

First Alternative
NATURAL FOODS CO-OP



THYMES

DECEMBER
2 0 1 3
VOLUME 34 • ISSUE 12
Community Monthly

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GIFTS OF
good food



Co-op staff share their favorite gift basket combinations for a perfect DIY holiday season.



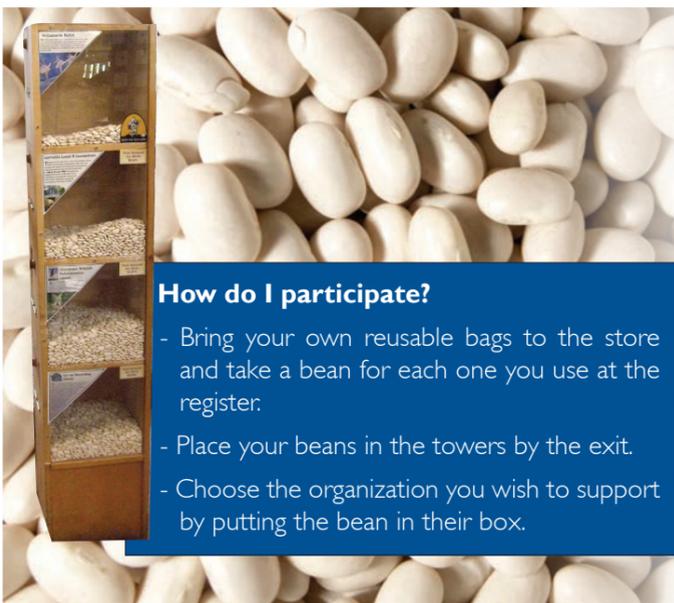
Italian Dinner

Local Beer & Snacks

Chocolate & Cheer



YOUR VOTE: 2014 Beans for Bags Recipients!



How do I participate?

- Bring your own reusable bags to the store and take a bean for each one you use at the register.
- Place your beans in the towers by the exit.
- Choose the organization you wish to support by putting the bean in their box.

The Beans for Bags program is the Co-op's way of giving back to the community when you save resources by using your own bags at the register.

385 Co-op owners voted to award the 2014 Beans for Bags donations to 16 local organizations.

Applications for the 2015 Beans for Bags nominations will be available in March 2014 and are due by September 1, 2014.

If your organization is interested in applying for the 2015 year, please contact Outreach Assistant Yadira Ruiz with your organization's name, the contact person for the nomination form, email and phone number. Please send this info via email to yadira@firstalt.coop.

January - March

Heartland Humane Society
Mary's River Gleaners
Habitat for Humanity
Court Appointed Special Advocates (CASA)

April - June

Homeless Education Program
Coastal Food Bank
Community Outreach
Ten Rivers Food Web

July - September

Local 6 Connection
Furniture Share
Corvallis Environmental Center
Senior Dog Rescue of Oregon

October - December

CARDV
South Corvallis Food Bank
Chintimini Wildlife
Co-op Recycling Center

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giving tree

Parent Enhancement Program helps us help families, p. 3



FA THYMES

First Alternative Co-op
Community Monthly

The Co-op Thymes is published on the 1st of each month. Correspondence and submissions are welcome. Send by e-mail or 'snail mail' to addresses listed below. Deadline for all submissions is the 15th of the prior month. Opinions expressed in *The Co-op Thymes* are strictly those of the writers and do not represent an endorsement by, or official position of, First Alternative Co-op, its Board, managers, or owners, unless specifically identified as such. The same is true of claims made by paid advertisers.

The Co-op Thymes is a free publication available at First Alternative and at other locations in the Corvallis area. Owners may receive the paper via mail. It can also be viewed online at www.firstalt.coop.

Editors: Donna Tarasawa, & Emily Stimac

Design/layout: Emily Stimac, Jessica Brothers & Alieta Train

Photography: Emily Stimac, Jessica Brothers, Alieta Train, Donna Tarasawa & Owen Dell

STORE LOCATIONS & HOURS

SOUTH STORE:

1007 SE 3rd St., Corvallis, OR 97333
Phone: (541) 753-3115 Fax: (541) 753-8401
Open 7 days a week, 7am-9pm

NORTH STORE:

2855 NW Grant Ave., Corvallis, OR 97330
Phone: (541) 452-3115 Fax: (541) 758-4257
Open 7 days a week, 7am-9pm

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Editor's email: thymes@firstalt.coop

FA Board's email: faboard@peak.org

VISION STATEMENT

First Alternative aspires to be a cooperative model, providing high quality natural and organic products in a community oriented store.

MISSION STATEMENT

First Alternative is a community market aspiring to be a model for environmental sustainability through our purchasing and workplace practices. We:

- seek to honor our traditions and build upon our potential.
- are committed to cultivating tolerance and diversity in our operations.
- strive for excellence in our products and services, including wholesome organic foods, innovative education and community outreach, while offering high quality, local, organic and minimally packaged products whenever possible.
- will act ethically and appropriately in our pricing practices.
- seek to provide a democratic business climate, fostering worker and Owner participation, according to cooperative principles.

THE INTERNATIONAL COOPERATIVE PRINCIPLES

Voluntary and Open Membership
Democratic Member Control
Member Economic Participation
Autonomy and Independence
Education, Training, and Information
Cooperation Among Cooperatives
Concern for the Community



Melissa Hartley,
Board Member

the board's month in review

Greetings, First Alternative Co-op owners and friends! Here's a brief report of highlights of the November Board meeting. The agenda was varied, with special

attention on the 2014 budget and Board goals for the coming year.

Owner Guest comment

Linda Kapuler directed questions to the Board regarding the Co-op's mission and guiding principles relating to genetically modified foods in the Co-op. The Board briefly discussed the great importance of the GMO issue, and the president will draft a full response after further input.

Review of 2014 Budget

- We discussed Owner Sale Day (OSD) discounts. They are a considerable budget item—approximately 2.5% of our total store sales is given back to owners in the form of this discount. Since OSD is tied to greater volume of sales, the GM wants to retain the 10% monthly discount on a day chosen by the owner for 2014.
- Two new proformas provide 5-year financial statement forecasts for the Co-op. One version includes a new point of sale system; neither version includes a new roof for the South Store. This is because options will be discussed during the year ahead.
- The Board's portion of the budget passed, with some line items eliminated.
- Capital and other expenditures are being kept low for 2014 in anticipation of an additional grocery opening in Corvallis this month.

Board Meeting Code of Conduct

The results of the Board retreat discussion on guidelines for director conduct were approved.

Board goals for 2013/2014

Also stemming from the Board retreat, three sub-committees were formed to study and recommend actions in these areas: Capitalization, Non-Profit Foundation, and Strategic Planning. All Board members are on at least one of these sub-committees, which will submit monthly reports to the Board.

Letter to Corvallis City Council.

During the Board retreat, a letter to the City Council was drafted, stating the Co-op's desire to be included in future discussions regarding commercial redevelopment in South Corvallis. The letter describes FA's qualifications and track record (43 years of business in South Corvallis, 9,000+ owners, 160 employees, and nearly \$16 million in annual sales). First Alternative's alliances with many community organizations are included. The letter is also being distributed via the City Council to members of the Economic Development Commission.

Owner Relations Committee (ORC)

The ORC Board committee is redefining its charter. Coordination of all events recently moved from ORC to the Co-op Marketing Team; ORC had previously sponsored the Annual Owner Meeting and The Locavore's Winter Table events. Ideas such as assisting marketing activities, welcoming new owners, sponsoring speakers/forums, advocating for a Co-ops Recognition Day in Corvallis, and developing board member Co-op talking points were agreed by the Board as appropriate to ORC. The committee will recruit owners to join.

Managing Owner Referenda

Background: Bylaw 3.7 states: "ballots shall include any proper issues submitted by petition by ... owners." Lacking any other procedure for determining what is a "proper issue," the Policy Governance Committee determined that the Board must make that initial judgment. At the meeting, the Board voted to add this procedure to Board Recruitment and Election Committee (BREC) documentation: "The Board has the obligation to determine if a referendum meets requirements of bylaws 3.7." In the future, BREC will forward owner referenda to the Board for this determination.

Winter is a great time for planning. While you're contemplating things this winter, you might consider running for a Board position in the spring. If you have the inclination, some time, and skills to share, BREC is looking for candidates, especially those with experience in business, finance, advocacy, and other areas related to Board goals, to help plan the future of the Co-op.

Most of all, we wish you all a happy and healthy winter season and new year ahead.

Natural Choice Directory™

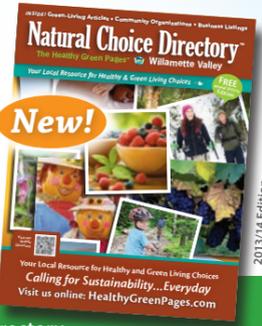
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2013/14 Edition

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welcome

First Alternative Co-op welcomed 100 new owners in October, for a total of 9479 Co-op owners!

Co-op owners enjoy:

- Monthly Owner Sale Day Discounts
- Electing Co-op Board of Directors
- Voting for Donation Recipients
- Receiving Co-op Thymes via mail
- Patronage Dividends as profitability allows
- Community-owned business
- Support Owner Worker opportunities
- It's refundable!

To buy an owner share, please stop by Customer Service or call 541-753-3115 or 541-452-3115.

we are the co-op

the season of giving: help our friends and neighbors with efforts big and small

In this season of plenty please take the time to recognize the need of those who have less and reach out and share. Donate to the Food Bank in your area (we have boxes at both stores); look for giving trees at participating businesses (including ours); bring a hot dish to an elderly neighbor you know may be struggling to make ends meet; invite a student to dinner.

One out of five residents in Benton County live below the Federal Poverty Level (FPL) and one out of three lives below 18% of the FPL.

Over the past few months I've been involved with the Food Security Workgroup, organized by the Benton County Health Department to address the Benton County Health Improvement Plan written in October 2012 and presented publicly shortly thereafter. To review the plan and the Community Health Assessment it was based upon, please visit www.benton.or.us/health.

The Food Security Workgroup is comprised of community members with a connection to hunger in Benton County. Represented are First Alternative Co-op, Linus Pauling Institute, Ten Rivers Food Web, South Corvallis Family Table, Linn-Benton Food Share, South Corvallis Food Bank, the Corvallis and Albany Farmers' Markets, OSU Extension and other departments of OSU, and the Corvallis Environmental Center – to name just a few. With the assistance of the Benton County Health Department staff we are putting together action plans based on the reports and the goals outlined in the Health Improvement Plan.



Cindee Lolik,
General Manager

There are also work groups involved in addressing the issues of: Obesity, Mental Health/Behavioral Health, Health Care/Community Health, and Housing and Transportation all issues identified by the Health Assessment.

The four guiding principles for all of our workgroups are: Equity, Access & Affordability, Prevention, and Coordination and Navigation.

