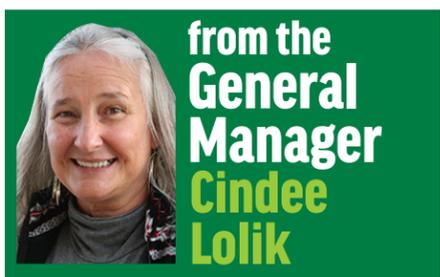


The SCOOP



First Alternative
NATURAL FOODS CO-OP



It's been a very busy start to the new year at your Co-op and many of the reasons that we've been so busy—other than the increased numbers of Owners and customers shopping with us, making our days so rewarding—are changes to the way that we do business, as a result of State regulations and the national realities in recycling.

You may have noticed that the Co-op is no longer offering pre-used then sanitized containers in our Bulk Departments. This came about after an Oregon Department of Agriculture inspection in December of 2017. We were informed that we could no longer offer this service unless we either accepted the container from a customer, sanitized it and then handed it back to the same customer or have an outside firm collect, clean, and sanitize the containers and then return them to the Co-op for use. After discussing these possible solutions, we determined that they were not feasible due to the logistics, cost and the labor we would have to add to our already approved budget for the Co-op to accomplish them. The sanitized container program was brought to you courtesy of a group of dedicated Owners who did the job for a Support Worker discount—luckily, we were able to repurpose much of their effort into other areas valuable to the Co-op, such as new cleaning projects.

Customers are still able to bring in their own containers for bulk items, as long as those items are not subject to temperature regulations. This means that new containers are required when you purchase cold items or hot items in bulk. This includes all the refrigerated items in the bulk department coolers, the frozen fruits and vegetables in the Stahlbush freezers, as well as any items on the hot bar or salad bars in the Deli departments.

We are also in the midst of trying to replace our hot food containers – those used for the hot food bar and coffee/tea and soup. Recently the vendor that was providing those containers to us made a switch to using genetically modified plant-based materials to create a new compostable container. Our policy since January of 2013 has been to not knowingly bring in to the Co-op any genetically modified products. In light of this, we have gone to a generic container until we can work out a new solution. We have been meeting with EcNowTech here in Corvallis to come up with a compostable and Non-GMO container and we've been making progress! Look for more information coming soon!

In keeping with this theme, we are as disappointed as you are about the changes to recycling in Corvallis and around the country. Our recycling services, with the exception of the Styrofoam recycling program which is solely a Co-op program, are provided by Republic Services and we must follow all their guidelines in our Recycling Center at the South Store. We are in the process of updating our signage both at the Center and online, so you will know what you can bring to the Co-op and what must, unfortunately, become part of the landfill.

First Alternative Co-op

WINTER WINE SOIRÉE

SATURDAY FEBRUARY 3
5:30-9 P.M. THE VUE, 517 SW 2nd

Tickets \$15 in advance/\$20 at the door
Purchase in the store, or [CLICK HERE](#) to buy online (21+ only.)

Enjoy Oregon wines and imports, hors d'oeuvres, cheese, chocolate, and take home a commemorative glass. Out of each ticket sold, \$5 goes to support scholarship funding that helps make Samaritan Health Services Cardiac Rehab Program an option for local low-income patients.

Interested in Serving on the Co-op Board?

- Collaboratively guide the Co-op's vision, mission, and goals into the future
- Work with other community members
- Contribute professional skills to a local cooperative business
- Learn more about First Alternative Co-op
- Represent the interests of Co-op Owners

Owners interested in candidacy should contact the Board Recruitment and Elections Committee at (541) 908-4256 or via e-mail at floathomeor@gmail.com.

Board application packets are available at www.firstalt.coop and at Customer Service at both stores. Applications are due by March 31st, and elections are held in June. Thank you!

