases of 3 months or more)

HSG* (PLU 943): $40 (60 word max) x _____ months = $ _____

*include 20% discount on commitments of 6 months or more

☐ I would like to be billed (for ad purchases of 3 months or more)

Bring completed form and any form of payment to Customer Service desk at either store, **or** mail completed form and check or money order to:
First Alternative Co-op, Attn: Thymes, 1007 SE Third Street, Corvallis, Oregon 97333

NATIVE PLANT SALE RETURNS FOR ANOTHER YEAR

With A New Location At The Benton County Fairgrounds And A New Focus On Pollinators

Online orders are now being accepted for the Benton Soil and Water Conservation District's (BSWCD) annual Native Plant Sale.

Every February the BSWCD sells native plant to the community at a low cost. This encourages the use of native vegetation for erosion control, landscaping, wildlife habitat enhancement, and windbreaks, helping keep invasive plant species that would be used for the same purposes from our Willamette Valley soil.

This year a narrower selection of plants has been chosen that provide food, shelter, and nesting sites for native pollinators. So when you purchase low-cost native trees, shrubs, groundcovers, grasses, flowers, and seeds from the Native Plant Sale, you're not just supporting native plants but animals as well. Books and other supplies are also available for sale.

The District is also sponsoring a series of lectures, tours, and articles about pollinators over the new year. Join in and learn about the important insects and birds that pollinate crops and native plants in the Willamette Valley!

Here's an overview of the next lecture:

Native Plants for Pollinators by the Season
Tuesday, January 5, at 6:30 pm at the Corvallis-Benton County Library.

A delightful and informative journey through the seasons. Henry Storch will guide us on a tour of the native blooms from late winter to the end of fall. Bring your pencil and paper because you will want to take notes!

To learn more about upcoming lectures, tours, and articles, browse the native plants on offer, view landscape designs integrating them, and place your online orders, visit www.bentonswcd.org.

Online orders are being accepted until January 31st. Order early for the best selection. All orders can be picked up between 8am and 1pm at the Native Plant Market on Saturday, February 20th at the Benton County Fairgrounds Livestock Building.

Remember to place your online orders by January 31st! Call (541) 753-7208 for more information.

A REVOLUTION IN NEW YEAR'S RESOLUTIONS

Try This One Stop Solution And Cut Out The Resolution Pollution

For lots of folks the new year starts out something like this: **"I'll lose 20 pounds! No, I'll finally get in shape. That's it. No, I'll eat better. That sounds good…Wait! I'll spend more time with my family. And I'll stop ordering pizza or taking us out for fast food! And I'll help others…and be a better person…and I really need to lose that 20 pounds."**

Whether they're scribbled in a journal, posted on the refrigerator, or on Facebook, about 45% of Americans make New Year's Resolutions, according to the University of Scranton Journal of Clinical Psychology.

75% of those resolutions last a week. Their durability beyond that drops precipitously, with hardly any making it to the six-month mark. It's called Resolution Pollution.

Whole foods have been as minimally processed as possible. They are free from additives and artifical substances.

It's the same story every year, if not for you, then for someone you know. Why is it so hard to keep a resolution alive? These are positive decisions, dictates that you will be a better person and do better things. Be healthier? Happier? Who could turn these things down? If the numbers are right, everyone, that's who.

The problem, says many an expert, is that our resolutions are either too various or too lofty. We set too many goals and we lose track of them. We also set goals that are a little bit too difficult—just outside the realm of reasonable.

The solution? Simplify. How about one simple resolution that encompasses all the popular ones, a resolution that's actually pretty easy to keep (especially with the help of your friendly neighborhood Co-op): eat mostly whole foods.

That simple little resolution contains multitudes. Let's break down that panicked resolution from earlier:

"I'll lose 20 pounds" The number may not be exact. Maybe you'd lose less than that with your whole food resolution, maybe more. Once thing for certain is eating more whole foods will move you closer to a healthy weight.

"I'll finally get in shape." When you eat whole foods you are better nourished. That means you'll feel better and have more energy, which means you'll likely feel more compelled to get out and get some exercise.

"I'll eat better." You sure will. Book it!

"I'll spend more time with my family." Eating more whole foods means eating with your family around the dinner table. You don't find whole foods in the drive through or on the phone to the pizza guy. You find them at places like the Co-op, and cook them at home with your family. Do that and you've already taken care of these next two items…

"I'll stop ordering pizza or taking us out for fast food!" You'll be too busy enjoying your family's company at the dinner table. And…

"I'll save money!" Stop throwing your money down a greasy fast food shaped hole and you'll find that whole ingredients cost a lot less than prepared meals. Spend what's left on something nice for yourself.

