



**from the Board of Directors**  
**Camille Freitag**

After a three year hiatus I'm happy to be back representing you on the Board of Directors. I served for six years and then left to spend a year in Europe and, after my family, I missed the Co-op most of all. I missed the variety and quality of the food, but also the friendly shopping experience. We shopped at a co-op in Germany, but it was just a regular grocery, the "natural foods" section was tiny and the customer service was terrible. After this reminder of how much I value the Co-op I was glad to volunteer my time again to help keep it strong.

I was interested to learn what had changed at the Co-op while I was away from the Board and the most important thing was evident at our annual retreat in early November. Strategic leadership is one of the most important functions of the Board, but a few years ago we were constrained by financial realities. The expansion of the North Store followed by a severe economic downturn and increased competition left us with little extra cash and looking five years down the road didn't seem to make sense. We had to take care of the immediate situation. Good decisions by the Board and management and your continued loyalty went a long way to turning this situation around while I was gone.

Now it's essential that we think strategically. The grocery sector is changing rapidly, and as much as we might want the Co-op to stay the same forever, we have to be prepared to move with the times in order to remain a thriving business. Amazon bought Whole Foods and home delivery

of fresh food is likely to become more common. Wal-Mart is working on a system to allow a delivery person to enter a home and stock the fridge even when no one is there! There is a push for a new supermarket to be built in South Corvallis. These factors and many more will affect the Co-op in the next few years.

We discussed these trends at the retreat and planned to educate ourselves so we will be prepared. We also need to hear about what you value about the Co-op, and what you would or would not like to see in the future. Imagine you were without the Co-op for a while. Maybe you have been. What would you miss the most? What do you really value? I hope you can take a few minutes to let us know what you think.

In other business, the Board approved financial targets including sales growth for next year. These numbers help the management make decisions about things like staffing levels and major equipment purchases. They also come into play when it's time for the General Manager's annual performance review and we look back to see how the actual numbers match the targets.

Strategic thinking, our own training and development, encouraging Owners to share their views, and financial planning all made for interesting discussions last month. Consider joining us at a meeting sometime, but not in December. We will be taking a little break and not holding our regular meeting.

The Board of Directors wishes you and yours a happy and cooperative winter holiday season. 🍷



# DECEMBER CLASSES

Saturdays, Dec. 2nd & 16th, 1:30-4:30 pm • North Store Meeting Room  
**Willamette Arts and Crafts Guild**

Cost: Free and open to the public

Bring-Your-Own project event every 1st and 3rd Saturday. Come meet artistic people, chat and discuss possible projects. For more info, visit [facebook.com/groups/WACGuild/](https://facebook.com/groups/WACGuild/) or contact Summer at (541) 282-4867.

Sundays, 9-10 am • North Store Meeting Room

**Guarding the One: Daoist Quiet Sitting**

Cost: Free and open to the public

This method of meditation is the fundamental basis of Daoist Internal Alchemy. It is a simple yet profoundly powerful practice. The foundation of health and longevity, Guarding the One leaves the practitioner calm and centered. Participation is on a drop-in basis and is free. For more information, contact Jeffrey Kelly at [docneedlestcm@gmail.com](mailto:docneedlestcm@gmail.com) or by phone or text at (541) 829-1985.

Wednesdays, Dec. 13th-Jan. 31st, 5:30-6:30pm • South Store Meeting Room

**Intermediate Chen Style Taijiquan**

Cost: \$95 for an 8 week session.

Register on Eventbrite or at Customer Service.

In the Intermediate Chen Style Taijiquan class, students will practice and refine the postures of the 18 Movement form while gaining a deeper insight into the history and principles of Chen Style Taiji. Applicants must have completed the Beginning Chen Style Taijiquan as taught by Jeffrey Kelly (see below). Jeffrey J. Kelly has a Master's Degree in Traditional Chinese Medicine and began studying Chen Style Taijiquan in the ancestral Chen Village in China in 1988.

Wednesday, Dec. 13th, 7 pm • 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](http://www.DrDeborah.com/events).

Fridays, Oct. 20th-Dec. 8th 5:30-6:30pm • South Store Meeting Room

**Beginning Chen Style Taijiquan**

Cost: Free and open to the public.