Why are we addressing Food Security in Benton County?

The following is taken directly from the Health Plan:

"One out of five residents in Benton County live below the Federal Poverty level (FPL) (defined as \$23,000 per year for a family of four) and one out of three lives below 18% of the FPL. These income levels qualify persons for federal nutrition programs such as the Women, Infant and Children's Program (WIC) and the Supplemental Nutrition Assistance Program (SNAP). Over 14% (12,480) of Benton County residents live in households that meet the definition of being food insecure, representing 21.7% of Benton County's children.

"37.4% of students in Benton County schools were eligible for free or reduced lunch – 34.9% in Corvallis."

The Food Security Work Group is working on two goals:

- Improving access to fresh and healthy food in Benton County.
- Improving the utilization of food assistance programs among eligible people in Benton County.

We are outlining strategies to address these goals and will be working over the course of the next year to make progress towards reducing the number of our community members who are food insecure.

Look for future ways to get involved with the group as these projects develop.



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store improvement: we just keep raising the bar!



Brian Peat,
South Store Manager

I love the winter: Hot chocolate, hot toddies, mulled cider, fireplaces and warm blankets are all things that make me happy. These things also happen to fit well into this season. And then top it all off with the holidays! From Thanksgiving to Christmas and New Year's (or your choice of winter season holidays) I really enjoy all the time spent with friends and family.

As excited as I am about the winter and the holidays, I still need to update you on all the great things going on at your Co-op's South Store. Let's start with the rain garden. Dave Eckert and the Three Waters Project have now planted around 250 small plants in the rain garden site on the southwest corner of the building. I am really excited to see these grow and fill in the garden! The next step of the project is to purchase a more water and energy efficient dishwasher for the Co-op Kitchen and work with staff to learn better practices for water conservation.

In the south parking lot, the area that joins the Co-op to Firework's parking lot has been a problem area with the steep decline in the pavement and a curb that is difficult to see. Even though we painted the curb bright yellow, it is low enough that many people cannot see it and have run over the curb and gotten their vehicle stuck there. Our next attempt to provide a safe parking area has been to install some bright yellow flexible posts that stick up 3 feet. I hope that this is a more visible and safer solution. Please continue to let me know when there are areas for improvement. Although not everything is a viable option (whether it is because of budget constraints, permitting issues or any other reason) we will always do our best to provide you with an excellent shopping experience that is

safe, enjoyable and convenient.

And now we are planning what we can do to continue to improve ourselves in the coming year. I hope 2014 will be one of our best years to date! We will continue to review our product selection, bring in the latest and greatest products and discontinue slow sellers. We are currently working on an amendment to our product selection guidelines (the document we use to determine the rules by which we choose items to sell) to take a stronger stand against food containing GMOs. Although we just went through an overhaul of our pricing structure, there is always room for improvement and better consistency and we will continue to review our prices and adjust as needed. Finally, I am excited to continue painting the interior of the store and we will be picking that project up again in the New Year.

I wish you all the hope, wonder and joy that the season can bring!



2013 SEED SALE!

All 2013 seeds 50 % off

Packaged Seeds

- Peace Seedlings
- Adaptive Seeds

Bulk Seeds

- Wild Garden Seeds
- Territorial Seeds
- Peaceful Valley Seed Company

~South Store Only~

helping families: the giving tree

The holidays can be an especially challenging time for folks in need. The Parent Enhancement Program, PEP, is dedicated to helping alleviate some of that challenge through many community programs, including the holiday giving trees.

You will find a giving tree at each Co-op through December 15th. They are decorated with the wishes of families in need. If you are able, please select a tag for an item you can provide that family and return it to the store, unwrapped, with the tag by December 15th.

With your help the holidays will be a little brighter for everyone.



Margarita Monday 4-6pm

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entertaining HOLIDAY



Build the perfect meat & cheese platter

What better way to start your holiday dinner than with a meat and cheese platter? The Co-op Deli offers you one-stop shopping for all the ingredients you need to make your family and friends say "Yum!"

- For delicious local and Oregon flavors, try goudas and havartis from **Willamette Valley Cheese**, organic cheddars and curds from **Full Circle Creamery**, fresh chevres from **Fraga Farms** and blue cheeses from **Rogue Creamery**. Pair any of these with **Deck Family Farm** summer sausage and crackers from **Oregon Cracker Company** for a very tasty platter!
- We also offer excellent English cheeses with a festive flair: **Cranberry or Mango Ginger Stilton**, **Cotswold**, **Huntsman** and traditional Blue Stilton. Any of these are delicious served with a warm loaf of bread and soup or with a salad and winter fruits.
- If your family's dinner tradition includes making fondue or grilling raclette, try our **gruyere and raclette** from the **Emmi Valley** in Switzerland.
- For **goat cheese lovers**, we have an amazing variety of specialty cheeses—from Blueberry Vanilla, Cranberry & Cinnamon or Fig & Olive chevre logs to **Hook's Barneveld Blue Cheese** to **Rosey Goat** and **Drunken Goat**.

The holidays are a great time to try something new and fun. Please ask our friendly Deli staff to help you find just the right cheeses for you and your guests. We're always happy to offer samples! Happy Holidays and thanks for shopping at our Deli!

- Ashley Caspell, North Deli Assistant Manager

Lonely Lane + Niman Ranch = Happy Carnivores

For our carnivore friends, we have some lovely options for your holiday table this December.

Lonely Lane Farms grass-fed beef New York roasts are only \$13.99/lb in December: don't pass up a sale price this good! Patty at Lonely Lane butterflies the roast, then stuffs it with herbs & mushrooms for an outstanding flavor.

Prime rib lovers, the Co-op is your source for local, 100% grass-fed, never grain-finished Rib Roasts from Mck Ranch or Lonely Lane. You can special order a Rib Roast from the Customer Service desk at either store and save 10% discount, but we'll also have some on the shelves come mid-December.

Niman Ranch ham and bacon make breakfast or brunch special, whether you're serving plain pancakes or a fancy frittata. They're called "uncured" because they are made without sodium nitrate, but I call the flavor unforgettable! You can feel good about Niman's raising protocols, recommended by animal handling expert Dr. Temple Grandin. An outdoor lifestyle enables the animals to express natural instinctive behaviors, like nesting and interacting with family social groups. Just be ready: when



Patty from Lonely Lane uses herbs & mushrooms to stuff their New York Roasts, available in December.

you serve it to your social group, the Niman bacon will be the first thing to disappear from the table.

- Jeannie Holiday, Deli Manager

Find a few of YOUR favorite things!

"I heard the bells on Christmas Day

Their old, familiar carols play,

And wild and sweet

The words repeat

Of peace on earth, good-will to men!"

~ Henry Wadsworth Longfellow

Sleigh bells ringing (and jing ting tingaling too), chestnuts roasting on an open fire and a silent night, these are a few of my favorite things.



(Now that I have my office mates humming holiday tunes...)

Some more of my favorite things can be found on the shelves here at the Co-op. Items like **Aiana Sunflower Spreads** served with crusty **Big River Bread** or spread over **Ines Rosales Olive Oil Tortas** makes a wonderful appetizer for any occasion.

After working in the yard raking those leaves (that never seem to stop falling), nothing will warm you up more than a bowl of **Pacific Roasted Red Pepper and Tomato soup** paired with a toasted cheese sandwich made with **Emmentaler** cheese from the deli. Yummmmm.

I like to share my favorite things with family and friends: like a chilled glass of Stone's Brewing seasonal—the **Double Bastard Ale**. This is one beer you can age for couple of years. Enjoy the dark mahogany color, great hop flavor, not too bitter, balanced against a strong maltiness. Not too sweet and only mild hint of the high alcohol content. Okay, between this and **Three Twins Ice Cream** these are two of my *most* favorite things.

The holiday season is a great time to let go of the hustle and bustle of everyday life and slow down to enjoy the company of family and friends.

However you celebrate this season please be safe and I hope your holiday season is filled with much Peace, Joy, Happiness and Love.

- Stan Horsey Grocery Manager

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Produce Advice: Eat your citrus!

We have all heard about the nutritional deficiency known as scurvy being common among long distance sailors, explorers, and/or the poor, in countries where they lacked access to fresh fruits/veggies. It wasn't until the 18th century that citrus fruits were known to not only cure but to prevent scurvy.

Today we are lucky enough to have an abundance of fresh citrus at our fingertips, and here at First Alternative, we like to be able to provide a selection of nutrient dense citrus fruits—and enough variety to satisfy your soul with eternal sunshine.

Did you know that research has shown that the intake of citrus cannot only help prevent scurvy but a number of other ailments?

- ☉ Eating oranges or drinking lemonade regularly can help decrease the possibility of obtaining kidney stones, and consuming grapefruit can help lower blood pressure.
- ☉ Citrus flavonoids are shown through studies to help improve blood flow through coronary arteries and reduce the ability of arteries to form blood clots.
- ☉ Vitamin C is needed for the synthesis of collagen, which does many things for the body. Collagen has been shown to help wounds heal and help hold blood vessels, tendons, ligaments and bones together.

All in all, there are way too many positive benefits in consuming citrus fruits that we'd be silly not to indulge regularly...and lucky for you, we've got plenty to indulge in!

Bring on the hedonism and come try a variety of tangy fruits. We would love to let you sample anything that intrigues you. Your taste buds will be buzzing with excitement for these sunny pleasures. Until next time, have a Happy Winter and a Merry New Year!

With love,

Your produce peeps!

- Shane McFarland

DONNA'S KITCHEN



VEGETABLE SOUP!

Once Thanksgiving is over and broth has been made from the turkey carcass, I look for ways to use that broth. Making vegetable soup is one of my favorites. I use some turkey broth, leftover veggies from the refrigerator, leftovers I have put into the freezer that I think would be good in soup, and any fresh veggies I have on hand. Adding a tomato product to that soup adds just that extra bit of flavor, so I add ketchup or tomato sauce. If it was the last of the bottle of ketchup or end of a can of tomato sauce, after I pour it into the soup, I add a little water to the bottle or can, swish it around, and pour that into the soup, as well. That way you get every last drop out of that can or bottle and don't waste even a teaspoon of food.



smooth, dark berry creamy, lemon zest deep dark & sweet

Del Rio Syrah 2011, 750ml Sale \$20.99 reg. \$28.29

Aliguer Cava Brut 2009 750ml Sale \$20.99, reg. \$21.99

Barnard Griffin Syrah Port 2011 500ml Sale \$15.59 reg. \$18.89

Holiday Entertaining Tip: Go for the case discount!

Save 10% when you purchase any combination of 12 bottles of wine.

Limited to stock on hand, unless pre-ordered.

a poetic journey.

We are taking a journey into the wild Oregon country. We will take with us some wonderful gifts. The first, an example of the wild earthiness found in the forests of the Northwest. **Del Rio Syrah 2011** has flavors of dark berry and a smooth and voluptuous density to support your heartiest of winter menu items. Roasted lamb with herbed couscous and carrots, or a savory morel stew with a thick slab of sharp cheddar and some of your favorite dense bread come to mind for our meal on the road to Grandmother's house.