"I'll help the environment…I'll help others." Whole foods by and large come from more responsible producers who are looking for more than a quick buck. Buying products from these producers keeps money from greedy companies that abuse their workers and our world.

"I'll be a better person!" The challenge here, in doing all of the above, would be *not* being a better person.

Have a happy New Year, everybody! My resolution? Use up all the exclamation points!!!

—Adam Payson, *Thymes Editor*

TRY YOGA *in the* NEW YEAR!
30 days unlimited classes *for $30*
30 days unlimited classes **+ 1** personal session *for $60*
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available through 1/31/16
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Linn & Benton Counties

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"Thanks so much for helping us...I really appreciate it!" -Louise Tippens, Director, Environmental Federation of Oregon
Superior PC Service
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541-740-6717
Established 1988

CO-OP CLASSES AND EVENTS JANUARY

Classes

Saturday, January 9th • 11am-1pm
South Co-op Meeting Room

Showing Up For Racial Justice

Cost: $3-$5 donation requested (more if possible, less if not)

Corvallis Showing Up For Racial Justice (SURJ) has formed four action teams: Amplifying voices of people of color by posting videographed stories on cable/YouTube; partnering with the NAACP to implement Campaign Zero for safe policing; SURJ Families (examining racial equity in schools and raising race-conscious children); and supporting the creation of a permanent homeless shelter. Planning will continue at this meeting. Everyone is welcome. No pre-registration required. More information: Faith, (541) 609-8420 or fer@caleyreidenbach.com

Tuesday, January 12th • 6:30-8pm
South Co-op Meeting Room

Prepared Hiker Toolbox, Part 1

Cost: $15 general public/free for JessBFit team members

Having a comfortable and safe time in the outdoors boils down to having the right clothes and gear. Even the nastiest weather won't get you down if you're prepared for it. In this class you will learn all about how to outfit yourself for a long day in the winter wilderness. We'll talk about clothing from head to toe; footwear, including socks, shoes and gaiters, and gear like backpacks, snowshoes and hiking poles. At the end of this class you'll know what you can scavenge from your closet and what you'll need to go shopping for.

Register online at www.eventbrite.com

Events

Thursday Tastings in January

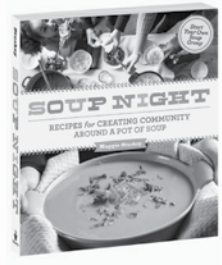
Every Thursday from 5-7pm at both stores.

Date	North	South
January 7th	Beer: **Pelican Brewing**	Beer: **Sierra Nevada Brewing**
January 14th	Wine: **Selections from Vehrs Distributing**	Wine: **Select Portugese Wines**
January 21st	Beer: **Gilgamesh Brewing**	Beer: **New Arrivals (TBD)**
January 28th	Wine: **Select Portugese Wines**	Cider: **2 Towns Ciderhouse**

YOU'RE INVITED TO
SOUP NIGHT
with Maggie Stuckey

Thursday, February 11th, 2016
7:00 PM
Library's Main Meeting Room

Join Portland author Maggie Stuckey to sample delicious homemade soup and learn about a great way to bring neighbors together. Maggie is the author of *The Bountiful Container* and eight other books on gardening and cooking. Signed copies of her latest book, *Soup Night*, will be available for purchase.



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First Alternative NATURAL FOODS CO-OP

TAKE A CORVALLIS ARTS WALK

Do The Walk of Art, Every Third Thursday in 2016

As you develop your New Year's Resolutions, perhaps consider adding a once-a-month local outing to partake in the Corvallis Arts Walk!

With scientific studies confirming that experiencing art decreases stress levels, why not get in on the liberating fun with our flourishing local art community?

The Corvallis Arts Walk ("CAW") is a grass-roots organized event, taking place **every third Thursday from 4-8 pm in downtown Corvallis**.

Every month, featured galleries, studios, arts/crafts storefronts, and occasional pop-ups present a new exhibit or art demonstration, free to the public and suitable for all ages. Stroll through as many locations as your heart desires, starting at any particular location.

This a great opportunity to meet our diverse group of local artists, schedule in a little exercise, engage your right brain and jump in on delicious, free snacks and drinks (as if you needed more incentive.)

Mark your 2016 calendars with "CAW" every third Thursday, making it a routine with various loved ones, or, come soak up awe-inspiring artwork in reflective solitude.

You can find more information including a walking map online at www.corvallisartswalk.com, and at any storefront participant's location.

—Brittney West, *First Alternative Produce, Artist Extraordinaire*

Co-op staffers Laurel Thompson (left) and Brittney West (right) show off their downtown studios, and their artwork, during a recent Corvallis Arts Walk

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SUSTAINABILITY COALITION ANNUAL MEETING

Featuring the launch of 5-year Solar Campaign

The Corvallis Sustainability Coalition will host their Annual Meeting of partner organizations and volunteers on **Friday, January 8, from 12 noon to 1:30pm at the Corvallis-Benton County Public Library**. The public is invited to attend. The meeting will feature presentations on accomplishments of 2015 and plans for 2016.

