



Learn All About the 7 Cooperative Principles —pg. 3

THYMES

COMMUNITY MARKET MONTHLY
FEBRUARY 2015 VOL. 36 • ISSUE 2

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Dear Corvallis,



Valentine's Day is Saturday, February 14th
Corvallis & The Co-op

Happy Valentine's Day

Forever yours,
First Alternative

WE ♥ HEALTHY'S



Keep your ticker tip-top with regular cardiovascular exercise, plenty of rest and relaxation, and a balanced diet that includes choices like...



BROCCOLI

There's a veritable forest of heart-healthy beta carotene, vitamins C & E, folate, calcium, and fiber in these tasty trees.



FLAX SEEDS

These little seeds go a long way. They're crammed full of omega-3's and -6's. Sprinkle on oatmeal or cereal.



ALMONDS & WALNUTS

Walnuts are loaded with Omega 3's, while almonds are a great source of mono- and polyunsaturated fats.



DARK CHOCOLATE

Full of flavonoids, antioxidants that help encourage healthy arteries and veins, small doses of dark chocolate can be a heart-healthy treat.

AVOCADO

Avocados are packed with healthy fats, and they allow for better absorption of other caretenoids.



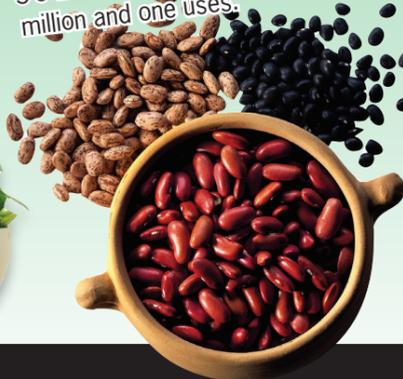
SPINACH

This green, leafy goodness is packed with lutein, folate, potassium, and fiber



LEGUMES

A tasty source of omega-3's and soluble-fiber, and a million and one uses.



OATMEAL

Keep those arteries clear with a fiber-rich breakfast that can help lower bad cholesterol (LDL).



SALMON

Crammed full of omega-3 fatty acids, regular servings of salmon can be effective in reducing blood pressure.



www.firstalt.coop

More heart healthy ideas on pg. 4

"Spirit and matter are there, the race and the individual, evolution and permanence; life and death, the past and the future; all gathered together in a retreat that our hand can lift and one look of our eye embrace."

—Maurice Maeterlinck, *The Life of the Bee*, 1901

Quote courtesy of Elizabeth Rowan, Beetanical Apiaries.





Erik Rose
Co-op Board

from the Board of Directors

When I am packing up my groceries, I sometimes listen to the cashier ask the next customer for their Owner number. If the person is not an Owner, sometimes they ask how much it costs to purchase a share. They may also ask: what are the benefits of membership? Any discounts, special deals, etc.?

Several Owners have insisted to me that they did not join for the purpose of getting a discount or special deal at all—being a part of the Co-op and supporting the shared mission provides its own sense of accomplishment and reward.

As I examine the history of the Co-op, there is a blurred line as to whether discounts were a reward for volunteers for working, or to members for being Owners. Today staff receive an employee discount in lieu of the normal Owner discounts, but as far back as 1978 the Co-op instituted a 5% surcharge for non-members when creating the initial membership system, implying that being an Owner [Ed: or member as they were called then, before we became a true Co-op] should have its privileges.

In an era when a popular vote nearly passed a statewide GMO labeling bill, it is hard to remember when the First Alternative was the only store in town where you could find organic produce.

As a member of the Board of Directors, I was disappointed to see the bill, which would have benefited our Co-op, fail.

Owners often inquire about the GMO content of our products, and the Staff currently spend considerable time and resources providing this information. I also receive correspondence from Owners asking us to boycott GMO products or products from companies that supported the anti-labeling campaign. The Co-op has always been a pioneer in high product quality standards, especially regarding sustainability and local sourcing. Access to the high quality food we provide is one of the privileges of Ownership.

Here, then, are my questions:

Should there be additional benefits that Owners receive that other customers do not? What return on investment should the new Owner expect from their share? What is more important to you—leading the field in sustainability and health, or leveraging our cooperative buying power to reduce the cost of providing quality food for your family? What direction would you like to see the Co-op move in the future?

Let me know how you feel by sending me an email at erik.w.rose@gmail.com. Feel free to write the whole FA Board, about this or any other Co-op issue on your mind, at faboard@peak.org. We look forward to hearing from you! 🐾



Cindee Lolik
General Manager



Peg Nolan
NCG



Frank Worrell
NCG

from the Managers

It's an exciting time here at the Co-op! Our Leadership Team would like to congratulate all the new Department Managers and Department Assistant Managers who began their new positions on Dec 28th.

It's always exciting to create new opportunities for our staff, and to be able to change our Department Management structure by promoting current staff members. Now, they can make their talents, and our Co-op, shine.