As we wind our way back home, our light at the end of the trail is a truly delightful sparkling wine from Spain. The 2009 vintage bottling of **Aliguer Cava Brut** lures you with aromas of yeast, and the promise of the creamy lemon zest flowing from the persistent bubbles that make you want to welcome in 2014 with a big smile.

We finish the evening remembering our journey, lounging next to a roaring fire sipping **Barnard Griffin Syrah Port 2010**, from Washington's Red Mountain AVA. Sweet dark concentrated flavors of plum and black cherry touched by chocolate with a warm and spicy finish make this wine, which is fortified with brandy, the perfect night cap. It's also perfect served with chocolate mousse, grandmother's fruitcake or a light dessert of dried apricots, roasted hazel nuts and blue cheese.

- Karen Mayo and Marlene Culbertson



STAFF COSTUME CONTEST

Thank you for participating in the vote for best Staff Halloween Costume Contest!

OUR WINNER IS:

Rosie the Riveter (Shawna Lewis) 30 votes

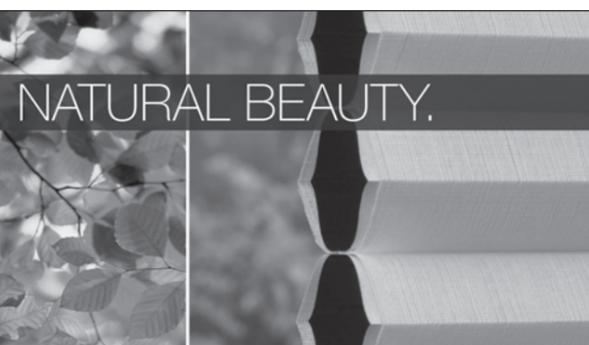
Followed closely by a tie for second and third place...

Richard Simmons (Britt West) 29 votes

French Kiss (Michelle Wissel) 29 votes

A. Earhart's Lockheed Ultra (Charlie Curtis) 18 votes

To view all the costumes, visit our facebook page!



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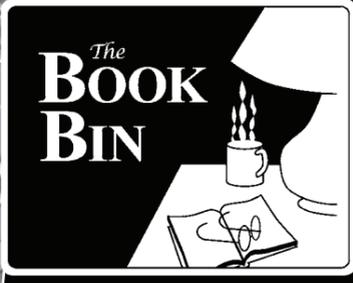
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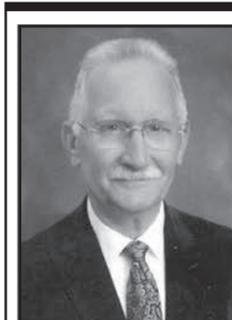


2014 Calendars

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classes & donations

EASY ONLINE REGISTRATION!
Please visit firstalt.coop and click on classes to register!

upcoming co-op classes

Classes in the South Store Co-op Meeting Room unless otherwise noted.

Tuesday, December 3 • 6:30-7:30 PM

Winter Outdoor Safety

Learn the skills you need to stay safe while enjoying winter sports like snowshoeing, skiing, and hiking. We'll talk about navigation with maps, trail clues and common sense. We'll learn about the signs and symptoms of hypothermia as well as how to prevent it from happening. At the end of this class we'll work through some mock scenarios and practice applying your new skills!

Cost: Free

FMI: www.jessbfit.com

Thursdays, December 5 & 19 • 6:30-8:30 PM

Soul Collage

Experience this fun and empowering process using magazine and photo images. We make cards that reflect our many-faceted selves in surprising and delightful ways. A visual map of the psyche. Materials provided.

Cost: \$8 Co-op Owners. \$10 General Public

FMI: Lucy, 541-704-0135

Mondays, December 9 & 16 • 7:00-9:00 PM

Toffee Making for the Holidays

This hands-on class will show you how to make toffee to give as a holiday gift or to enjoy with friends and family. The cost of the class covers the materials. Each participant will leave with hands-on experience and a batch of their own toffee.

Register ASAP to reserve your spot.

Please bring to class, a stainless steel, 2-3 qt sauce pan with a heavy bottom (not a skillet), wooden spoon, 1 cookie sheet (for 1 batch of toffee), candy (not meat) thermometer (each person needs their own). Please mark your utensils with your name.

There are two class dates available, the same class is being repeated. **Register for one class date only.**

Cost: \$10 (To make 1 batch of toffee)

Thursday, December 12 • 7:00-8:00 PM

Hairbraiding for Beginners and Pros

Come learn exciting hair braiding techniques for all instructional levels! Participants will get hands-on practice and instruction from braiding expert,

Raychel Emmons. This class is appropriate for hands 4 years old and older.

Cost: FREE and open to the public.

FMI: www.findingbraids.com

Sundays, December 8 & 15 • 2:00-3:45 PM

DIY Herbal Series

with Laurel Buley,
Clinical & Community Herbalist

Session I: December 8 • 2:00-3:45 PM
Making Infused Oils, Salves and Balms

Learn to make simple and safe medicinal oils, salves and balms with kitchen ingredients and local or home-grown herbs. These external preparations can be used for decadent head-to-toe pampering as well as for dealing with physical ailments like cuts, sores, bruises & sore muscles. Infused oils are also a fun ingredient to add to your Homemade Herbal Body Creams & Lotions (see description below). Each participant is sent home with a jar of salve and a bottle of infused oil co-created in class.

Session II: December 15 • 2:00-3:45 PM
Herbal body creams and lotions

Learn how to make delicious, decadent and chemical-free creams and lotions using simple and natural ingredients found at First Alternative. In this class we will go through step by step, how to make your own lotions at home including tools and supplies needed. Each participant is sent home with their own jar of special body and face cream made in class, as well as great homemade gift-giving ideas for your loved ones! Materials provided.

Cost: Co-op Owners \$15 General Public \$18

Saturday, December 21 • 10am-12pm

Easy as Pie

Making a pie crust is not as hard as you might think. Come to this hands on class, get a tried and true recipe and make a crust to take home. Please bring a pie pan, a hand-held dough blender, a mixing bowl and a rolling pin. You will take home a crust ready for filling, just in time for the holidays!

Cost: FREE

FMI: Donna Tarasawa

541.753.3115 ext 328

stop by for a sample!

We have demos lined up for you all month, so stop by and have a taste!

Our demo diva Yadira Ruiz will be sampling out a variety of delicious recipes & comparatives every week, so stop by and enjoy a taste while you shop.

Wednesday
North
3:30-5pm

Thursday
North
5-6:30pm

Fridays
South
5-6:30pm

Saturdays
South
11:30-1:00pm

Harvest of The Month Tastings
with the Farm to School Program!

DECEMBER 3rd—Chicken Carrot Wrap!

South Store from 4:30 - 6:00 PM
North Store from 6:30 - 8:00 PM

*no demos: Dec 6th, 25th, 26th or Jan 1st.

Sparkling Wine Comparatives!

Friday, Dec. 27 at South 4:30-6:30

Tuesday, Dec. 31 at North 4:30-6:30



wine tastings

North Store : **NEW TIME!** 4:30-6:30pm Thursdays
South Store: **NEW TIME!** 4:30-6:30pm Fridays

co-op donations

OCTOBER 2013

The 7th Cooperative Principle is "Concern for the Community." First Alternative fulfills this principle in its role as a cooperative by donating to a variety of organizations in our community. In October, donations were given to these worthy groups or causes:

GLEANERS

Linn-Benton Food Share\$3058.06

SMALL DONATIONS

Engineer without Borders at OSU \$30.00
OSU Triathlon Club \$30.00
Greenbelt Land Trust \$30.00
Corvallis Parks and Recreation \$30.00
Linn-Benton Food Share \$30.00
Zonta Corvallis \$30.00

October's total donations: \$3238.06



Get a bean when you save a shopping bag... Each bean equals a 5¢ donation!

Our Beans for Bags program saves thousands of bags each year and helps fund local non-profit organizations.

October through December

Co-op Recycling Center
Chintimini Wildlife Center
Center Against Rape & Domestic Violence (CARDV)
South Corvallis Food Bank

Alternative Transporters of the Month



Lisa Wells



Walking is my favorite form of transportation. Walking lets me move at just the right pace to pay attention to plants, wildlife, birds, weather, the passing of the seasons and the people in my neighborhood. I feel at ease and happy when I am walking. I am blessed to live just a few blocks from the North Coop. Most of the tellers know me by name because I am there nearly every day. The North Co-op is my pantry. Thanks for being such a great store!



Oregon Organic products

We offer: *Quality*

- ★ Assorted Pickles
- ★ Albacore Tuna
- ★ Fruit Spreads
- ★ Salsa
- ★ Pickled Beets
- ★ Pickled Jalapeños

Thanks for Supporting

Sweet Creek Foods

www.sweetcreekfoods.com
541-935-1615

Sweet Creek Foods is proud to be supporting our local farmers. Our business is family owned & operated. We enjoy what we do, then we bring it to you.

look for us at your Co-op



December Local Color

Specials & DIY holiday gift ideas for friends & family!

Sale Period:
Dec. 4th-Dec. 31st
Special Order Deadline
Dec. 27th



Flyer A: Dec. 4th - Dec. 17th
S.O. deadline: Dec. 13th
Flyer B: Dec. 18th - Dec. 31st
S.O. deadline: Dec. 27th

Find more sales in our two-week Co-op Deals flyers!



bulk

- SUNRIDGE FARMS**
Organic Dark Chocolate Raisins reg. \$14.69 sale \$10.99/lb.
- SUNRIDGE FARMS**
Organic Dark Chocolate Espresso Beans reg. \$16.29 sale \$12.99/lb.
- BULK**
Organic Sunflower Seeds reg. \$3.29 sale \$2.99/lb.
- EDISON GRAINERY**
Organic Rice/Quinoa Elbows reg. \$6.69 sale \$5.99/lb.
- EQUAL EXCHANGE**
Organic Whole Roasted Salted Cashews reg. \$13.59 sale \$11.99/lb.
- EQUAL EXCHANGE**
Organic Whole Unsalted Cashews reg. \$11.89 sale \$8.99/lb.
- EQUAL EXCHANGE**
Organic Tamari Roasted Almonds reg. \$11.89 sale \$8.99/lb.



'tis the season for discovering new spices, nuts and tea blends! Surprise your loved ones with a small gift of bulk goodness! Include a few of your favorite recipes for a more personalized gift!

Visit firstalt.coop/category/holiday for more holiday inspiration!

coffee



- PACIFICA ORGANIC COFFEE** reg. \$10.79-12.99 sale \$8.39-8.79/lb.
Peruvian & River Mud
- ZAIDALIA ORGANIC COFFEE** reg. \$9.59 sale \$8.79/lb.
Breakfast Blend, French, Firenze, & Seasonal Blend



produce

Supporting local farms, families, and communities since 1970!