The Coalition has been working on a wide variety of projects in 12 topic areas: Community Inclusion, Economic Vitality, Education, Energy, Food, Health and Human Services, Housing, Land Use, Natural Areas, Transportation, Waste Prevention, and Water. Their efforts are directed toward goals outlined in *Community Sustainability: A Framework for Action*, which was developed with extensive community participation.

CORVALLIS sustainability COALITION

A highlight of the Annual Meeting will be the launch of a 5-year Solar Campaign to help our community transition to a fossil fuel-free future. The campaign is a partnership between the Sustainability Coalition, the Corvallis Environmental Center, and Environment Oregon. It includes ambitious 1-year and 5-year goals to increase the amount of solar on Corvallis rooftops.

The 1-year goal is part of Take Charge Corvallis, the local initiative that has been spearheading the community push to win the $5 million Georgetown University Energy Prize. Corvallis is hoping to be one of the ten communities named as finalists. An update on the competition will be included in the Coalition's Annual Meeting.

The gathering will also include recognition of nominees for the "Good Steward of the Planet" award—one of several to be given by the Corvallis Chamber of Commerce at the 68th Annual Celebrate Corvallis Awards on January 15th at the CH2MHill Alumni Center. There will also be opportunities for networking and information sharing, and delicious refreshments will be provided by First Alternative.

The Corvallis Sustainability Coalition is a network of more than 300 organizations and hundreds of individual volunteers. Partner organizations include businesses, non-profits, faith communities, educational institutions and government entities. The mission of the group is to promote an ecologically, socially, and economically healthy city and county.

For more information or to volunteer, visit www.sustainablecovallis.org, or info@sustainablecorvallis.org.

—Annette Mills, *Corvallis Sustainability Coalition*

Beans for Bags

After check-out, take a bean for each shopping bag you brought from home. Drop them in the Bean Towers located next to every exit. Each bean generates a donation to the chosen organizations.

Recipients for January-March 2016

Community Outreach

Edible Corvallis Initiative

Philomath Community Gleaners

Senior Dog Rescue

Our Beans for Bags program saves thousands of bags each year while also helping to fund local non-profit organizations.

NEW YEAR FRESH 2016 RECIPES

It's the beginning of the new year and many of us are full of bright hopes and expectations for the wonderful, healthy eating we will do in 2016—We'll eat fresh, local, and organic food. Salads every night. Less meat. Cut back on sugar. More whole grains. Everything from scratch. We'll be real food heroes.

Then the reality of these dark, cold days sets in, as do the cravings for rich, creamy foods and effortless dinners. Our resolutions seem to be in danger of becoming obsolete…

But wait! What's this? Emily's bringing us delicious, satisfying meals using local ingredients for her recipe page? Comfort food that's big on vegetables? By jove! Come back resolutions, come back! We can make it after all!

—Emily Stimac, *Thyme Garden, Thymes Contributor*

with special thanks to Clayton Marion, *North Produce Assistant Manager*

Celeriac Pizza with fennel and red peppers *Serves 4*

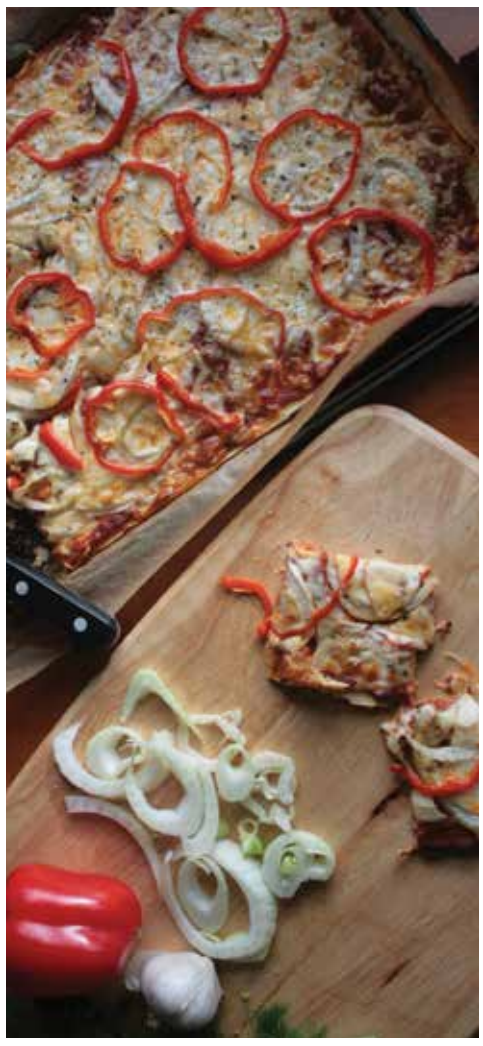
Say hello to celeriac (the celery root that's tops!) With rich flavor and lots of nutrition, you can lead your friends and family into serious food hip-dom with this delicious celeriac pizza crust. Topped with local, small batch Sweet Creek tomato sauce, delicious melty Don Froylan Queso Oaxaca, sweet fennel and colorful red bell pepper, you'll never guess its grain free!

