



The SCOOP

What's happening at your Co-op and in your community

MARCH CO-OP CLASSES



Board of Directors

Phil Hochheiser

Being an Owner, Board member, and staff member at First Alternative gives me a unique opportunity to serve our stores and community. I started substituting in the kitchen in 2005. I briefly left Corvallis, but when I came back 6 years ago I became an Owner and started regularly working in several departments. First Alternative has grown quite a bit over the past dozen years. It is amazing to see our co-op grow the way it has. I am extremely proud to be a part of the positive impact the Co-op has on our community.

One major change you've probably noticed is the format in which you are reading this article. In order to give our customers a higher quality, more comprehensive publication we've changed the Thymes to a magazine format that will come out seasonally. The Spring Edition is already in both stores and is also available online and around town. Check it out.

In addition to the Thymes we will also have this, the Scoop newsletter, to maintain consistent communication. Overall, this change will save the Co-op money on printing costs and improve our communications by allowing us to adjust the size and content of the Scoop closer to the publication date.

Some of my service with the Board has involved working with the Board Recruitment and Elections Committee (BREC). We meet monthly to prepare for our annual election, improve our election system and search for interested and qualified candidates to join the Board. One of the main projects we worked on over the past year was updating the content and format of the board of directors (BOD) application packet. After several drafts the updated packets are more organized and concise. With the help of our Brand Manager Joel Gustafson, we were able to make the online application more user-friendly too.

The online application can be found at this address: www.firstalt.coop/about/governance/2017-board-elections. Application packets are also available at Customer Service in each of our stores.

We know the election is still months away, but March 31st is the last day to apply to

run in the upcoming election. In April, we will contact prospective candidates so we can start communicating to our Owners in the May and June Scoops.

If you have any questions about running, we encourage you to get in touch with me at FloathomeOR@gmail.com. If you aren't interested in being on the BOD, please consider recommending the opportunity to a friend who you think would make a positive contribution to the long-term vision of our co-op. If this just isn't your year, but you're interested, please consider attending a Board meeting or two over the next year to get a better idea of what service on the Board may be like. Any Owner can sit in on BREC meetings too!

Every Owner should receive their ballot in the mail before the end of May. Please fill out your ballot completely and place it in the ballot box at either store between June 1st and 21st.

Do I need to remind you all of the importance of voting? Our volunteer counters will tally the votes and we will announce the results in the July Scoop. July starts the term when newly-elected Board members begin (or continue) their service.

Thank you for reading my first BOD article. Please email us if there are topics you'd like us to write about in the future. 🍴

Thursday, March 2nd, 12-5:30pm

South Store Meeting Room Red Cross Blood Drive

Make your appointment by going to redcrossblood.org and help save lives.

Friday, March 3rd, 9am-1pm

North Store Meeting Room NW Wellness Health Screenings

NW Wellness is a federal and state licensed CLIA Waived Laboratory offering low- and no-cost lab tests. Visit www.nwwellness.com for more information on what is offered, and their prices. Many screenings are free.

Saturdays, March 4th & 18th, 2-4pm

North Store Meeting Room Willamette Arts and Crafts Guild

Cost: Free and open to the public
BYO project event every 1st and 3rd Saturday of the month. Come meet artistic people, chat and discuss possible group projects. For more info, visit facebook.com/groups/WACGuild/ or contact Summer at (541) 282-4867.

Wednesday, March 8th, 6:30-7:30pm

South Store Meeting Room Corvallis Autoimmune Support Group

Cost: Free and open to the public
Genuine Connection. Positive Support. Natural Healing. Hosted by Dr. Deborah Anderson, a naturopathic physician who specializes in helping women with autoimmune conditions. Space is limited. For more info and to RSVP please visit: www.DrDeborah.com/events.

Thursday, March 9th, 7-9pm

South Store Meeting Room Modern Quilting Guild Meeting

Cost: Free and open to the public
The Corvallis Modern Quilt Guild is a small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis Oregon! We formed in December 2012 and CMQG is a local guild of the international Modern Quilt Guild. We have meetings the second Thursday of every month as well as special events throughout the year. You can read more about us at <http://corvallismodernquiltguild.blogspot.com/>.

Saturday, March 18th, 3-5pm

South Store Meeting Room Gluten-Free Baking Class

Cost: \$10 Register on Eventbrite
Struggling to satisfy your sweet tooth with a gluten-free diet? Learn how to transform some of your favorite recipes and get delicious results! Chocolate Chip Cookies and Cinnamon Pull-Aparts are on the menu. Taste items baked in class.

Saturday, March 25th, 12-5pm

South Store Meeting Room Modern Quilting Guild Sew Day

Cost: Free and open to the public
The Modern Quilting Guild has sew days on the fourth Saturday of every month. Bring a project to work on and enjoy some friendly company. Read more about us at corvallismodernquiltguild.blogspot.com/. 🍴

BOARD SEEKS NEW DIRECTORS

If you think you would be interested in a job that is challenging, demanding, and very rewarding you may want to consider a position on the First Alternative Board of Directors.