A Seasonal Favorite Satsuma Mandarin Oranges

Oregon winter means sweet citrus is in season! Enjoy the fresh, aromatic flavor of these refreshing fruits -- bursting with Vitamin C! Give the gift of good health with a decorated basket of satsumas!



This sweet winter citrus has a thin outer skin, making peeling simple! Enjoy the easy-to-separate segments as a healthy & refreshing snack. This juicy fruit also has prominent, aromatic oil glands, making it a perfect choice when recipes call for zest or fresh juice. What's my favorite way to eat a satsuma? To savor one first thing in the morning! ~ Jessica B.



wellness

CALENDERS

25% off

Start the new year on schedule! Something for everyone!

SOURCE NATURALS

Wellness Formula

35% off

All Wellness Formula products on sale!

GARDEN OF LIFE

Organic Green Super Food 35% off

Get the Scoop! New! Alkalizing and detoxifying formula.

GARDEN OF LIFE

Organic Raw Protein 35% off

Beyond organic protein formula

GARDEN OF LIFE

Organic Mini Meals 35% off

Excellent source of raw, plant-based protein, vitamins & essential amino acids!

GARDEN OF LIFE

Raw Organic Probiotics 35% off

All sizes, for Women, Men and Kids!

BOIRON

Oscillococcinum & ColdCalm

30% off

Be prepared with natural cough, cold and flu relief!

CARLSON

Finest Fish Oil

20% off

Liquids and caps on sale! Rich Source of DHA & EPA

FIRST ALT

Men & Women's One Daily Multi, 90ct 20% off

FIRST ALT

Vitamin D3 1,000 & 2,000 IU Softgels 20% off

Support your bone health and get your recommended dose of Vit. D during the winter months!

HERB PHARM

Winter Immune Support

20% off

Stay healthy this season! Choose from over 15 select winter support tinctures on sale during December!

Holiday Stress Support

VITANICA GABA Ease 60 ct reg. \$19.99 sale \$16.99

VITANICA Butterbur Extra 120 ct reg. \$41.49 sale \$34.99

VITANICA Adrenal Assist 90 ct reg. \$24.49 sale \$19.99



NEW labels!

'tis the season for focusing on your health and your family's well-being. Create a spa-in-a-box for a friend who could use a little R&R!

NEW WAVE ENVIRO

Kid's Stainless Steel Water Bottle

reg. \$11.99 sale \$8.99

12 oz., a perfect stocking stuffer!

NEW WAVE ENVIRO

Litter Free Lunch Bags

reg. \$29.99 sale \$24.99

Great gift for grandkids!



MINERAL FUSION

Cosmetics

15% off

The revitalizing benefits of magnesium, copper and zinc provide antioxidant defense against damaging free radicals!

MINERAL FUSION

Glow and Go

25% off

Get your favorite beauty balms, 3-in-1 color sticks, and the new volumizing mascaras.



Homemade Herbal Gifts for the Holidays



by Laurel Buley, Community & Clinical Herbalist

Making homemade holiday gifts can be quite fun & simple, while keeping you and your loved ones healthy this winter. Wishing you all wellness this holiday season!

Lavender Infused Massage Oil

Lavender is relaxing to the mind & body, making it a lovely before bed massage oil on your feet or temples. Alternatively, try dabbing it on your wrists or temples in the daytime to ease physical and emotional tension.

Supplies:

8 oz glass ball jar with lid
cheesecloth

Ingredients:

4 ounces grapeseed oil
4 ounces sunflower oil
½ ounce dried lavender
optional: 10 drops of lavender essential oil



How to:

Place the dried lavender into a clean jar (should be lightly "packed") and cover slowly with oils, until it has reached the brim. Cover tightly. Keep in a warm place like a sunny window or near a wood stove or furnace for 10-30 days. Alternatively, you can place the jar of oil & herbs (without the lid) in the oven on the lowest setting for 24 hours.

After infusing for desired length of time, strain the herbs out through a several layers of cheesecloth. Add essential oils if desired. Pour into small jars, label and enjoy!

Invigorating Winter Salt Scrub

Use a handful in the shower or bath to rub all over your skin, especially on rough patches. Rinse and pat dry. This scrub will exfoliate while leaving your skin relaxed and renewed. Wipe the shower or tub with a dry towel after use to pick up any extra oils.

Ingredients:

2 cups fine- or medium-coarse sea salt
1/2 cup oil of choice: avocado, jojoba, sunflower (feel free to blend the oils)
30 drops essential oil of choice: lavender (relaxing), sweet orange (awakening), or geranium (uplifting)

How to:

Place the salt into a large bowl and pour the oil in a tiny bit at a time (stopping when you like the consistency). Once blended, add the essential oils slowly, mixing after each drop. Scoop into individual containers—plastic is nice in the shower for safe keeping.

Immune Health Cider Mulling Mix

Ingredients:

1 cup dried astragalus root
1 cup cinnamon chips or sticks
1 cup dried elderberries
1 cup dried rose hips
½ cup star anise
½ cup dried ginger root
¼ cup dried orange peel
2 Tbsp whole cloves

How to:

Mix all ingredients in a large bowl. Pour mix into small glass jars and label with instructions for use.

Use approx. one full tablespoon of herb mixture per cup of cider. Gently simmer for at least 30 minutes or up to several hours for full benefit. This blend includes warming, immune building and anti-viral properties to support wellness in the cold & flu season. Drink several cups a week to keep winter illness at bay. Discontinue use during a cold or flu.

cheese

EMMI Handcrafted the traditional way in small village dairies according to recipes handed down for more than 450 years.	Emmentaler	reg. \$15.99/lb.	sale \$14.79
BELGIOIOSO	Fontina	reg. \$8.89/lb.	sale \$7.99
TILLAMOOK Extra sharp cheddar, aged three years!	Extra Sharp White	reg. \$5.59/ 8 oz.	sale \$4.99
KH DEJONG Aged Dutch Gouda with Mediterranean Herbs	Da Vinci Gouda	reg. \$12.59/lb.	sale \$11.39
CHAMPIGNON Soft-ripened Bavarian cheese with a hint of Blue	Cambozola Triple Cream	reg. \$16.99/lb.	sale \$15.29

Give the gift of local with a cheese and snack selection arranged with some of our favorite local products!



stocking stuffers

for your favorite coffee drinkers!

Surprise all your coffee-loving friends with a prepaid coffee card! **Save 10%** on our "bring-your-own cup" coffee cards during the month of December!

Happiness is a cup of coffee....



Oregon Snack Pack gift basket checklist:

- Willamette Valley Cheese Co.
- Fraga Farm Goat Cheese
- Rogue Creamery Oregon Blue
- Deck Farms Summer Sausage
- Oregon Cracker: Garden Vegetable
- Deschutes Jubelale English Ale

meat & deli

LONELY LANE Beef New York Roast
reg. \$17.39/lb. **sale \$13.99**
100% Grass-Fed & Local



CO-OP KITCHEN Shepherd's Salad reg. \$8.99/lb. **sale \$7.99**
A hearty winter salad with tangy feta & crisp green onions!



goat cheese

MONTCHEVRE Goat Feta	reg. \$5.19/ 7 oz.	sale \$4.69
MONTCHEVRE Assorted Chevre Logs A flavor for any occasion- great on bagels, salads, pizzas, or superb on a cheese platter!	reg. \$3.89/ 4 oz.	sale \$3.39
MONTCHEVRE Goat Cheese Crumbles Natural goat cheese, excellent topping for pasta	reg. \$3.99/ 4 oz.	sale \$3.59
MONTCHEVRE Cranberry Goat Cheese Crumbles Try this on a bed of fresh baby spinach with vinaigrette dressing!	reg. \$4.19/ 4 oz.	sale \$3.69

Surprise your sweetheart with Breakfast-in-Bed: Select your favorite goat cheese and pair it with a morning tea and some jam and crackers!

Bon appetit!

beer & wine

Oregon is brimming with local breweries and craft wine makers! Create a custom assortment of local creations for your favorite drink enthusiast! Don't forget some local treats to top off the basket!



Many people that know me know that I love great beer. This basket represents some of my favorite local beer (dark beer is what I prefer in the colder months) as well as some great local cheese and local crackers to provide great tasting accompaniment!
~ Brian P.



Local Beer & Snack gift basket checklist:

- Oregon Trail Bourbon Porter
- Rogue Farms Single Malt Ale
- Ninkasi Sleigh'r Dark Double Alt Ale
- Oregon State Universe T-shirt
- Oregon Cracker: Harvest Bounty
- Full Circle Creamery Diablo Cheese
- Rogue Creamery Oregonzola

The Willamette Valley is well known for its outstanding, world class Pinot Noir.

We have a beautiful selection of Willamette Pinot alongside a wide range of other notable, regional varieties! Consider giving a bottle of Oregon's finest for your next holiday gift!



grocery

- BONNE MAMAN Preserves** 13 oz. reg. \$4.49 *sale \$3.39*
 Assorted varieties // Almost as if it is coming straight from your grandmother's kitchen cabinet!
- 
TRUJOY Candy Canes 5 oz. reg. \$4.99 *sale \$3.99*
 Organic, corn syrup free, natural colors & flavors, vrgan and gluten free.
- 
DR. KRACKER Snackers 6 oz. reg. \$3.89 *sale \$2.69*
 Assorted varieties // Packed with seed and grain vitality, protein, fiber and essential fatty acids!
- 
TCHO Chocolate 2 oz. reg. \$3.99 *sale \$2.99*
 Assorted varieties // TCHO partners directly with growers. Rediscover chocolate like never before!
- FEVER-TREE Tonics & Sodas** 4 pk. reg. \$6.19 *sale \$4.39*
 Assorted varieties // Clean, subtle and balanced with authentic flavours and champagne-style carbonation.
- 
FLAVORGANICS Extracts 2 oz. reg. \$5.39 *sale \$3.99*
 Select varieties // Enjoy real extract flavors, great for any baking recipe!
- 
FLAVORGANICS Vanilla Extract 4 oz. reg. \$10.59 *sale \$8.99*
 From the finest imported vanilla beans in the world!
- 
HEAVENLY ORGANICS Raw Honey Patties reg. 49¢ each *sale 29¢ ea.*
 Assorted varieties // Great stocking stuffers!
- NAPA VALLEY Olive Oil** 25.4 oz. reg. \$13.39 *sale \$9.99*
 Rich & Robust, this full-flavored, buttery olive oil has a rich olive taste and a hint of pepper in the finish.
- 
PRINCE OF PEACE Assorted Teas 100 bags reg. \$6.69-7.69 *sale \$4.99-5.79*
 Sipping great teas while roasting chestnuts on an open fire ahhhh
- 
PRINCE OF PEACE Ginger Honey Crystals 10 ct. reg. \$4.39 *sale \$3.29*
 Try this therapeutic warming blend to comfort a sore throat, to aid in relaxation, or to soothe a tummy ache.
- 
R.W. KNUDSEN Select Juice Blends 32 oz. reg. \$4.69 *sale \$3.59*
 Enjoy the benefits of Cranberry Pomegranate, Cranberry Blueberry, and Blueberry Pomegranate -- all on sale!
- RUMFORD Baking Powder** 4-8oz. reg. \$1.79-2.99 *sale \$1.39-2.29*
 An all-phosphate baking powder so it does not contain any aluminum.



