

The SCOOP

First Alternative
NATURAL FOODS CO-OP



from the
Board of Directors
Jim Mitchell
president

Greetings from the Board. I hope you were one of the 200 or so fortunate folks who attended the 2018 Winter Wine Soirée. What a wonderful time! I visited with many interesting people and enjoyed the stars and the pleasant evening weather on the patios. The Co-op staff served up a variety of delicious hors d'oeuvres and a number of vendors provided other goodies to accompany the large selection of very nice wines. As another example of your Co-op contributing to our community, \$5 from each ticket sold was donated to the local Good Samaritan Cardiac Scholarship program, helping low-income people obtain needed cardiac care.

The Board decided to cancel the December meeting for several reasons, the most important being that we were able to adopt the 2018 budget during the November meeting. Once again, the budget is very conservative with few discretionary expenses programmed in. During our January meeting, two agenda items stood out for me: the first was seeing the preliminary fourth quarter financial figures for 2017; the second was reviewing the report on our Environmental Protection policy.

Although the financial report we saw was preliminary, it shows a fairly significant net income, far better than in previous years. Because of this, it is possible that the Board will be dealing with the Owner Patronage Dividend for the first time in many years. This is the result of hard work by our terrific Co-op employees and increased shopping by Owners and others. The Board will know more about issuing patronage dividends to Owners this year after the CPA completes its work. This is an exciting possibility! Whether or not there will be a patronage dividend this year, the preliminary fourth quarter financial report

brings welcome news about the Co-op's stronger financial position. We'll be sure to keep Owners posted about this.

We review at least two policies each meeting, and at the January meeting we reviewed one of my favorites: L10 – Environmental Protection. In the report presented to the Board, Management provided us data and other information on the activities undertaken by the First Alternative Co-op last year to comply with this policy. This is a broad policy, so the report included information on a wide range of activities from the electric vehicle charging stations to zero-chemical landscaping, energy efficient lighting, packaging and solid waste reduction, recycling and more. I'm always impressed and proud when I see this report and realize how much we do for the protection of our environment through being Co-op Owners and shoppers.

This is a great time to consider serving the Co-op by being on the Board. There will be four positions up for election this year and some of the current Board members will not be running for reelection. Being on the Board is available to all Owners and provides the opportunity to have influence on the future of your co-op. If you are interested in serving on the Board, please let us know. You can email us at floathomeor@gmail.com or pick up an application packet in either store at the customer service counter. Completed applications are due by March 31st.

If you would like to attend a meeting, they are held on the last Tuesday of the month at 6 pm at the South Store meeting room. All Owners are welcome to attend, and we would be happy to see you there. Even if you are just curious and may not want to serve on the Board, we encourage you to come by to see your Board in action.

We are always trying to get feedback about how you think things are going. We often hear from Owners with a strong opinion about an issue, but getting general ideas or feedback is also valuable. If you have any comments or suggestions, please email us or drop us a note on the comment cards available in each store. We would genuinely love to hear from you. 🐌

MARCH CLASSES

Thursday, March 1st, 12:30-5:30pm • South Store Meeting Room

Red Cross Blood Drive

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

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.

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.

Tuesday, March 13th 9-1pm • 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.

Friday, March 16th 9-1pm • South Store Meeting Room

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Come Gather Ideas and Inspiration at the Sustainability Fair & Town Hall on March 12th!

"Inspiring!" "Lively!" "Dynamic!" All words used to describe the annual Sustainability Fair and Town Hall, taking place this year on Monday, March 12th, at the CH2MHill Alumni Center on the OSU campus.

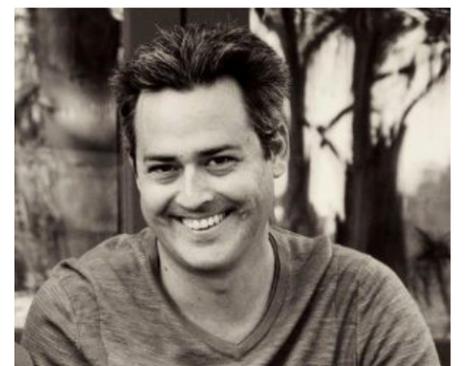
The organizers invite the public to learn from each other, from our community, and from innovators across the globe at this free annual celebration.



The Sustainability Fair, which begins at 5 pm, will feature more than 60 hands-on exhibits, each representing a partner organization or action team of the Corvallis Sustainability Coalition. A fabulous spread of delicious local food will be offered by Valley Catering, and attendees will delight to the sounds of the Nick Rivard-Dan Mahoney Jazz Duo. The Fair will also include a Kids' Activity Room, where children are invited to take part in activities to help them connect to the earth and to our community. The entire event will be waste-free, with recycling and composting stations located throughout the facility.

At 7 pm, the focus will shift to the Alumni Center ballroom, where participants will be seated at tables of eight for a fast-paced, interactive Town Hall. The program includes three parts, each with a presentation from the main stage followed by discussion and activity at the tables. The annual Community Scrapbook slide presentation will highlight local organizations and businesses moving our community toward our goals of environmental quality, social equity, and economic vitality.

This year's keynote speaker is Asher Miller, the Executive Director of the Post Carbon Institute. The title of his talk is "Post Carbon Corvallis: Creating a Resilient Community". Founded in 2003, the Post Carbon Institute is leading the transition to a more resilient, equitable, and sustainable world. Miller is one of the authors featured in "The Community Resilience Reader", published in September 2017.



