

The SCOOP

First Alternative
NATURAL FOODS CO-OP



from the
**Board of
Directors**
Joel Hirsch

Your First Alternative Co-op Board hopes you are having a fabulous summer. There has been much to do, like enjoying the total eclipse that we here in Corvallis got to experience in its full, total awesomeness. First Alternative Co-op would like to take full credit for bringing you the total eclipse, and hope that you all shop more as a result of that extremely successful marketing campaign. While that is obviously a joke, what we actually did for you, our Owners, was the Owner Rendezvous at Osborn Aquatic Center. As usual it was a fantastic success, and this year was even better than past years. First Alternative Co-op provided hotdogs, Tofurky dogs, chips, blueberries, cherry tomatoes, and drinks. Owners provided thousands (unverified) of homemade cookies that were delicious (verified). The weather was absolutely perfect this year. We again broke an attendance record with approximately 2,500 members (easily verifiable but seriously unverified.) Actually it was more like 256.

The event was planned and executed with precision by Donna Tarasawa, who has years of experience in putting together the Rendezvous. This is her third year organizing the event at Osborn, and there were many more before that. She and an enthusiastic, motivated team of Owners and employees made the event a beautiful celebration of summer, with everyone sharing the joy of efficient hotdog and cookie distribution. It was a serious blast. In fact, it was such a success that we are already planning next year's Owner Rendezvous. (August 19th. Save the date!)

The official purpose of the Owner Rendezvous is our annual business meeting, as per our bylaws. This year's business meeting had a better than expected turnout of interested Owners with good questions. There were several Board members in attendance to address questions, Finance Manager Mark Tarasawa gave a very detailed analysis of our current

and projected financial status, and longtime Board member Blanche Sommers did a fantastic job chairing the meeting. Hard copies of the Annual Report are available at both stores, but it is also available for viewing online at firstat.coop. Here's a shortened link: <http://bit.ly/2x1ETPs>.

The Board elected Camille Freitag to fill the vacant 3-year position on the Board. We look forward to her smart, clear, authentic voice, and years of experience back on the Board. Rebekah Fowler has also been elected to the Board to fill the remaining term left vacant by Kathy Berg's resignation. We look forward to working with her.

Our new Board officers are:

President - Jim Mitchell, **Vice President** - Jim Smith, **Secretary** - Robert Williams, **Treasurer** - Blanche Sommers

Board committee assignments and chairs:

Executive Committee: Cindee Lolik, Jim Mitchell (chair), Jim Smith, Blanche Sommers, Robert Williams

Finance Committee Members: Blanche Sommers, Erik Rose (chair), Jim Smith

BREC Committee Members:

Phil Hochheiser (chair), Jim Mitchell

ORC Members: Joel Hirsch,

Richard Cunard (chair)

Policy Governance Committee: Camille

Freitag (chair), Jim Mitchell, Robert Williams

Four Pillars Committee: Camille Freitag, Jim Smith (chair), Erik Rose, Robert Williams

As always, we encourage your participation as Owners of First Alternative, our local community-owned grocery store. We want you to love the Co-op as much as we do, and we, the Board, want to know how to make it happen. We'd like to know about your shopping experience—which is hopefully always getting better—and what would make you even more enthusiastic about shopping at the Co-op.

There are many ways to get your feelings and ideas to us. You could attend Board meetings which are open to Owners, and begin with a period for Owner comment. We meet the 4th Tuesday of each month. You can also email us at faboard@peak.org.

Please have an amazing rest of your summer. Your First Alternative Board will not be summoning any more total eclipses, but don't miss the Owner Rendezvous at Osborn Aquatic Center next summer, because it too was pretty awesome. 🍪

First Alternative Owners,

We have recently been informed that, this winter, a Men's Cold Weather Shelter will be operating in the Hanson Tire Factory building across the street from our South Co-op location. This shelter will run from November to April (exact dates are unknown at this point) and will only be in operation at this location for one season.

Our intention in letting you know now is that we want to remain transparent with our Owners over any changes, both internal and external that potentially may affect your shopping experience.

Since the previous shelter closed, they have been searching for a new location and feared they would not find one in time for the cold season. Many pieces aligned quickly for them and they were able to secure the building across the street for this season and this season alone. The agencies involved will work to have the least amount of impact on our store as it possibly can. They intend to provide restrooms, showers, an outdoor

canopy in the back of the building and additional lighting for their occupants. Our General Manager, Cindee Lolik, will be joining the steering committee providing oversight, joined by Housing Opportunities Action Council and Unitarian Universalist Fellowship members, and will be able to provide direct feedback and input towards decisions made regarding this facility.