From the locally-baked bread and fig vinegar to the wine and cheese, a themed dinner basket is a great gift for newlyweds, family members, or a nice housewarming gift!



Italian-themed dinner gift basket checklist:

- Cucina Antica Pasta Sauce
- Palazzo Della Torre Italian Wine
- Tonnino Tuna with Olive Oil
- Bioitalia Tri-Colored Pasta
- Vincotto Fig Vinegar
- Montebello Linguine
- BelGioioso Parmesan
- Lucini Olive Oil
- Big River Baguette
- Fresh Garlic



chill & frozen

- 
THREE TWINS Ice Cream 16 oz. reg. \$4.29 *sale \$3.29*
 Assorted varieties // Enjoy a range of flavors with this best-in-class frozen treat!
- LING LING Potstickers** 13 oz. reg. \$5.19 *sale \$3.89*
 Choose between tender chicken and vegetable or just vegetable!



household

- GREEN FOREST Assorted Facial Tissues** 175 ct. reg. \$2.59 *sale \$1.99*
 Made from 100% recycled paper, whitened without chlorine, safe for septic systems.
- IF YOU CARE 100% Recycled Aluminum Foil** 50 ft. reg. \$4.99 *sale \$3.99*
 This product can also be recycled over and over again for reuse!
- WORLD CENTRIC Cornstarch Flatware** 24 ct. reg. \$2.79 *sale \$1.99*
 These eco-conscious utensils are made from non-GMO PLA & talc!
- WORLD CENTRIC Hot & Cold Cups** 12-16 oz. reg. \$4.29-5.19 *sale \$3.29-3.99*
 The cold clear cups are designed for drinks below 110 degrees F while the hot paper cups can withstand temperatures of up to 200 degrees Fahrenheit

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staff spotlight: Yadira Ruiz

What do you do at the Co-op and how long have you been working here?

I'm the Outreach Assistant on the Marketing team. I get to interact with the community in unique ways such as cooking recipe demos, teaching cooking classes and engaging groups with education about the Co-op. I also review donation requests, manage the Beans for Bags applications and quarterly donations, help folks book the meeting room, find interesting classes and instructors for our monthly class offerings and help with events such as Fall Fest and daVinci Days. I have been an employee at First Alt since November 2012.

What brought you to the Co-op?

The universe brought me here. About three years ago I got a nagging feeling that I should visit the Willamette Valley. I drove into town last October not knowing what was in store for me but wanting to get involved with the farming community. Within a few days, I had a job interview at the Co-op. It felt like I was supposed to come here even though I didn't know why exactly.

What do you like best about your job?

I love feeding people and talking about cooking, nourishment and food. It's so rewarding to see people's faces light up when they try a sample that I've prepared from scratch. They get excited about cooking and I get excited right along with them.

How has working at the Co-op affected your life?

Working at the Co-op put me face to face with Harry MacCormack (he came through my line when I was cashiering). He and his

partner, Cheri, gave me the opportunity to work on their farm. I had not had any luck finding a farm to contribute my time and energy to until that day. Farming my own land is part of my long-term goals; the Co-op has helped put me closer to that goal.

What are some of your favorite products at the Co-op?

Right now I can't get enough of La Mancha Hazelnuts. I also love Queen Bee Apiaries honey, Walker Farms Garlic Sausage and the NW Trail Mix in bulk.

What do you like to do outside of work?

I'm the kind of person who needs to work in order to feel fulfilled. Until recently, I had also been commuting to Eugene once a week to work at a restaurant but I decided to let that go and focus my extra time at the farm. When I am not at the Co-op, I am at the farm or walking my dog.

Where did you grow up/where have you lived in your life?

I wasn't born in the US but we moved here when I was about 3 years old. I've spent a significant amount of time in Washington State and Illinois but I've also lived in California, Nevada and Germany.

Tell us something about yourself others might not know

Not many people know me very well in this community. I tend to focus on my long-term goals and don't make much time for "getting out." It's really different being "unknown." In my last long-term home, I was a prominent community member. I couldn't go anywhere without running into someone I knew, I carried a pager because my job required me to be available 24 hrs a day, every day of

the year and to interact in really intense ways with people. It put me in a position of leadership and I was always on the go. My days were hectic and long. Even when I was working three jobs here, I wasn't as busy as I had been back in my last home. I like this quieter version of life that allows me to place my focus within.

If you had three wishes....

I'd have my chef's knife returned to me by whomever decided they needed it more than I do. I'd have my own farm/café. I'd have at least two kids and be able to reflect back on the beauty of this life with my grandkids.

Where are some of your favorite travel destinations?

I miss my Central Illinois family, I try to get back to the mid-west as much as possible. When I'm there I volunteer with my farm/chef mentors at Epiphany Farms Enterprise and eat at their farm to table restaurant, Station 220. I squeeze in as much "girl-time" with my friends as I can get and walk around taking in the familiar sites of home. I also love to camp on the shores of Lake Michigan at Warren Dunes State park in Michigan.

Where do you see yourself in 10 years?

On my 15 acre farm surrounded by the fruits of love and labor and shootin' the breeze with the locals at my café.

What music is playing in your car, home, or head?

Otis Redding at home, Pharcyde in the car and The Black Keys in my head.



What are your top 5 favorite things about Corvallis?

Sunbow Farm, Bald Hill, the weather, the Co-op (duh!), and the legit dude with the downtown hot dog shop who sharpens knives with a wet stone for crazy cheap.

What is one thing you would change at the Co-op?

The co-op's strong community roots have allowed it to grow into a full-fledged, successful business but some of the internal structures haven't exactly caught up with being as big and successful as it is. We're working on it but there are lots of growing pains. We need updated internal IT systems, more office space and more time for adjusting to the changes that come at us daily.

Art at the South Store

We have some very talented staff here at the Co-op, and we're so excited to share our art with you! You'll see a wide array of artwork like tattoo flash art, collages, graphic design, drawing, and photography.

Our artwork is as diverse as we are! Come check it out while you have lunch or coffee in the South Store Feast Café area.

If you would like to display your art at the South Co-op, call Customer Service at 541-452-3115 x 300



Anniversaries in December

Staff Anniversaries

Only one this month!

Blueberry, 1 year: Brie Lee-Tharp

Staff Positions: 20-40 hours per week with a regular schedule.

Paid Sub Positions: Paid Subs are trained in various departments to fill in for staff who are ill or on vacation or to fill a temporarily open shift.

Owner-Worker Positions: Co-op owners who work a 2-hour shift per week doing various duties such as stocking or helping in the deli.

ANNIVERSARY FRUITS

Every year a staff member works is represented by a different fruit that increases in size...

- | | |
|---------------|--------------------|
| 1. Blueberry | 14. Peach |
| 2. Raspberry | 15. Pear |
| 3. Cherry | 16. Apple |
| 4. Blackberry | 17. Orange |
| 5. Kumquat | 18. Grapefruit |
| 6. Strawberry | 19. Pomegranate |
| 7. Plum | 20. Mango |
| 8. Apricot | 21. Papaya |
| 9. Fig | 22. Cantaloupe |
| 10. Kiwi | 23. Honeydew melon |
| 11. Lime | 24. Pineapple |
| 12. Tangerine | 25. Watermelon |
| 13. Nectarine | |

After 25 years watermelons are designated with a hat containing the above fruits, starting with the blueberry for the 26th year, etc.

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health services guide

Advertise your health service for only \$35 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

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HELPING DOGS FEEL BETTER Carol Sweeney, PT, CCRT Physical Therapist, Certified Canine Rehabilitation Therapist. Located within Willamette Veterinary Hospital, 1562 SW 3rd St, Corvallis. Available for home visits. Written referral from a veterinarian is required. 541-908-9969.

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STRAIT HOLISTIC CLINIC, EVIDENCE-BASED NATUROPATHIC DOCTOR Dr. Robert Strait, ND integrates the best of naturopathic and conventional medicine in an evidence-based way to provide the safest and most effective primary and collaborative care. Learn more at StraitClinic.com, or call 541-514-8757. Located at 6450 SW Philomath Blvd, Corvallis.

TWO CRANES ACUPUNCTURE AND MASSAGE Let Acupuncture and Massage nourish your body, mind and spirit. Return to a natural state of balance and harmony, using Japanese and Chinese acupuncture, herbs, nutritional and exercise counseling, or therapeutic massage. Leesa Walters, L.Ac., LMT #13160, Randall Davis, L.Ac. 1230 NW Garfield Avenue (541) 738-6117.

WHOLE HEALTH CLINIC (AKA ACUPUNCTURE CLINIC OF CORVALLIS) DEAN JOHNSON L.AC. - Now featuring a new therapy - Acupoint Far-Infrared Heat - acupuncture without needles - all the benefit of acupuncture without being poked - plus is very effective for difficult problems. 541-753-5152 www.wholehealthclinic.com Serving Corvallis for over 20 years.



unclassifieds

Unclassifieds are only 20¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month

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"MORE THAN A FACIAL" INTRODUCING VIVIAN LUU now on board with the Oasis Team at FOF in Corvallis. Vivian has a wonderful healing touch! Come in and try our new "OFF with the Grit and Grime Facial," one hour treatment for \$65! Gift Certificates available for the holidays. By appt. only. 541-740-6522.

GREEN CLEANING Experienced, reliable, eco-friendly. Reasonable rates, excellent references. Call today for a free estimate! 541-602-5195.

HELP with bartering, trading, access resources, use "Hours Currency," other skills. Cash/trade. Ken, 541-929-4296.

TAL'S CARMİ REPAIRS AND REMODELS, LLC From minor repairs to new construction. So you can relax at home. 541-729-4810. ccb#174846.

ERRANDS, shopping, help around the house, dishes done, cooking help, etc. Ken, 541-929-4296.

MULTI-PURE WATER FILTERS FOR SALE Ken, 541-929-4296.

WEST AFRICAN DANCE CLASS with Ibrahima Sory Sylla Mondays 7:15pm-8:30pm at Oddfellows Hall, Corvallis. 541-513-1630

CERTIFIED HAKOMI THERAPIST Margot Vance-Borland, LPC has been a healing arts professional for 30 years. Her sessions are powerful and nurturing and designed to access the body, mind and spirit's deep healing wisdom. Reiki-Seichim classes and sessions are also available. Call 541-754-3595 to schedule. www.seichimcenter.com

RELAX AT OUR LINCOLN CITY BEACH HOUSE Spacious 2 bedroom/1927 era character and a great view of the ocean. Sleeps 6 and has easy beach access. Nicely stocked/luxuries. \$125/night. 10% discount for Co-op owners. 541-757-1104.