Register on Eventbrite or at Customer Service

Not your grandmother's Tai Chi! Chen style, the original and rarest form of Taijiquan, is challenging for all ages and fitness levels. During the eight week course, students will learn the 18 Movement Forms contains the essential postures of Chen Style Taiji. All ages welcome. No experience required, but registration is. 🍷



## Carols and Cookies

Festive carols courtesy of the

### Hammered Brass Quintet

Free hot chocolate & cookies for decorating

Sunday, Dec. 10th 3-4pm at North Store

## Support Worker Pancake Breakfast, Saturday December 30th at 8am!

All Co-op Support Workers (and a +1) are invited to this "come as you are" pancake party! Feel free to show up in your (modest) jammies.

**Where?** South Store Meeting Room

**What?** Pancake breakfast (accommodating gluten-free and dairy-free)

**A tasty opportunity to get to know your fellow Support Workers. Come hungry, and ready to tell us:**

- Two things about yourself that you think no one knows (Quirky? Impressive? Unusual? Exciting? Silly? Fun?)
- Something you appreciate about the Co-op
- What your support position is and what you like about it

## VOLUNTEERS NEEDED

**Corvallis Men's Shelter**

A safe place for homeless men to sleep

**Open until March 31st, 2018**

Volunteers needed for various jobs  
Shifts: Evening, overnight, morning  
Must be 18 years of age

**For more information or to volunteer, contact:**  
[corvmensshelter@gmail.com](mailto:corvmensshelter@gmail.com)

You can make a difference in a person's life here and now!

## December Board Committee Meetings Schedule

**Owner Relations Committee** The primary conduit for communications and relations between Owners and Board.  
**Wed. Dec. 20th, 12pm South Store meeting room**

**Board Recruitment & Elections Committee** Works to enhance Board performance and recruit qualified candidates.  
**No meeting in Dec. Meetings will resume in Jan.**

**Finance Committee** Reviews, analyzes, and makes recommendations on financial matters.  
**Wed. Dec. 20th, 4:30pm North Store meeting room**

**First Alternative Board of Directors** Comprised of elected Owners, the Board puts cooperative principles into action.  
**No meeting in Dec. Meetings will resume in Jan.**

**New Owners in Oct.**

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interested in becoming an Owner or just want to learn more? **Ask us!**

**Community Calendar on reverse side**

# Co-op Community Events Calendar December 2017

FREE or by-donation listings only • To submit your free or by-donation event go to: [firstalt.coop/publications/the-scoop-newsletter/](http://firstalt.coop/publications/the-scoop-newsletter/)

## UPCOMING EVENTS

### Buy Local First Day, Holiday Contest & Extravaganza Holiday Market

Saturday, Dec. 2nd - Sunday, Dec. 10th at participating local businesses  
Visit participating local businesses on Buy Local First Day for special treats, sales, and discounts. Enter the Buy Local First Holiday Contest (Dec. 2 - 10) to win prizes that include gift cards and merchandise from CIBA businesses. Celebrate all things local—food, arts, products, music—at the Holiday Market on Sunday, December 10 (12-5pm) at the Benton County Fairgrounds. Sponsored by CIBA, Corvallis Sustainability Coalition, and HOUR Exchange. For more information, including a list of participating businesses: [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org).



### Shop Local For the Holidays with Teal

Until Dec. 28th, 10am-6pm, Mon.-Sat.; 10am-5pm, Sun. at 328 SW Second St.



Shop local with Teal, an artist cooperative featuring local Oregon artists, opening through the holiday season

in a storefront at 328 SW Second Ave. Teal is welcoming four new members this year and has eighteen returning members. Handcrafted jewelry, pottery, basketry, glass, soap, fiber arts, paintings and more are available. Each purchase supports the arts in our local schools as a percentage of each sale is donated to those programs. FMI: Deb Curtis, [wovendesigns@gmail.com](mailto:wovendesigns@gmail.com), (541) 619-0742.

### Problem Solving, Prophecy, and Divine Love

Sunday, Dec. 3rd, 10:45 - noon at Eckankar Center (425 SW Madison Ave., downstairs) An opportunity to explore, share, and learn more about problem solving, prophecy, and divine love. FMI: [www.MiraclesInYourLife.org](http://www.MiraclesInYourLife.org), [www.Eckankar.org](http://www.Eckankar.org) or call (503) 233-1595.