Having Department Managers and Assistant Managers who can concentrate on one

store is going to increase our ability to offer all of our Owners and customers the best choices for local, organic, and natural foods in Corvallis and the surrounding area.

Without further ado, we direct your attention to the two columns on the right where we have laid out this exciting new structure. There are a number of familiar faces in new places. Next time you see one of them in the store, take a moment to congratulate them. They're all working hard to make your store a better place. 🐾

MEET OUR NEW MANAGERS



Brian Peat
Store Manager

SOUTH STORE



Bill Genne
Store Manager

NORTH STORE

Grocery & Bulk



Stan Horsey
Manager



Kate Ottersten
Assistant Manager

Grocery & Bulk



Chris Johnson
Manager



George Brown
Assistant Manager

Produce



Bernie Kurten
Manager



Carli Landucci
Assistant Manager

Produce



Ebony White
Manager



Clayton Marion
Assistant Manager

Deli



Natalie Lagerquist
Manager



Holly Smith
Assistant Manager

Deli



Jeannie Holiday
Manager



Ashley Caspell
Assistant Manager

Front End



Amy Bassett
Manager



Donna Pezzullo
Assistant Manager

Front End



Paige Merritt
Manager



Phil Hochheiser
Assistant Manager

Wellness



Susie Willis
Manager

Wellness



Sara Spencer
Manager

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. It can also be viewed online at www.firstalt.coop.

Editors. Donna Tarasawa, Adam Payson

Design/layout. Adam Payson, Jessica Brothers

Photography Adam Payson, Jessica Brothers, Emily Stimac

STORE LOCATIONS & HOURS

SOUTH STORE: 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115
NORTH STORE 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

HOURS: Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop • **Email address:** firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop • **FA Board's email:** faboard@peak.org

CO-OP BOARD MEETINGS

Owner Relations Committee

Tuesday, Feb. 3rd - 12:15 p.m.
South Store meeting room

Board Recruitment & Elections Committee

Thursday, Feb. 19th - 6 p.m.
North Store meeting room

Finance Committee

Wednesday, Feb. 11th - 5:30 p.m.
North Store meeting room

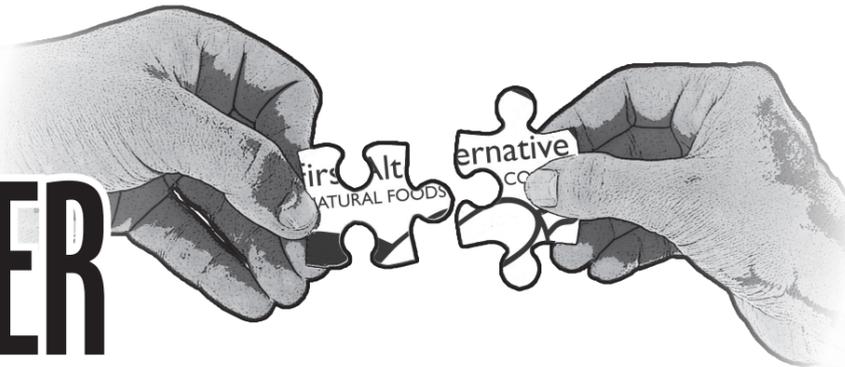
Board of Directors

Tuesday, Feb. 24th - 6:30 p.m.

South Store meeting room

Owner comments welcomed in first 10 minutes.

STRONGER + TOGETHER



EXAMINING THE SEVEN COOPERATIVE PRINCIPLES

In the late 18th century, as we transitioned from an agrarian society where people and communities produced much, if not all, of their own food, to an industrial one where production of food and other essentials was increasingly privatized and consolidated by a wealthy few, cooperatives became a necessity.

In the face of overwhelming odds, farmers, producers, and consumers teamed up, consolidated their power, and developed a set of cooperative principles to push back against the industrialized tide. The groundwork these pioneers laid still serves and informs cooperatives worldwide, including First Alternative.

Starting this month, we will be examining, one by one, the seven basic principles that help provide a democratic structure for the co-ops of the world. But first, what are these seven principles, and where did they come from?

The Seven Principles:

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training and information
6. Cooperation among cooperatives
7. Concern for community

The Rochdale Society of Equitable Pioneers

Founded in 1844, the Rochdale Pioneers weren't the first cooperative, but they quickly became the standard bearers.

Most of the co-ops founded in the late 18th and early 19th century had foundered and failed by the time these skilled laborers and tradesmen in Rochdale, Lancashire, England banded together. The odds were just as stacked against the Pioneers, but it seems the world was finally ready.

The seven principles that the Pioneers laid out became a template for others, and just a decade later, there were over 1,000 cooperatives in Great Britain. That number continued to grow.