- ○ 1 large celeriac root
- ○ 1 egg
- ○ 1/2 cup parmesan cheese, grated†
- ○ 1 clove garlic
- ○ 1 tsp Italian herbs
- ○ 1/2 tsp salt†
- ○ 1/2 jar ***Sweet Creek*** **Tomato Sauce**
- ○ 3 cups ***Don Froylan Queso Oaxaca***, grated
- ○ 1 fennel bulb, thinly sliced
- ○ 1 red bell pepper, thinly sliced

read more about these new Local 6 sauces on pg. 6

Peel and cube celeriac. Boil in water until tender, about 15 minutes. Combine celeriac, egg, parmesan, garlic, herbs and salt in a food processor and blend until smooth. Spread onto a greased parchment-lined medium sized baking sheet and bake at 350° for 15 minutes.

Remove from oven and top with marinara, cheese, fennel, and bell pepper. Bake another 15 minutes or until cheese is melty and peppers and fennel are tender-crisp. Remove from a paper and cool slightly on rack. Serve with sides of marinara and ranch.



Good Luck Soba Miso Soup with Potstickers *Serves 4*

In Japan, this soup is enjoyed on New Year's Day and is as packed with symbolism as it is nutrition. The long soba noodles represent longevity, the bright winter greens bring prosperity, and the way the noodles break apart is a reminder to forgive past grievances and move forward. Plus, it comes together in about 15 minutes so you can eat and relax!

- ○ 1 pkg. ***Eden*** **Buckwheat Soba Noodles**
- ○ 3 pieces wakame seaweed†
- ○ 2 tsp oil†
- ○ 3 cloves garlic
- ○ 16 shiitake mushrooms, sliced
- ○ 1/2 block tofu, cut into small cubes†
- ○ 1 ***Rapunzel*** **Vegetable Broth** cube
- ○ 1/4 cup miso paste†
- ○ 1 Tbsp tamari†
- ○ 1/4 cup green onions, sliced diagonally
- ○ 1 pkg. ***Ling Ling*** **Potstickers**, cooked to taste

Boil water in a medium saucepan and cook buckwheat noodles with seaweed until al dente, about 3 1/2 minutes. Drain and rinse to stop cooking, and arrange in the bottom of 4 bowls. In a soup pot, sauté garlic, mushrooms and tofu until golden. Dissolve broth cube in 6 cups boiling water and pour into pot. Add spinach and heat until wilted. Remove from heat and gently stir in miso and tamari. Adjust flavor and ladle over noodles in bowls. Serve with potstickers.

Hearty Root Vegetable Stew with Rosemary and Thyme *Serves 4*

Rosemary and thyme are great herbs to promote health during winter…and they taste delicious too! I added whole sprigs and removed them before serving. Grab a loaf of crusty bread and local salad greens to round out the meal.

- ○ 1 Tbsp olive oil†
- ○ 2-4 Cipollini onions
- ○ 4 potatoes
- ○ 2 parsnips
- ○ 4 carrots
- ○ 8 mushrooms
- ○ 2 cloves garlic
- ○ 1 cup red wine
- ○ 2 (14.5oz) cans ***Muir Glen*** **Organic Stewed Tomatoes**
- ○ 2 Tbsp ***Annie's*** **Organic Worcestershire Sauce**
- ○ 2 Tbsp tamari†
- ○ 1 ***Rapunzel*** **Vegetable Broth** cube
- ○ 4 cups water
- ○ 2 sprigs rosemary
- ○ 1 bunch thyme
- ○ Local greens
- ○ 1 crusty round loaf ***Big River*** **Bread***

Prep veggies for a rustic stew by cutting into large chunks (peeling optional). Heat oil in a dutch oven and brown onions until golden. Add remaining ingredients and transfer to oven at 400° for 2 hours. Alternately, combine all ingredients in a crock pot and cook on low for 8 hours.

Season with salt and pepper and serve with crusty bread and fresh greens.

†Available in bulk

*If you're interested in baking the bread yourself, I highly recommend *Artisan Bread in 5 Minutes a Day*, by Jeff Hertzberg, it's amazing!

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