February Board Committee Meetings Schedule

<p>Owner Relations Committee The primary conduit for communications and relations between Owners and Board. Wed. Feb. 14th, 12pm South Store meeting room</p> <p>Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates. Thurs. Feb. 15th, 6pm North Store meeting room</p>	<p>Finance Committee Reviews, analyzes, and makes recommendations on financial matters. Wed. Feb. 21st, 4:30pm North Store meeting room</p> <p>First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action. Tues. Feb. 27th, 6pm South Store meeting room</p>
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FEBRUARY CLASSES

Saturday, Feb. 3rd, noon - 1pm • South Store Meeting Room
Pilates-Yoga

Cost: \$5 suggested donation, no registration required

This Pilates class is centered around Pilates moves with some yoga fusion to connect movements and offer a well-rounded workout of strengthening and nurturing the body. Pilates is largely focused on strengthening the core and pelvic floor. When done regularly, Pilates improves posture, develops flexibility and strength, and aids in maintaining the body for everyday life. Bring a yoga mat and join Diana in this journey to health and well-being. Diana Blau has been a self-practitioner of yoga and Pilates for 5 years. She is a certified Pilates instructor and currently in a Yoga-Meditation program. She loves exploring the human body's potential and developing her physical intelligence. She finds joy in assisting and motivating others to do the same.

Wednesdays, 5:30 - 6:30pm • South Store Meeting Room

Intermediate Chen Style Taijiquan

Cost: \$50/month or \$80 if two people sign up at once.

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 Microcosmic Orbit for bio).

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.

Fridays, Feb. 16th - April. 6th 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.

Saturdays, Feb. 17th - April. 7th 6:30 - 8:30pm • South Store Meeting Room

Microcosmic Orbit

Cost: \$160 for 8 week session

Register on Eventbrite or at Customer Service

The Microcosmic Orbit is an essential part of the Taoist Longevity and Internal Alchemy traditions. Thousands of years old, it is a cultivation technique combining breathing methods with meditation to purify the body physically, mentally and spiritually while improving health and longevity. It is considered an essential step in the Internal Alchemy (neidan) process of transforming Essence, to Energy, to Spirit. In this 8 week course, you will learn the proper breathing technique to increase your reservoir of Qi and the correct way of using the mind to circulate that Qi along the Conception and Governing Channels. Each section of the course builds upon the techniques and abilities acquired from the previous section. The Microcosmic Orbit is a powerful practice and should only be attempted with the guidance of an experienced teacher.

Jeffrey J. Kelly, MTCM, has studied and practiced Buddhist and Daoist Meditation and Qigong for over 30 years. He received instruction in Buddhist meditation after becoming a lay disciple of the Shaolin Temple in 1988 and studied Daoist Qigong and Meditation as member of a Qigong delegation to the Daoist Mountain of Qingcheng in 2007. He holds a Master's Degree in Traditional Chinese Medicine with a Specialty Certificate in Medical Qigong.

I LOVE OUR LIBRARY | CORVALLIS-BENTON COUNTY PUBLIC LIBRARY

BIG BOOK SALE

GREAT BARGAINS ON BOOKS, DVDS AND CDS



Get great deals while you support the library!

- Most books \$1-\$5
- Lower prices each day
- Reasonably sized bag or box sale on Sunday (20 books per bag or box)
- Cash, checks, VISA, Discover, and MasterCard accepted
- All proceeds benefit all branches of the Corvallis-Benton County Public Library: Alsea, Bookmobile, Corvallis, Monroe and Philomath.

Benton County Fairgrounds 110 SW 53rd, Corvallis	FRIDAY February 23 6 p.m.—9 p.m. <small>*Hours open at 6:30 for members</small>	SATURDAY February 24 9 a.m.—5 p.m.	SUNDAY February 25 10 a.m.—3 p.m.	 <small>Corvallis-Benton County Public Library • 645 NW Monroe Ave • Corvallis, OR • 541-766-6793 cbcpublibrary.net • friendsofthecbcpublibrary.org</small>
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New Owners in Dec.

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

Community Calendar on reverse

Co-op Community Events Calendar February 2018

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

UPCOMING EVENTS

14th Annual Eco-Film Festival

Fridays, Feb. 2nd, 9th, & 16th at Odd Fellows Hall (223 SW Second St.)

Doors open at 6:30 pm, and the program begins at 7:00 pm. Come early to save your seat and visit exhibitors. Beer from Oregon Trail Brewery and snacks from New Morning Bakery will be available for purchase. Local experts will be on hand after each film for a brief discussion and audience Q & A. Feb. 2nd—Chasing the Sun (Sponsored by Linn-Benton Pacific Green Party & Energy Wise Lighting). Feb. 9th—Stink: Removing hidden chemicals from your life. Feb. 16th—Wasted (Sponsored by Republic Services). Suggested donation \$5/person, \$10/family. FMI: info@sustainablecorvallis.org, (541) 230-1237.