NORTHWEST REALTY CONSULTANTS has many listed and by-owner services for people interested in buying or selling their homes. Call us at 541-753-4567 or 541-928-8440 or visit us at northwestrealtyconsultants.com for more details.

NON-TOXIC CLEANING Offices and homes. www.OregonOrganicsCleaning.com 13 years locally owned and operated. Seniors, pets and children welcome. Dependable and efficient. Corvallis, Albany. 503-743-2318.

PARENT COOPERATIVE PRESCHOOLS in Albany, Corvallis, Halsey, Lebanon, Philomath and Scio offered by Linn-Benton Community College. For information call 541-917-4899 or visit www.linnbenton.edu/go/parenting-education

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Corvallis Doula Network. www.covallisdoulas.net.

KOMBUCHA, DRIED FRUIT, SCRAPWOOD Ken, 541-929-4296.

YARDWORK, WEEDING, PRUNING, SCYTHING, Lawns to gardens, general clean-up, recycling, other misc. labor, trailer-haul, mulch. Ken 541-929-4296.

PARENTING SUPPORT for families in Linn and Benton Counties. Find parenting tips, classes, and resources at www.ParentingSuccessNetwork.org. Parent Advice Line: 541-917-4899.

CORRECT PRUNING on ornamental and fruit trees. 13 years local experience. Call David, 541-758-7432.

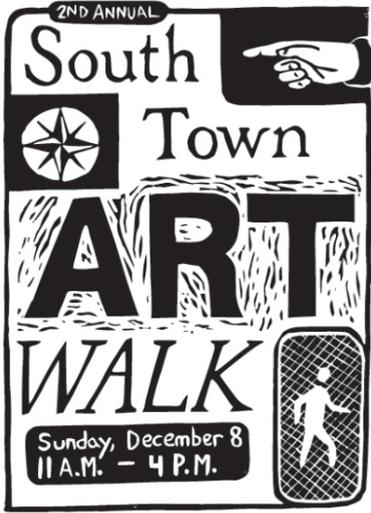
DRIED SEAWEED, DRIED MUSHROOMS for sale or trade. Ken, 541-929-4296.

TRUST THE CLEANING of your home, small office, rental or move in/out situation to AWESOME CLEAN. Owner operated, providing efficient, detailed, dependable service with reasonable rates. Non-toxic products and pet friendly! Excellent references. Call Tracy 541-730-1625.

CALL KORI THE SPOILER for your pet's good time! Will stay overnight with pets. 541-750-0006.

"MORE THAN A FACIAL" is now in the new "Oasis room" of the "Willamette Wellness Center" Caite, owner and operator 40 years ...voted BEST Facial in LA 2001 from Conde Naste' British Vogue! Offers skin care coaching, Micro-dermabrasion, enzyme peels, oxygen treatments, galvanic treatments, acne and rosacea treatments, and her Very Special "More than A Facial" includes crystals, magic oils, visualization, hand and feet massage, meditation and sage...call now and receive 10% discount with this ad. Back to school student special \$25 off facial (new clients). Gift Certificates Available ...By appt. only 541 487-4060 caite@morethanafacial.com and www.morethanafacial.com

2nd annual south town holiday art walk



Roaming South Corvallis on Sunday, December 8th promises to be an opportunity to meet creative neighbors and see new, beautiful artwork.

The second annual South Town Holiday Art Walk will open the homes and studios of about nine different artists from 11:00 am until 4:00 pm. Paintings, ceramics, murals, basketry, collage, three dimensional fabric art, wooden bowls and more will be shown and sold.

Exhibitors include fiber artist Deb Curtis, ceramicists Diana Ryan and Rebecca Mann, printmaker Julia Lont, mandala maker Maureen Frank, collagist Carol Soth, potter Denise Murry, wood turner John Flynn, fabric artist Linda Johansen and painters Joe Junker, Steven Lont and Joseph Pfeiffer-Herbert. Work by these artists has been seen at galleries and museums such as Earthworks, the Real Mother Goose Gallery, the Academy of Realist Art, the Springfield Museum, the HG television network and walls around Corvallis.

The tour has a facebook event at www.facebook.com/events/395804270546284. The artists are posting samples of their work there.

Tal Carmi and Miriam Edell provided the spark for the initial event in 2012. Seeking to build community and provide a showcase and outlet for the many artists in

the neighborhood, Carmi began calling a few neighbors who create beauty in a variety of media. Soon other creative neighbors asked to join. On the day of the art walk, droves of appreciative shoppers made their ways through Southeast Corvallis to view a variety of artwork and find gifts for loved ones.

This year, some of the same artists have returned, along with a few who are new to this event. Several of the studios will feature work from more than one artist. Diana Ryan is coordinating plans from her Diana Rose Studio in Southeast Corvallis. On December 8th, directories and maps will be at Diana Rose Studio, 1515 SE Bethel St. The artists recommend that walkers, cyclists and drivers start there to pick up a map. The studios are within about a mile of each other.

For information, contact Jay Thatcher at 541-758-9333 or Diana Ryan, dianabaz@gmail.com



letters

LETTER TO THE EDITOR POLICY

- Not all letters will be published.
- Letters over 250 words will be edited for length. All letters are subject to editing for length, spelling, grammar and clarity.
- All letters must include the author's name, street address and daytime telephone number. Addresses and phone numbers will not be published.
- The decision regarding the appropriateness of the topic will lie with the Editor.
- Letters concerning First Alternative Cooperative issues will take priority over those concerning more general issues.
- Letters regarding local food, environment and sustainability issues will take priority over national issues.
- Letters regarding political issues as they pertain to local food, environment and sustainability issues will take preference over those that do not.
- Letters concerning timely issues or events will take priority over those that are in regard to past events.
- Letters containing personal attacks or offensive or inappropriate language will not run.
- Letters are limited to one letter per person per discussion item.
- Letters are limited to one letter per person per month.
- Owners are given priority over non-owners.
- Opinions expressed are not necessarily supported by the Co-op board, staff or owners.

Send letters by email to thymes@firstalt.coop or mail them to 1007 SE 3rd St. Attn: Thymes. Deadline for submissions is the 15th of the month prior to the publication date.

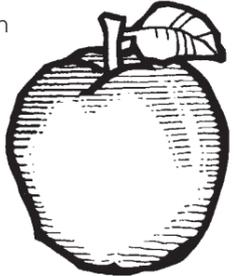
Organic cider a refreshing donation

Corvallis Parks and Recreation would like to thank you for supporting our Healthy treats and snack table at the October 31st All City Children's Halloween Party.

Your donation enabled us to purchase Organic Apple Cider to provide for our participants. Parks and Recreation's goal is to provide healthy, tasty alternatives to candy at the party and we were able to meet that goal.

The Corvallis Parks & Recreation department and Youth Volunteer Corps appreciate your contribution to such a fun community event. We look forward to working with you again in the future.

- Deb Curtis, Recreation Coordinator Corvallis Parks and Recreation



Economic Vitality Survey: speak now



In August 2013, the Economic Vitality Team of the Corvallis Sustainability Coalition launched a survey in order to determine the level and amount of interest in local investing. While we received numerous responses from the community, we have

decided to re-release this survey in order to capture even more community members who are interested in this project, especially potential investors and businesses looking to raise capital.

The survey is available at <http://tiny.cc/EVATsurvey>

Please fill out the survey by the deadline of December 6, 2013.

We would also appreciate your help distributing the survey to friends and organizations who are interested in helping our local businesses or to business owners themselves

Background:

The 400+ in attendance at the March 2013 Town Hall Meeting of the Corvallis Sustainability Coalition voted to make this year's focus for the Coalition "Local Investing." In response, the Economic Vitality Action Team convened a subcommittee to research projects, explore ideas, and propose next steps.

As an early step, the subcommittee has developed this survey to quantify the interest and capacity for local participation among potential investors and businesses seeking investment. Your confidential responses will help us understand and identify the needs of locally-minded investors and locally-owned businesses.

Next Steps

The survey results will be available for presentation in early January and we hope to formally present the results to the Corvallis Economic Development Commission in February. A future community-wide informational event on participation in local investing is tentatively scheduled for early spring 2014.

Computer Problems?

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-Louise Tippens, Director, Environmental Federation of Oregon

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Shake & Net

Reindeer Games at the Snow Castle

Certified Sustainable Farm www.sunrise-trees.com

MOM

MAGAZINE™

Check out the next issue for helpful tips in the Healthy Living MOM feature editorial from

First Alternative Natural Foods Co-op

www.mommag.com

December calendar

FREE COMMUNITY
HAPPENINGS
FREE EVENTS

2014 WELLNESS FAIR

Saturday January 11th

11 a.m.-3 p.m.

South Store

1007 SE 3rd Street, Corvallis

Our Wellness Team works really hard to provide the best available wellness products, locally-sourced items, supplements, herbal remedies, and body care. Come meet and interact with some of our favorite product vendors to learn more about their products and how they can benefit you! Start your year off in the right direction!

CHOOSE YOUR OWN OSD!

MORE SAVINGS FOR CO-OP OWNERS!

Save 10% on your purchases on one day of your choice each month! Receive the 10% case discount in addition to your owner discount when you special order a product by the case and purchase it on Owner Sale Day.

Case discount not applicable on sale prices

CLASSES AT THE CO-OP!

WANT TO HOST A CLASS OR EVENT?

Check out our Outreach page (pg. 6) for our monthly events and classes! Interested in hosting a community event or teaching a class? FMI: yadira@firstalt.coop

WINE & BEER TASTING

WITH LIGHT APPETIZERS

THURSDAYS

1ST & 3RD NORTH STORE 4:30-6:30 P.M.

wine + cheese + crackers

NOTE: No tasting at North Thursday, December 26th

2ND & 4TH NORTH STORE 4:30-6:30 P.M.

craft brew + cheese + crackers

EVERY FRIDAY

SOUTH STORE 4:30-6:30 P.M.

wine + cheese + crackers

Wine tastings and times are subject to change. Please check www.firstalt.coop for updates, schedule changes, and cancellations.



BOARD & COMMITTEE MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, Dec. 3rd 6-8 p.m.

North Store meeting room

FINANCE COMMITTEE

Wednesday, Dec. 4th 5:30-7 p.m.

North Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday, Dec. 10th - Noon

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, Dec. 17th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

South Store meeting room

EVENTS THIS MONTH

GRAPHIC NOVEL BOOK CLUB

Tuesday, Dec. 3rd, 6-7 p.m. Matt's Comics, 2075 NW Buchanan Ave. We will be discussing Freakangels, Volume 1 by Warren Ellis. New members always welcome, no commitment required. Ages 18+. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Corvallis-Benton County Public Library. FMI: Bonnie, bonnie.brzozowski@corvallisoregon.gov, 541-766-6965

LA LECHE LEAGUE BREASTFEEDING SUPPORT

Wed. Dec. 4th, 10 a.m. Multicultural Literacy Center, 128 SW 9th St. Info and support for women who are breastfeeding or pregnant. Babies and children welcome. FMI: 541-766-0055. lalecheleagueoregon.webs.com/localcorvallis

CORVALLIS MULTICULTURAL LITERACY CENTER

INTERNATIONAL HOLIDAY CRAFT BAZAAR Dec. Friday, Dec. 6th, 10 a.m.-5 p.m. & Sat. Dec. 7th, 9 a.m.-1 p.m. Corvallis Multicultural Literacy Center, 128 SW Ninth St. Holiday Bazaar featuring handmade items made by people from other countries and cultures, a rummage sale, silent auction (to benefit the center) and homemade baked goods. FMI: www.cmlcenter.org, 541-754-7225

33RD ANNUAL HOLIDAY MARKETPLACE

Friday, Dec. 6th, 10 a.m.-6 p.m. Beautiful Handmade Crafts, Fine Art and Specialty Foods made by 60+ Oregon Artisans. Juried event featuring high quality Unique Gifts and Live Musician Entertainment. FMI: craftcenter@oregonstate.edu

6TH ANNUAL HOLIDAY SALE AT CLAY SPACE

Dec. 6th-8th. Clay Space, 222 Polk, Eugene, OR 97401. We have 20-25 artists, doors open on Friday, Dec. 6th at 3 p.m. The weekend will be a lively mix of wonderful art and craft items for sale and celebratory treats throughout the weekend. Event ends Sunday, Dec. 8th at 5 p.m. FMI: auntietanker@gmail.com

CORVALLIS COMMUNITY DRUM CIRCLE

Sat., Dec. 7th, 7-8 p.m., 101 NW 23rd St. Instruments provided or BYO. All ages. FREE. FMI: Michelle, drumcircleconnection@gmail.com

OSUSED STORE END-OF-YEAR CLEARANCE DAYS

Dec. 18 & 19th: 12-3 p.m. 21st, 9 a.m.-noon. 644 SW 13th St. We're open for extra days with prices dropping each day. Find used furniture, computers, household items, office supplies and more. Visit our website for a full calendar. FMI: 541-737-7347, surplus.oregonstate.edu

ONGOING EVENTS

CORVALLIS PARENTS & FRIENDS

A place for parents and their kids to make new friends, & get support for parenting and pregnancy. FMI: corvallisparentsnetwork.ning.com

HEALTH AND HEALTHCARE FORUM TV

Wed. @ 8 p.m., Thurs. @ 9 p.m., Sat. @ 1:30 p.m. & Sun. @ 5:30 p.m. 30-minute program series, Ch. 29. Guests discuss diverse health issues. FMI: rlhall@peak.org, 541-758-9340

INTRODUCTION TO THE ART OF BEING

Healthy, Abundant, Playful & Peaceful You Workshops, with Traci Merritt FMI: 541.760.8557, www.radiatelife.com

BUDDHIST PRACTICE SGI-USA

Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: 541-753-6170

BAHA'I DEVOTIONAL PROGRAMS

The Baha'i communities offer many devotional gatherings throughout the county in English & Spanish. Locations vary. FMI: 541-745-7916, linnbenton.local.bahai.us

TRADITIONAL SHOTOKAN KARATE

Tuesdays and Thursdays, 7-9 p.m., Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, 541-754-3254

LIVE MUSIC @ 'FIREWORKS'

Fri-Sun nights, Mon open mic. 1115 SE 3rd St. FMI: 541-754-6958, www.fireworksvenue.com

CULTIVATE SPIRITUAL GUIDANCE

Schedule TBA, Discover how to cultivate a personal relationship with your own inner spirit with the Urantia Book. All welcome. Some loaner books available. FMI: Doug, 541-207-6333 or David, 541-929-6358

VIGIL FOR PEACE

Every day, 5-6 p.m. Alternatives to War sponsors a vigil for peace at the Benton County Courthouse, 120 NW 4th St. FMI: Ed, 541-752-3152

CORVALLIS VEG EDUCATION GROUP

holds dine-outs and potlucks. FMI: www.corvallisveg.org, corvallisveg@gmail.com

SUNDAYS

ALL BODIES IMPROV

Sundays, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. Join us as we explore movement using the forms of Movement Improvisation. These forms give us a unique opportunity to profoundly connect with each other and have better access to movement. It is this connection that forms the richness of the experience. Donations gladly accepted. FMI: info@livewellstudio.com

FALUN DAFU GROUP

9-11 a.m. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong 541-754-9938

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

10-10:45 a.m. & 11 a.m.-12 p.m. 435 NW 4th St. Inspirational Reading, Meditation, SRF Worldwide Prayer Circle, Study Kriya Yoga through Paramahansa Yogananda's teachings. All are welcome! FMI: www.corvallismeditation.org

EVERY HOUSE NATURE CENTER OPEN HOUSE

2nd Sundays, 12-4 p.m. Avery House Nature Center, 1200 Avery Park Lane. FMI: info@corvallisenvironmentalcenter.org

CORVALLIS ZEN CIRCLE

sits 10 a.m.-noon. FMI: Abby, 541-754-4124

NATURALIST ADVENTURES

Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9 a.m.-12 p.m. For meeting place, see website. FMI: www.neighborhood-naturalist.com, 541-753-7689

MONDAYS

WELLMAMA PREGNANCY & POSTPARTUM STRESS SUPPORT GROUP

Mondays 12:30-2 p.m. Corvallis Multicultural Literacy Center 128 SW 9th St. Our services accommodate the whole spectrum of reproductive emotional and mental health concerns. FMI: Csilla Andor, 541-231-4343 or www.wellmama.net

VETERANS FOR PEACE CHAPTER MEETING

Every 4th Monday, 6:30-8 p.m. UUFC, 2945 NW Circle Blvd. All are welcome. Come help us "Wage Peace." FMI: info@vfpccorvallis.org

AMNESTY INT'L WRITERS GROUP

2nd Monday, 7 p.m., First United Methodist Church, 11th & Monroe Rm #106-B. Write letters to prisoners of conscience. FMI: 541-619-1379

MINDFULNESS MEDITATION

Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. Every Monday, 5:30-7p.m. Corvallis Friends Meeting House, 33rd & Polk. We draw from this 2600 year old tradition, though you do not need to be buddhist. All are welcome. FMI: Ken, ken.oefelein@gmail.com

TUESDAYS

CHAIR YOGA

Tuesdays 4:15p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. The benefits of yoga regardless of injuries, health limitations, or mobility. Well suited to individuals living with M.S., Parkinson's, Cancer, A.L.S., or those recovering from injury or surgery. By donation. FMI: frontdesk@livewellstudio.com

CORVALLIS MEDITATION COMMUNITY

Learn meditation techniques to relax and recharge body and mind. Tuesdays 5:30-6:30 p.m. 3311 NW Polk St. FMI: Carolyn, 971-218-6798, RASALILA2@yahoo.com

CELTIC JAM

Every Tuesday, 7-9 p.m. Imagine Coffee Live Arts, 5460 SW Philomath Blvd. All levels of players are welcome. FMI: 541-286-4340, imagine.cof@gmail.com

"A COURSE IN MIRACLES" STUDY GROUP

Tuesdays 7:30 p.m. Call for location. Anyone familiar with this book may join our friendly study group. We read and discuss after a brief meditation. Kindly bring your own copy. FMI: George, 541-754-9051, call anytime after 11 a.m.

MARY'S RIVER WATERSHED COUNCIL MEETING

Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. Monthly board meeting. All welcome! FMI: Xan Augerot, 541-758-7597, coordinator@mrwc.net

DINING FOR WOMEN

Corvallis Chapter Third Tuesdays. 6 p.m. Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: www.diningforwomen.org

WEDNESDAYS

TAI CHI CLASSES

5:30-6:30 p.m., Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class cost: free. Class fee: commitment to practice. FMI: 541-760-9328, <https://sites.google.com/site/wutantaichi>

CORVALLIS BELLY DANCE GUILD

Weds., 8 p.m. Old World Deli, 341 Southwest 2nd St. Live, FREE performances. FMI: Lyanna, lyannadance@yahoo.com

HEART OF THE VALLEY BIRTH NETWORK

Every 3rd Wed. 6-7:30 p.m., Waldo Hall, rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org

THURSDAYS

GREEN TARA MEDITATION GROUP

7-8:20 p.m., Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. Everyone is welcome. FMI: susan.salveson@hotmail.com

YOPI Thursdays

2 p.m. Live Well Studio, 971 NW Spruce Ave Ste 101. Adaptive Yoga & core strengthening Pilates all from the mat. Poses are adapted to provide flexibility, strengthening, and balance. By donation. FMI: frontdesk@livewellstudio.com

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

7-8 p.m. 435 NW 4th St. Meditation, Inspirational reading, SRF Worldwide Prayer Circle Study the teachings of Paramahansa Yogananda, author of Autobiography of a Yogi. All are welcome! FMI: www.corvallismeditation.org

DANCES OF UNIVERSAL PEACE

2nd Thurs., 7-8:30 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn, heart-awakening circle dances honoring spiritual traditions from around the world. \$5-10 donation requested. FMI: 541-704-0680, barbwoehle@comcast.net

REIKI HEALING CIRCLE

2nd Thurs., 7-9:30 p.m. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, 541-754-3595

FREE TEEN YOGA

Thurs. 4-5 p.m. LiveWell Studio, 971 NW Spruce Ave, Ste 101. With yoga you can get stronger and more flexible, feel happier, relieve stress and relax! All teens welcome. Taught by volunteers. FMI: frontdesk@livewellstudio.com

FRIDAYS

CORVALLIS UKULELE CABARET

First Fridays, 7-9 p.m. First Alternative Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam & singalong. Free, fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes of Ukes of Hazard. FMI: 541-753-8530

SATURDAYS

PLANET BOOGIE

Saturdays: Nov. 16th & Dec. 21st. Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. FMI: www.facebook.com/groups/planetboogie

FREE WINE TASTING

Every Saturday, 9 a.m.- 6 p.m. Wineopolis, 151 NW Monroe, Suite 103. FMI: Jerry Larson, 541-738-1600, wineinfo@cmug.com

AUDUBON FIELD TRIPS

2nd Saturdays. 7:30 a.m. The trips are great for beginner birders and birders new to Oregon's mid-valley area. We visit National Wildlife Refuges and other local birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

CORVALLIS SECULAR SOCIETY

3rd Saturdays. Meet 2-4 p.m., Corl House in Woodland Meadows Park. FMI: 541-754-2557, CorvallisSecular.org

GLUTEN FREE SUPPORT GROUP

4th Saturdays, 10 a.m.-12 p.m., First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: 541-602-1065

BUDGET Bites

Meal plan, shopping & recipes for 2 adults, 6 nights, under \$50

Each Budget Bites issue has a meal plan, shopping list and recipes for six dinners that feed two adults, often with leftovers. The total is always under \$50. Pick up a new issue each month at Customer Service or find 4 years of archives online at firstalt.coop

-Emily Stimac, Marketing

Tofu Cabbage Rolls

Cabbage rolls are a classic holiday dish at Grandma Hattie's. I replaced the beef with tofu for a lighter twist.