### South Town Art Walk

Sunday, Dec. 3rd, 11am-4pm at various South Town locations



Join the sixth annual South Town Art Walk! Enjoy a walking tour of South Town-area artists' studio spaces and see a wide range of creative handmade arts, crafts and food: ceramics, painting, jewelry, fiber arts, basketry, letterpress, collage, mosaics, soaps, herbs, and artisan bread, just to name a few. Get to know the neighborhood, get a little exercise, and do a little shopping all on an enjoyable Sunday afternoon. For more information, including a map of participating locations, visit [www.southtownartwalk.com](http://www.southtownartwalk.com).

### Cap and Invest: A Solution To Grow Oregon's Clean Energy Economy

Wednesday, Dec. 6th, 7pm at Corvallis-Benton County Public Library (645 NW Monroe Ave.)

A program on proposed state legislation to address climate change while protecting our

vulnerable communities. Panelists include State Senator Sara Gelser, Shilpa Joshi of Renew Oregon, and representatives of the NAACP and labor. Sponsored by the League of Women Voters of Corvallis. For more info, contact: [ca.keith@comcast.net](mailto:ca.keith@comcast.net).

### Buy Local Extravaganza Sunday, Dec. 10th Noon - 5pm at Benton County Fairgrounds.

Local: Food, Music, Vendors, Arts, Organizations and Activities for All Ages. Hosted by the HOUR Exchange in collaboration with the Corvallis Independent Business Alliance and the Corvallis Sustainability Coalition as a part of the Buy Local First Contest. Food, including gluten- and sugar-free options available for purchase as a fundraiser for our Local Producers directory.

### OSU Used End-of-Year Clearance Friday, Dec. 29th, 12-3 pm at OSU Used Store (644 SW 13th St.)

Clearance prices on specially marked items throughout the store. Store carries used, low-cost furniture, computers, household items, office supplies and more. For more info, contact: OSU Surplus Property, [surplus@oregonstate.edu](mailto:surplus@oregonstate.edu) or (541) 737-7347

## 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](mailto: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](mailto:Corvallisveg.org).

#### GLUTEN-FREE & PALEO SUPPORT GROUP

3rd Saturdays, 9-11am, Natural Grocers, 1235 NW 10th. Learn more about gluten intolerance, celiac disease, paleo lifestyle + how to eat healthy & heal. FMI: (541) 602-1065.

### Spirituality

**KIRTAN** Second Friday of each month, 7-8:30pm at Unitarian Universalist Fellowship, 2945 NW Circle. The New World Kirtan Band invites you to sing and chant with us! Kirtan is an easy yet powerful way to meditate. FMI: [kitstern@gmail.com](mailto:kitstern@gmail.com), or [batmnp@centurylink.net](mailto:batmnp@centurylink.net).

#### ECKANKAR—THE PATH OF SPIRITUAL

**FREEDOM** Sun. Dec. 3rd, 10-noon at 425 SW Madison Ave, (downstairs). 10-10:30am "Experience HU," the sound of Soul, 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, "Problem solving, Prophecy, and Divine Love." FMI: [www.HearHU.org](http://www.HearHU.org), [www.Eckankar-Oregon.org](http://www.Eckankar-Oregon.org) or call (503) 233-1595.

#### SHAMANIC HEALING CIRCLE

3rd Sunday of month, 2-4pm, downtown Corvallis. Come request a healing session, or to participate as a drummer giving energetic support. Experienced Shamanic Practitioners welcome to volunteer healing skills. Space is limited so please RSVP for attendance and directions. Free, but donations graciously accepted. FMI: [SkyYeagerShamanicsoulending@gmail.com](mailto:SkyYeagerShamanicsoulending@gmail.com)

#### 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](http://corvallismeditation.org) or email [srfcorvallismeditation@gmail.com](mailto:srfcorvallismeditation@gmail.com).

**PLACE OF TARA** Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. Calm Abiding Buddhist Meditation group: meditation, instruction on request, and readings from Buddhist traditions. FMI: <https://placeoftara.wixsite.com/website>

#### 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](http://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: [maryleight.burke@gmail.com](mailto:maryleight.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](mailto: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](mailto:RASALILA2@yahoo.com).