Our Foremother's fiber: Drop Spindle Class and Ceremony

Saturday, Feb. 3rd 7-9pm at Live Well Studios (971 NW Spruce Ave #101) Ever had that deep feeling of familiarity when working with yarn... a feeling like you are connecting with your great-great grandmother? Spinning and working fiber into cloth is our ancient cultural heritage. This is a circle to honor and deepen the connection to our ancient ancestors and revive the matriarchy of fiber working women. Join us

for a lesson on Drop Spindle spinning. Class size is limited, sign up early! This workshop is an opportunity to gather together in sacred space. We will have a spinning lesson, song, silence and sharing. Children ages 6+ are welcome.

Spiritual Wisdom on Relationships—Part One

Sunday, Feb. 4th, 10:45am - noon at Eckankar Center (425 SW Madison Ave., downstairs) An opportunity to explore relationships through the lens of divine love. (Part Two on March 4th.) FMI: View www.MiraclesInYourLife.org, www.Eckankar.org or call (503) 233-1595.

Five Remarkable Women. Four Pacific NW Gardens

Monday, Feb. 5th, 6:45-8pm at Shepherd of the Valley Lutheran Church (2650 NW Highland Drive)

A talk by Donald Olsen, Timber Press author of two garden touring books, "The Pacific Northwest Garden Tour" and "The California Garden Tour" Donation suggested. Sponsored by the Corvallis Evening Garden Club. Located at the NW corner Walnut and Highland. Use side entrance off parking lot. FMI: irubymoon@gmail.com

Oregon Season Tracker Introduction

Monday, Feb. 12th, 7:30 pm in Cordley Hall Rm. 2087 (2701 SW Campus Way) Jody Einerson, Natural Resource Educator for the OSU Extension Service of Benton County, will introduce Oregon Season Tracker: a citizen scientist program that tracks wildlife life cycles in Oregon. Learn how you can participate. FMI: judi.sanders@gmail.com, susannicholasnpso@gmail.com.

OSUsed Repair Fair

Thursday, Feb. 15th, 5:30-7:30 pm at OSUsed Store (644 SW 13th St.) Bring broken items and learn how to fix them for free; attend demos to learn more D.I.Y. skills. Visit <http://tiny.cc/repair-fair> to see the specific skills and demos that are being offered. FMI: Andrea Norris, andrea.norris@oregonstate.edu or (541) 737-5398.

Showing Up for Racial Justice (SURJ) meeting,

Saturday, Feb. 17th, 12:30-2:00 pm at the Co-op South Store Meeting Room 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.

Exploring the Oregon Coast Trail

Thursday, Feb. 22nd, 6:30pm at the Corvallis-Benton Public Library Meeting Room (645 NW Monroe Ave.) Connie Soper is the lead advocate for creating and maintaining the Oregon Coast Trail. She will talk about her new book, "Exploring The Oregon Coast Trail" and describe the existing and prospective portions of the trail itself. She will also discuss the significance of the related State legislation that recently passed regarding the Oregon Coast Trail, as well as the status of the implementation plan. Connie's book will be for sale and she will sign books. The presentation is free and open to the public. For additional information, contact Dave Eckert at deckert@willamettwatershed.com

2018 Friends of the Corvallis-Benton County Library BIG Book Sale

Friday, Feb. 23rd, 6pm-9pm; Saturday, Feb. 24th, 9am-4pm; Sunday, Feb. 25th, 10am-3pm at Benton County Fairgrounds Friends of the Corvallis-Benton County Library BIG Book Sale on Feb. 23-25, 2018. Books, DVDs, CDs. Most Books \$1-\$5. Lower prices each day. Proceeds are used to fund all activities at the libraries: Alsea, Corvallis, Monroe, and Philomath. FMI: Katherine Inman, kinman90@gmail.com (541) 753-0078.

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. We 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.

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: SkyYeagershamanicsoultending@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 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. Feb. 25th, 11am-noon at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "Past Lives—Present Opportunities" FMI: View www.Eckankar.org, 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. 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. 🌿