Each year, at this time, the Board Recruitment and Elections Committee conducts a search for qualified candidates to stand for election to the First Alternative Board. Our directors operate under a system known as Policy Governance.

Using Policy Governance frees our directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles have been put into practice? The Policy Governance system also means that the Board does not participate in the day-to-day operations of running our stores. The Board creates policies that guide management in the operations of the stores. Our management team is free to implement these policies in any reasonable way and the Board monitors practices and updates the policies as necessary.

Through developing a vision for First Alternative and appropriate policies to implement this vision, our Board members have the opportunity to make a truly meaningful contribution to the success of the Co-op now and in the future. Board members annually set goals at the strategic planning retreat.

The directors are elected in June. A full

Board is composed of 10 Directors elected to three-year terms, with 3 positions coming up for election each year. This year there are 3 three-year positions open. The Board Recruitment and Elections Committee endorses candidates with the skills needed to do the work of the Board.

The primary responsibilities of the Board of Directors fall into five main categories:

- To insure the financial stability of the organization
- To set long and short-term goals for the organization
- To hire, supervise and evaluate the General Manager
- To insure the perpetuation of an effective Board
- To provide linkage to the Owners

Requirements for service on the Board of Directors are as follows:

- Be a voting shareholder of First Alternative
- An interest in the organization's mission and goals
- A willingness to further your knowledge through orientation and training
- A willingness to represent the organization to the community

- 10-15 hours of service per month, distributed approximately as follows:

- 6-8 hours Board meetings on the 4th Tuesday of each month (preparation and attendance)
- 2-4 hours Committee Meetings (preparation and attendance)
- 1 weekend retreat and 2-3 hours annual meeting/year
- Optional attendance at conferences and trainings

Each Board member will receive a 15% in-store Co-op support discount at the register as well as a delicious, freshly prepared dinner before each Board meeting. Training, conference opportunities and related travel expenses are covered.

If you would like more information, or would like to request an application packet, please contact a Board Recruitment and Elections Committee member, by phone at (541) 929-5452 or by e-mail at hexagon@exchangenet.net.

An application packet can also be downloaded from www.firstalt.coop or picked up at the Customer Service desk.

Please note that all interested applicants must have their application turned in to Customer Service or by e-mail by March 31st. 🍴

BOARD COMMITTEE MEETINGS SCHEDULE

Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Wed. March 1st, 11:30am South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.
Thurs. March 16th, 6pm North Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.
Wed. March 15th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. March 28th, 6pm South Store meeting room

Community Calendar on reverse side

Co-op Community Events Calendar March 2017

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

UPCOMING

Eight Limbs of Yoga

Thursday March 2nd, 7-8:30pm in the Corvallis-Benton Public Library Meeting Room

Join Dr. Stuart Ray Sarbacker of Oregon State University in a discussion of the essentials of yogic thought and practice. Many people think yoga simply means postures and breathing, but that is not entirely true. The intention of this discussion is practical and straightforward: to discuss what yoga really is and to apply its principles to everyday life. FMI: bonnie.brzozowski@corvallisoregon.gov.

Eckankar, Religion of the Light and Sound of God

Sunday March 5th, 10-noon at 425 SW Madison Ave, Suite N.

10-10:30am, Community HU Sing: Join in singing HU, a love song to God that has helped people of many different faiths open their hearts more fully to the uplifting presence of God. 10:45-noon, Spiritual discussion on the Art of Spiritual Dreaming. FMI: www.Eckankar-Oregon.org.

Sustainability Fair and Town Hall

Thursday March 9th, 5-7 pm (Fair); 7-9 pm (Town Hall) at CH2M HILL Alumni Center at OSU (725 SW 26th Street)

Don't miss the sustainability event of the year! The Fair features more than 50 local exhibitors, Kids' Activity Room, a buffet of local organic food by Valley Catering, music by the Nick Rivard Jazz Duo, and breakout presentations about community solar and the Community Food Land Trust. Town Hall keynote: "Traditional Ecological Knowledge: Groundwork for a Sustainable Community" by Dr. Samantha Chisholm Hatfield, a member of the Siletz Confederated Tribes who has contributed to work on climate change. Seating at Town Hall is limited! Register at www.sustainablecorvallis.org by March 5th. FMI: (541) 230-1237 or info@sustainablecorvallis.org.

Investing in Oregon

Thursday March 16th, 5:30-7:30 pm at Corvallis Odd Fellows, North Hall, (223 SW 2nd St.)

The Oregon Intrastate Offering exemption (OIO), or Community Public Offering (CPO), allows regular Oregonians the opportunity to invest in small Oregon

businesses. Learn what the OIO is, and hear from Oregon business owners who are currently raising funds through this innovative funding method. Invest at this event or get additional information to help make your investment decisions. We will also accept cash donations for the South Corvallis Food Bank. Light refreshments will be served. Sponsored by Carts and Tools Supply Inc. and Corvallis Sustainability Coalition. FMI: Brad Attig at (541) 286-3161 ext.702 or brad@bradattig.com.