We plan to move forward with optimism, knowing that all the engaged partners in this endeavor are doing everything in their power to protect and shelter those who need it in a safe and respectful manner and knowing that this follows the Co-op's guiding principles of concern and support for community. Our mission remains as always to maintain a happy-fun-positive environment for our staff and our shoppers. We all have empathy and compassion for those who will need a warm and safe place to spend the winter evenings.

Sincerely,

Management and Board of Directors 🍪

SEPTEMBER CLASSES

Saturdays, Sept. 2nd & 16th, 1:30-4:30pm • 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/ or contact Summer at (541) 282-4867.

Sundays, 9-10am • 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 or by phone or text at (541) 829-1985.

Wednesday, Sept. 6th, 7-8pm • South Store Meeting Room

Healthy Living with Lighting

Cost: Free (Beginners and intermediates welcome Pre-register on Eventbrite)

Electrical lighting in our indoor environments is impacting human physical and mental health. Lighting Simplicity and Nature principles will provide calm places, where people can self-center and heal, and be more conscious and happy. Milena Simeonova is an Architect with an MS in Lighting from the Lighting Research Center, RPI, NY. Published articles on Healthy Lighting and LEDs pitfalls, past Faculty at UC Berkeley Extension, will teach at OSU Extension and LBCC for Human Wellbeing with lighting.

Thursday, Sept. 7th, 12-5:30pm • South Store Meeting Room

Red Cross Blood Drive

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

Saturday, Sept 9th, 3-4:30pm • South Store Meeting Room

Gluten Free and Delicious!

Cost: \$10 (Register on Eventbrite or at the Customer Service desk)

Join us and learn more about gluten-free cooking! Donna Tarasawa, Outreach Specialist at the Co-op and gluten-free home chef, will lead you through making bread for fried chicken (and tofu), as well as delicious gluten- and dairy-free pancakes from scratch.

Wednesday, Sept. 13th, 7pm • 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, Sept. 14th, 7-9pm • South Store Meeting Room

Modern Quilting Guild Meeting

Cost: Free and open to the public

A small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis! We formed in 2012 as a local guild of the international Modern Quilt Guild. Meetings every second Thursday as well as special events through the year. Read more about us at <http://corvallismodernquiltguild.blogspot.com/>.

Sundays, Sept. 17th & 24th; Oct. 1st & 15th, 1-3pm • South Store Meeting Room

Mind-Body Program for People Living with Cancer

Cost \$105.00 for 4 sessions. (Pre-registration required on Eventbrite)

This program is designed to help increase the quantity and quality of life, using hypnosis, for people living with cancer. This program was approved by the American Medical Association in 1958 and will explain hypnosis, as well as how and why it works. You will learn techniques for pain control, relief from nausea, imagery and other techniques, using self-hypnosis. You will also receive, at no additional charge, two hypnotic conditioning/reinforcing audios, and helpful handouts.

Howard Hamilton has been studying and practicing hypnotism for over 45 years. He is certified by the National Guild of Hypnotists, the American Board of Hypnotherapy and the Academy of Scientific Hypnotherapy. He has taught self-hypnosis classes at the OSU Experimental College (Corvallis) and at LBCC.

Saturday, Sept. 23rd, 12-5pm • South Store Meeting Room

Modern Quilting Guild Sew Day

Cost: Free and open to the public

Bring a project to work on and enjoy some friendly company. Read more about us at corvallismodernquiltguild.blogspot.com/.

CO-OP BOARD COMMITTEE MEETINGS SCHEDULE

Owner Relations Committee The primary conduit for communications and relations between Owners and Board.

Wed. Sept. 6th, 11:30am South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.

Thurs. Sept. 21st, 6pm South Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.

Wed. Sept. 20th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.

Tues. Sept. 26th, 6pm South Store meeting room

New Owners in July:

37

interested in becoming an Owner or just want to learn more? [Ask us!](#)

Community Calendar
on reverse side

Co-op Community Events Calendar September 2017

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

UPCOMING EVENTS

ECK Wisdom on Solving Problems (Part 2 of 2)

Sunday, Sept. 3rd, 10:45-noon at Eckankar Center, (425 SW Madison Ave., downstairs) Explore the spiritual side of solving your problems, including working beyond symptoms to solutions, kindling your creativity, mastering karma (past and present) and receiving spiritual guidance that can transform the way you see yourself and your life. FMI: View www.HearHU.org, www.Eckankar-Oregon.org or call (503) 233-1595.