Keynote speaker Asher Miller will talk about "Post Carbon Corvallis: Creating a Resilient Community"

The Fair and Town Hall are organized by the Corvallis Sustainability Coalition, a network of more than 350 partner organizations and hundreds of individual volunteers working together to create a sustainable community. Sponsors include the OSU Office of Sustainability, Corvallis Chamber of Commerce, First Alternative Co-op, Good Samaritan, Audubon Society of Corvallis, Benton Habitat for Humanity, Greenbelt Land Trust, and many more.

This event is free and open to the public. All are welcome, but space at the Town Hall is limited, so please register by March 5th at sustainablecorvallis.org. For more information, call (541) 230-1237. 🐌

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!

March Board Committee Meetings Schedule

Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Wed. March 14th, 12pm South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.
Thurs. March 15th, 6pm North Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.
Wed. March 14th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. March 27th, 6pm South Store meeting room

New Owners in Jan.

40

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

Community Calendar on reverse

Co-op Community Events Calendar March 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

The Lens of Divine Love

Sunday, March 4th, 10:45 am - noon at Eckankar Center (425 SW Madison Ave., downstairs)

An opportunity to explore relationships through the lens of divine love. FMI: View www.MiraclesInYourLife.org, www.Eckankar.org or call (503) 233-1595.

Danger Garden's Top 30 Plants: From Agaves to Zingiber

Monday, March 5th, 7pm at Shepherd of the Valley Church Meeting Room (2650 NW Highland Dr.)

Evening Garden Club (EGC) Monthly Meeting with speaker Loree Bohl, author/photographer/blogger. Doors open at 6:45 pm, program begins at 7. No fee for EGC Members. Donations accepted at door from Non-Members.

Bedrock Lectures on Human Rights and Climate Change

Wednesdays, March 7th, 14th, and 28th, noon at OSU's Bexell Hall, Room 415

Join the Spring Creek Project for in-person screenings from the Bedrock Lectures series. Lecturers include Bill McKibben, founder of 350.org, on March 7th; award-

winning writer and photographer Stephen Trimble on March 14th; and Don Anton, director of the Law Futures Centre, on March 28th. Lecture screenings are free and open to the public.

Avery House Nature Center Open House

Friday, March 9th, 4-6pm at Avery House Nature Center (1200 SW Avery Park Dr.)

Please join us for an open house event and tour our NaturePlay Preschool (ages 3-6), meet our teachers and participate in nature and art activities focused on reptiles. We will have live snakes, lizards and turtles to see, hold, and learn about! No registration is required. FMI: Connie, connie@corvallisenvironmentalcenter.org, (541) 753-9211.

Sustainability Fair & Town Hall

Monday, March 12th, 5pm at OSU's CH2M HILL Alumni Center (725 SW 26th St.)

Don't miss the sustainability event of the year! Sustainability Fair, 5-7 pm; Town Hall, 7-9 pm. See reverse for a detailed article.

Soil! What it is & How it Works

Monday, March 12th, 7:30 pm at OSU's Cordley Hall, room 2087 (2701 SW Campus Way)

James Cassidy, Instructor of Soil Science at OSU, will talk about soil and native

plants: It's ALL about soil! Most people only have a vague idea of what soil is and how it works. You will learn more than you ever thought possible from this lecture. The reason you are alive, what nutrients are, how soil stores water and nutrients. The fundamentals that ALL humans on the planet Earth should know! For information email Judi Sanders at judi.sanders@gmail.com or call Louise at (541) 753-0012.

Density By Design: A Tool For Corvallis

Wednesday, March 14th, 7pm At Corvallis-Benton County Public Library (645 NW Monroe Ave.)

Presentation by Dr. Matthew Gebhardt, Asst. Professor of Urban Studies and Planning at Portland State University. Sponsored by: League of Women Voters of Corvallis and Corvallis Sustainability Coalition Land Use Action Team. FMI: www.lwv.corvallis.or.us

Field Trip: Urban Lichen Walk

Saturday, March 17th, 10am-1pm at Esther's home (3290 SW Willamette Ave.)

led by Bruce McCune, we will visit two local homes in Corvallis. Esther's home and also Dan Luoma's previous home. We will look at and identify lichens in the urban setting. For more information contact Esther at (541) 754-0893 or estherco@peak.org.

Showing Up for Racial Justice (SURJ) meeting,

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

This month's topic: "How to Be an Ally." SURJ is a national network that organizes white people to take action for racial justice as part of a multiracial alliance. Everyone is welcome. FMI: (541) 203-0842, info@CorvallisSURJ.org.

Paul Bogard Reading: "The Ground Beneath Us"

Wednesday, March 21st, 7pm at Grass Roots Books & Music (227 SW 2nd St.)

Spring Creek Project presents a reading with Paul Bogard featuring his new book, "The Ground Beneath Us". When a teaspoon of soil contains millions of species, and when we pave over the earth on a daily basis, what does that mean for our future? What is the risk to our food supply, the planet's wildlife, the soil on which every life-form depends? How much undeveloped, untrodden ground do we even have left? In "The Ground Beneath Us", Paul digs deep into these questions to explore how human development and our cities' footprints are impacting our soils. FMI: Carly Lettero, carly.lettero@oregonstate.edu, (541) 737-6198.

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. =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 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: 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.

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.corvalliszenicircle.com.

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM

Sun. March 25th, 11am-noon at 425 SW Madison Ave., (downstairs) ECK Light and Sound Service: "Hu—Your Key to Secret Worlds" 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. All are welcome. FMI: (541) 224-6566.

FREE TEEN YOGA

Wednesdays, 4 - 5 pm at Live Well Studio, 971 NW Spruce Street, Suite 101, Corvallis. All Teens Welcome. All Levels. Free Class! FMI: LiveWellStudio@livewellstudio.com

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. 🌿