Benton County Master Gardener Association Meeting

Monday March 20th, 7-8:30pm at Benton County Extension Office (4077 SW Research Way)

Topic to be determined. Doors will open at 6:30pm for this free and open to the public meeting in the Sunset Room at the Extension Office. FMI: Pami Opfer at (541) 766-6750 or pamela.opfer@oregonstate.edu.

The Proposed Douglas-fir National Monument

Wednesday March 22nd, 7pm at the Corvallis-Benton Public Library

David Stone, President of the Friends of the Douglas Fir National Monument will describe

the boundaries and natural features of the proposed new Monument and talk about his group's efforts to create it. FMI: Marcia Shapiro, (541) 758-5255 or tarnwillow@comcast.net.

ECK Worship Service, "Becoming a Lover of Life."

Sunday March 26th, 10-11am at 425 SW Madison Ave, Suite N.

Join us to sing HU, a love song to God and explore ways of becoming a lover of life, sharing spiritual insights, experiences, and questions from our daily lives that bring us joy. FMI: www.Eckankar-Oregon.org.

Benton County Master Gardener Association Meeting

Monday April 17th, 7-8:30pm at Benton County Extension Office (4077 SW Research Way)

Topic: Nick Andrews from OSU Extension Small Farms Program will speak about the on-line CROPTIME Module funded by Western SARE and Oregon Tilth. Doors open at 6:30pm. Free and open to the public. Use East side building entrance. FMI: Pami Opfer at (541) 766-6750 or pamela.opfer@oregonstate.edu.

ONGOING

Food

VEGAN AND VEGETARIAN OSU STUDENTS

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

CORVALLIS VEGETARIAN 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.

Spirituality

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

founded by Paramahansa Yogananda, author of the spiritual classic *Autobiography of a Yogi*. Join us Sundays for meditation 10-10:45am followed by an inspirational reading service 11am-noon; and Thursdays for meditation 7-8pm. 761 NW Harrison. FMI: corvallismeditation.org or email srfcorvallismeditation@gmail.com.

PLACE OF TARA

Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. 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 and 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. 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.

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

HATHA YOGA Sundays from 7-8:15pm at Live Well Studios (971 NW Spruce Ave #101) Hatha yoga is the physical practice of yoga. This class encompasses yoga poses, breathwork, meditation, and relaxation. Use of props is encouraged and all levels from beginner to intermediate practitioners will benefit from this practice. \$7, no one turned away for lack of funds.

COMMUNITY YOGA Saturdays from 4-5pm at Live Well Studios (971 NW Spruce Ave #101) Community Yoga is for everyone! A yoga practice of posture, breathing, and relaxation that improves overall health and well being. Rotating teachers, often from the Live Well Studio teacher training program. \$5, no one turned away for lack of funds.

AIKIDO OPEN MAT Thursdays, 6:30pm 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.

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. Well suited for individuals 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

WEEKLY LAUGHTER YOGA IN LABYRINTHS FOR HEALING & PEACE

Wednesdays, 7-7:45pm all summer! Hosted by Traci Mc. Merritt, LYL (541) 760-8557 www.Laugh-in-Labyrinth.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

DAILY PEACE VIGIL Daily, 5-6 PM at the Benton County Courthouse (120 NW 4th St.) The Daily Peace Vigil is in its 16th year. All welcome, for the hour or a few minutes. FMI: Carolyn at (541) 829-3254.

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.

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: Bonnie Parr Philipson, revbonnie@hotmail.com.

Entertainment

CORVALLIS BELLY DANCE PERFORMANCE GUILD

3rd Saturdays (March 18th), 7pm at Old World Deli, 341 SW Second St. \$5 suggested donation. www.corvallisbellydance.org or (541) 497-4419.

PLANET BOOGIE

February 11th, 8-9:30pm. A freestyle ecstatic dance event,

featuring eclectic and world beat music. Family friendly. Set your own intention and find your joy. Requires bare feet or shoes that are clean soled. Monthly dances, Most 2nd Saturday nights. Downtown Dance. 223 NW 2nd St., just north of Peak Sports. \$5-10 donation.

GRAPHIC NOVEL BOOK CLUB

first Tuesday of every month at New Morning Bakery, 219 SW 2nd. New members always welcome. Check out a copy of the month's reading selection from the 2nd floor reference desk of the Library. FMI: bonnie.brzozowski@corvallisoregon.gov (541) 766-6965.

CORVALLIS UKULELE CABARET

First Fridays (except July & November) 7-9pm South Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or CorvUkeCab@gmail.com.

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.

CORVALLIS COMMUNITY DRUM CIRCLE

1st Saturdays 7-8pm, 101 NW 23rd St. (park and enter through the rear, corner of 23rd and Monroe.) FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich. 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

2nd Saturdays. 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.