SAGE Work Party

Tuesdays in September, 3-6pm at SAGE Garden (SW 45th Pl. at Country Club Dr.) Work parties are a great way to get involved at SAGE Garden. Learn about production gardening and help grow food for families in our community who cannot afford fresh vegetables. Tuesday work parties are open to everyone—drop-in anytime. Sponsored by the Corvallis Environmental Center. FMI: <http://www.corvallisenvironmentalcenter.org/eci/getinvolved/workparties/>.

Showing Up for Racial Justice

Saturday September 16th, 12:30-2pm at Co-op South Store Meeting Room Standing Up for Racial Justice (SURJ) is a

national network that organizes white people to take action for racial justice as part of a multiracial alliance. Everyone is welcome. Suggested donation \$0-\$5. FMI: (541) 203-0842, info@CorvallisSURJ.org.

The Wildflowers of Marys Peak & Photo-Documenting Marys Peak For Future Generations

Wednesday, September 27th, 6pm at Old World Deli (341 SW 2nd St.)

Two free visual presentations by renowned Marys Peak experts—Dr. Steve Carpenter and Dr. Barry Wulff. Sponsored by Marys Peak Alliance of AFRANA For more information, contact: Dave Eckert at deckert@willamettewatershed.com or (541) 230-1237.

Corvallis Arts Walk 3rd Anniversary

Thursday, October 19th, 2017, 4-8pm at various Corvallis locations

You are invited to Walk the CAW as we celebrate three years of support for the arts and the artists within our community! Over a dozen galleries, studios, and arts/crafts stores open their doors so art walkers can see the results of their creative process. For this special anniversary event art-walk locations are partnering with members of the Corvallis Guitar Society by offering live music during CAW. Details and map of locations available at www.corvallisartswalk.com

"Get on Board!" at the 8th Annual Car Free Day in Corvallis

On Friday, September 22, people all over the globe will participate in World Car Free Day. Here in Corvallis, the Sustainability Coalition is celebrating our 8th Annual Car Free Day by encouraging community members to "Get on Board!" and discover how easy and fun it is to take the bus.

The Corvallis Transit System (CTS) is fareless, so all you have to do is walk onto the bus and take a seat! Sit back, relax, and look out the window, talk to a friend, or catch up on your reading. No driving—and no hassle with parking! Taking the bus on a regular basis can result in significant savings.

This Car Free Day, pledge to ride the bus, and you'll automatically enter a drawing to win special prizes. Plan your day now:

1. Go to www.corvallisoregon.gov, and click on "Bus Routes & Schedules" on the right-hand navigation bar.
2. Or pick up a Route Map & Schedule at the public library or City Hall.
3. Find your closest bus stop to get to work, school, shopping, and other activities.

The Transit System's "Where's My Bus" feature offers real-time bus information and a quick and easy mobile version.

To take the "Get on Board!" pledge or to learn more about what's planned for Car Free Day in Corvallis, go to www.sustainablecorvallis.org or call (541) 230-1237.



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 & 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, or batmnp@centurylink.net.

ECKANKAR—THE PATH OF SPIRITUAL

FREEDOM Sun. Sept. 3rd, 10-noon at 425 SW Madison Ave, (downstairs). 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 solving problems FMI: www.HearHU.org, www.Eckankar-Oregon.org or (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: SkyYeager.shamanicsoulending@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 or email 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.

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](mailto:maryligh.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) 929-3951.

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.

ECKANKAR—THE PATH OF SPIRITUAL

FREEDOM Sun. Sept. 24th, 10-11am at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "The Gift of Spiritual Freedom" Come experience the presence of God's Light and Sound. Join in singing HU, a love song to God, and for a spiritual discussion on how it has helped people of many different faiths open their hearts more fully to the uplifting presence of God. FMI: www.HearHU.org, www.Eckankar-Oregon.org or (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. FMI: kiko denzer, (541) 740-7243, 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.

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

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.

CORVALLIS BELLY DANCE

PERFORMANCE GUILD 3rd Saturdays, 7pm at Old World Deli, 341 SW Second St. Donations appreciated. FMI: 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 (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.

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.

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, (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

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.or.us/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, (541) 753-7689.