#### A COURSE IN MIRACLES

7:30pm. Join us as we read & discuss this spiritual classic, after a meditation. FMI: (541) 929-3951.

#### FALUN DAFU 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](http://www.corvalliszencircle.com).

#### ECKANKAR—THE PATH OF SPIRITUAL

**FREEDOM** Sun. Dec. 24th, 10-11am at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "Blessings of the Light and Sound of God." FMI: View [www.Eckankar.org](http://www.Eckankar.org), [www.MiraclesInYourLife.org](http://www.MiraclesInYourLife.org), or call (503) 233-1595.

### Wellness

#### CHAIR YOGA

Tuesdays and Thursdays, 3-3:45 p.m. at Live Well Studio Well suited to those with medical or physical limitations. You do not need to be able to get yourself to the floor or to stand for extended periods of time to practice. Yoga's breathing and gentle movement help ease pain, maintain comfort, decrease stress and improve overall health throughout life. All are welcome. FMI: Theresa McLaren (541) 224-6566.

#### COMMUNITY YOGA

Saturdays, 5-6 p.m. at Live Well Studio (971 NW Spruce Ave.) Community Yoga is Yoga 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. \$7, no one turned away for lack of funds. **AIKIDO FOR ALL** Tues & Friday, 6-7:30 pm at 6735 SW Country Club Dr (fitness over 50) Aikido, or "the way of harmonious spirit," is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Visitors always welcome to watch a class for

free. Membership is very affordable. More info at [CorvallisAikikai.com](http://CorvallisAikikai.com). FMI: kiko denzer, (541) 740-7243, [potlatch@cmug.com](mailto:potlatch@cmug.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.

#### 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

Wed. 7-7:45pm. Hosted by Traci Mc. Merritt, LYL (541) 760-8557 [www.Laugh-in-Labyrinth.com](http://www.Laugh-in-Labyrinth.com).

#### 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](http://www.valleybirthnetwork.org) [google.com/site/wutantaichi](http://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](http://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](mailto:revbonnie@hotmail.com).

### Entertainment

#### SHAPE NOTE SINGING GROUP

2nd Sunday of the month at Co-op South Meeting Room. An American musical tradition. We sing for enjoyment not performance. All voices welcome. We sing from The Sacred Harp and Northern Harmony books. No religious belief/

affiliation required. Drop-ins welcome, no experience required. Second Sunday of every month. FMI: Hannah Field, (541) 929-4301.

#### CORVALLIS UKULELE CABARET

First Fridays 7-9pm South Co-op Meeting Room, Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or [CorvUkeCab@gmail.com](mailto:CorvUkeCab@gmail.com).

#### CORVALLIS BELLY DANCE

**PERFORMANCE GUILD** 3rd Saturdays, 7pm at Old World Deli, 341 SW Second St. Donations appreciated. FMI: [www.corvallisbellydance.org](http://www.corvallisbellydance.org) or (541) 497-4419.

#### PLANET BOOGIE

Most 2nd Saturday nights. Downtown Dance. 223 NW 2nd St. Freestyle dance event, with 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, \$5-10 donation.

#### GRAPHIC NOVEL BOOK CLUB

first Tuesday of every month in the library's board room. New members always welcome. Check out a copy of the month's selection from 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov) (541) 766-6965.

#### CELTIC JAM

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

#### 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](mailto:drumcircleconnection@gmail.com).

### Environment

#### 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](mailto:surplus@oregonstate.edu), (541) 737-7347.

#### MARYS RIVER WATERSHED

**COUNCIL MEETING** Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: [coordinator@mrwc.net](mailto:coordinator@mrwc.net)

#### AUDUBON FIELD TRIPS

2nd Saturdays. Meet at 7:30am. Great for beginners and birders new to the mid-valley. Visit local refuges and birding areas. FMI: [www.audubon.corvallis.orus/field\\_trips.shtml](http://www.audubon.corvallis.orus/field_trips.shtml).

#### NATURALIST ADVENTURES

Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9am-noon. For meeting place, see website. FMI: [www.neighborhood-naturalist.com](http://www.neighborhood-naturalist.com), (541) 753-7689.