- 1 block tofu
- 1 egg
- ¼ cup milk
- ¼ onion, minced
- 2 cloves garlic, pressed
- 2 Tbsp ketchup
- 1 tsp dill
- 1 tsp paprika
- ½ tsp salt
- ½ cup cooked rice
- 6 cabbage leaves
- ½ can muir glen chunky tomato sauce
- 2 cups broth
- 2 Tbsp Worcestershire sauce, divided

Mix tofu, egg, milk, onion, garlic, rice, ketchup, 1 Tbsp Worcestershire sauce, salt and pepper together in a bowl. Put 1/6 of the mixture onto a cabbage leaf and roll, sealing edges (remove thick center ridge). Arrange rolls in a dutch oven or oven safe dish with a lid and top with tomatoes and broth. Bake at 350° for 1 hour.

December Menu	
One-Pot Greek Pasta	Philadelphia Rolls
Teriyaki Chicken	Chicken Fried Rice
Tofu Cabbage Rolls	New England Tart



Stay well this holiday with wellness team favorites

The holidays are a time of celebration and rejoicing. Unfortunately though, with all that shopping, cooking and entertaining comes stress and exhaustion which can weaken our immune systems, causing us to fall prey to the many germs frolicking about and that's no way to enjoy the merriment. That's why self care is key, especially this time of year. What better gift to give your loved ones than some tools to pamper themselves? The wellness team has you covered for all your holiday survival kit essentials. Here are a few of my new favorites:

Terra Firma Chocolate Herbal Elixirs. This Local 6 product is the perfect gift for your favorite herb-loving locavore. These tasty little concoctions are a sweet way to enjoy your herbs and come in 4 varieties.

Fuego—A spicy treat sure to warm you up on those chilly days.

Adapt—featuring Reishi mushroom, Immune support never tasted so good.

Rhapsody—featuring Kava Kava. The perfect way to relax by the fire. Add it to your cocoa for magical chocolaty goodness!

Passion—featuring Maca. Just the thing to sip under the mistletoe!



Speaking of Mistletoe... Don't be caught under it without Booda Organics Booda Butter Naked Lip Balm. Perfect for vegans and the people who love them! Also check out Booda Butter Daily Moisturizer for the body, face and hair. Both are 100% vegan, soy and gluten free and contain only 5 ingredients.

Indigo Wild is back this season with some fun items that make great stocking stuffers! 2 oz almond scented soy votive candles, Zum Mist aromatherapy room and body mist (available in spruce or frankincense and myrrh), and goat milk mini-bar soaps, available in three irresistible scents: holiday almond, spruce or frankincense and myrrh. Try all three with our goat soap mini bar 3 pack!

May your days be merry and bright!

Your wellness team

- Casey Strickland

New South Co-op Raingarden is Planted

The new raingarden created on the southwest corner of the South Co-op from two parking spaces was planted by members of the Corvallis Sustainability Coalition's Three Waters Project and students from Crescent Valley High School in November. Two hundred and forty-nine native Willamette Valley rushes, sedges and flowering perennials are now rooting into the garden and beginning to green up the south side of the store. Two new interpretive displays have been installed and a third one will appear in early December. The raingarden and the nine rain tanks that collect water from 5,600 square feet of rooftop preventing about 150,000 gallons of stormwater from annually draining to the City's Wastewater Treatment Plant. The collected water slowly infiltrates into the local aquifer or is stored for later irrigation when it is not raining. So, the next time you are at the South Co-op eat a snack on the rustic, local, native wood, hand made stools and tables overlooking the raingarden. And check out the garden and the interpretive displays.

- David Eckert, Three Waters Project

Left: Volunteers teamed up to plant the rain garden in November. Photo by Owen Dell



STAY NOURISHED WITH SMOOTHIES!

12oz.
ASSORTED SMOOTHIES
\$2.29 EACH REG. \$2.79

64 OZ.
SUPERFOODS
\$5.99 EACH REG. \$8.99

NOV 29 - DEC 29

Africa Inspired *dotcoop award recap; recipes & photos!*

A trip to South Africa was not on my bucket list, but when the Co-op won the dotCoop Global Award for Cooperative Excellence and I was selected to be the one to accept the award, all of that changed. My husband, Mark, and I flew to Cape Town, South Africa on a very long 28-hour trip. We spent a few days sightseeing in and around Cape Town in addition to the time we spent at the International Cooperative Alliance (ICA) General Assembly conference.

Attending the ICA international conference was an experience to be remembered. There were 88 countries represented, sessions being interpreted into 8 different languages, and high-level decisions and discussions taking place. Delegates from countries across the globe had voting privileges in electing the new ICA board as well as ratifying decisions. Workshop sessions were offered on sustainability, identity, finance, food security, community

who sponsors the .coop domain (as in firstalt.coop). We were invited to apply for the award and dotCoop chose the winners. The application was based on how we promote the .coop domain, what we do to educate people about the cooperative model, how we promote co-ops and co-op principles on our website and in our day to day business and what we do that sets us apart from other businesses. Four co-ops received the award, one each to a small, medium and large cooperative (we are medium-sized in this sense), and one to a cooperative organization whose business is to coordinate other co-ops (similar to our own National Cooperative Grocers Association).

Cape Town is a beautiful coastal city of 3.7 million people, set at the foot of Table Mountain National Park. We rode the cable car to the top of Table Mountain, where there are beautiful views of the sprawling city below. We toured the city itself, were driven by a private chauffeur down the coast to Cape Point and the Cape of Good Hope, and went on a safari! Our love for the ocean made seeing where the Indian and Atlantic Oceans meet an amazing experience, and my dream to see lions, giraffes and zebras came true. We saw those three animals plus many more!

The van taking us to the safari and the city sightseeing bus both took us past townships where the poverty that is rampant in South Africa was very apparent. Those villages made a big impact on us, as well as District 6, which is the area of Cape Town where 60,000 people were forcibly removed from their homes and relocated in the Cape Flats during Apartheid and their homes were bulldozed to the ground. The area remains relatively empty to this day. We also saw acres and acres of vineyards (called wine farms) and beautiful terrain.



I hope you enjoy these African recipes while you celebrate along with us the receipt of the Global Award for Cooperative Excellence! Thanks to all of our staff, board, owners and customers for making our Co-op the best in the world!

- Donna Tarasawa



services and legal framework as well as plenary sessions on sustainability, capital and identity. We were one of the few North American co-ops represented; there were housing co-ops, fishing co-ops, agriculture co-ops, craft co-ops, but we were the only grocery co-op.

The award we received was given to us by dotCoop,



Beet, Squash and Feta Salad

Serves 5-6

1 medium butternut squash	¼ cup finely chopped cilantro
3 Tbsp olive oil	¼ cup finely chopped mint
Salt & pepper	2 Tbsp honey
4 medium sized beets	¼ onion, finely chopped
pumpkin seeds	2 Tbsp balsamic vinegar
sheep feta, diced	1 Tbsp brown sugar
Mesclun mix greens to serve 4	½ cup olive oil
Dressing:	Salt & pepper to taste
2 bulbs of garlic, roasted	



Preheat oven to 400°. Cut the garlic bulbs in half, exposing all the cloves. Wrap in foil with 1 Tbsp. water. Roast for 1 hour until cloves are soft.

Place cubed butternut on a baking tray, drizzle with olive oil and season with salt & pepper. Roast for 40 minutes, until golden and slightly charred. Boil beets with blossom end and root end intact until tender crisp. Drain and place in cold water. When cool enough to handle, remove the blossom and root and slip the skin off. Cut into bite-sized cubes.

Mix all dressing ingredients together in a food processor and blend well. To serve, place greens on a chilled salad plate, add pieces of beet and squash, a sprinkling of pumpkin seeds and feta. Drizzle dressing over top.

African Pea Chop

Serves 5-6

1 chicken, about 3 lbs
 ½ cup unsweetened shredded coconut
 ½ cup peeled and diced yellow onion
 ½ Tbsp dill weed
 2 whole bay leaves
 ½ cup Earth Balance Coconut Peanut Butter Spread
 Cornstarch
 Salt & freshly ground black pepper
 5 bananas, not too ripe, peeled and halved lengthwise
 Butter for frying the bananas
 1 can unsweetened pineapple chunks, drained
 ½ cup dry-roasted peanuts

Place the chicken in a large pot and add the onions, dill and bay leaves. Add enough water to not quite cover. Bring to a boil and then turn down to a simmer and cook for 45 minutes. Remove the chicken from the pot and set aside. Remove the skin and discard. When chicken has cooled enough to handle, remove meat from the bones and cut into bite-sized pieces.

Add peanut butter to the stock and mix well. Mix 3 Tbsp. cornstarch with ½ cup cold water and stir to dissolve. Stir into the stock and stir over heat until thick. If it is not thick enough for you, add more cornstarch and water. Add salt and pepper to taste. Return the chicken to the pot and reheat. Fry the bananas in a bit of butter just until browned. This will take little time. This dish is traditionally served buffet style. The guests put rice on their plates, then chicken and sauce on top. The fried bananas and pineapple are next, with the coconut and peanuts on top.

Malva Pudding Cake

¾ cup sugar	1 tsp vinegar
2 eggs	⅓ cup milk
1 Tbsp apricot jam	Sauce:
½ cup + 2 Tbsp baker's choice flour	¾ cup heavy cream
1 tsp baking soda	3 Tbsp butter
½ tsp salt	½ cup + 2 Tbsp sugar
1 generous Tbsp butter	⅓ cup hot water
	1 tsp vanilla extract

Preheat oven to 350°. Beat the sugar and eggs in a food processor until thick and lemon colored. Add apricot jam and mix thoroughly. Stir together the flour, soda and salt. Melt butter (do not boil!) and stir in the vinegar and milk. Alternate adding wet & dry mixes to the egg and sugar in the food processor, processing between each addition. Mix well and pour into an 8x8 glass baking dish. Bake 25 minutes.

While cake is baking, mix sauce ingredients in a saucepan and heat until well blended. After 25 minutes of baking, take cake out of oven. Make holes in cake and pour sauce over it. Return to oven and bake for an additional 20-25 minutes or until cake is set. To serve, cut cake into serving sized pieces and place on individual soup plates. Pour additional warm sauce over top, if desired. Serve immediately.