The First Principle: Voluntary and Open Membership

The International Co-operative Alliance (*Ed: the older, hyphenated spelling of cooperative is still hanging on in places*) defines the first principle thusly:

"Co-operatives are voluntary organisations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination."

Words worth living by. Here at First Alternative we say it this way, "Anyone can shop, anyone can join." And we mean it.



Toad Lane Museum, former home of the Rochdale Pioneers.

Becoming a Co-op Owner

Anyone can become an Owner. The price of an Owner Share is \$70, which you can pay all at once, or in monthly installments after a down-payment of either \$10 or \$20 dollars.

We encourage those who are able to increase their equity beyond the base \$70 dollars. Oregon State Law allows you to contribute up to \$300 dollars in total equity.

However much equity you have in the Co-op, it's 100% refundable at any time, in accordance with our bylaws withdrawal policy.

Becoming an Owner gives you a stake in the Co-op. Owners guide the Co-op by electing our Board of Directors and voting on referendums. The equity our Owners contribute helps us purchase products, buy necessary equipment, and make improvements to our stores. More equity allows us to give you a better shopping

experience and better prices on products throughout our stores.

Co-op Owners get the benefit of an Owner Appreciation Sale Day. That's one day per month—a day of your choosing—where you get 10% off on all non-sale items in our stores, stamps, gift cards, and special orders excluded.

Anyone can shop

You do not need to be an Owner to shop at the Co-op. The patronage of Non-Owners is another vital piece of the puzzle. Anyone and everyone can shop at the Co-op.

Everyone gets the same great everyday prices and Co-op Deals sale prices. Every dollar spent at the Co-op is important, because it's an investment in a happier, healthier community, a community where everybody is welcome. That's what we are striving for here at First Alternative.



February Anniversaries

Staff Anniversaries:

- 2 years: Lisa Madrid
- 3 years: Paige Merritt

Staff: Staff Members work 20-40 hours per week on a regular schedule.

Paid Sub: Paid Substitutes are trained in various departments to fill in for staff.

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



FREQUENT BUYER CARD ETIQUETTE

This past December, thanks to a fantastic 10% off promotion, we set a record for the number of Pre-Paid Frequent Buyer Cards sold in a single month.

Many folks bought one for the first time or gave them out as gifts. With that in mind, we thought it would be a good idea to run a little primer on how to best take advantage of them.

- If you're just using a card, make sure to tell the cashier first. This way they won't ring you up for your coffee, oatmeal, muffin, scone, or cookie. This not only saves time, but paper.
- Have your card visible and ready to go while you're in line—while you don't get to cut ahead with a card, if the cashier sees you they may be able to quickly sign it off while the person in the front of the line finishes counting out their change or packing up their tote bags.
- Remember that the Coffee Cards are for our in-store mugs, or for your own mug. They can't be used with our to-go paper cups.
- Coffee cards can also be used for the Yerba Maté available at our coffee bar, but not hot tea.

Big thanks to cashier Jean Marr for this great, time-saving advice.



230 WORDS OR LESS

Owners tell why they chose to increase their equity in the Co-op

Having joined the co-op as a volunteer in June of 1974, I have never ceased appreciating its two primary impacts on our community: its wonderful food and its progressive voice.

—Roberta Hall, Owner



CORRECTION: Last month we accidentally re-ran Wendolyn Molk's quote from the December edition under a different name. Our apologies.

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south store reset, grab and go soup, we heart bulk

A LOOK AT THE NEW SOUTH

We've done it again. Managers and Staff at the South Store, in conjunction with a great team from National Cooperative Grocers worked late into the night to revamp and rearrange the store for the better. The biggest change is space—now you'll have it near the Deli.

For too long the north end of the South Store was cramped and hard to navigate. Not anymore. We've centralized the salad bar (now you can get to both sides!), consolidated the cheeses, relocated the meats, finally combined all of our snack-friendly items (stuff like candy bars, energy bars, and jerky) and put them down by the southern entrance—and more.

Take a trick-photography-aided tour on the right, and next time you're in the store, if you're not sure where to go, just ask any one of us. We'll be more than happy to help.



Above: The newly expanded deli
Left: Aisle 4, facing the south entrance
Below: Aisle 4, facing the north entrance



Produce

No changes here. Same spot, same great local and organic fruits and vegetables.

Meats

We had some meats here before, and the rest over by the deli. Now it's all here in one easy-to-shop location.



SOUP TO GO

Now in reusable jars

The Co-op Kitchen makes some of the best soups in town. The only problem is there's never enough to go around. Well, they've decided to rectify that. The Co-op Kitchen is now making soups for the Grab-and-Go section in our South Store's newly revamped Deli.

Each soup comes in its own reusable, quart-sized mason jar. When the soup's done, the container isn't. There's a million and more uses for great glass jars like these. At my house, when we're not using them for canning, they make great, rustic vases. (Maybe you need somewhere to keep the flowers you're getting for your Valentine?)

Grab-and-Go soups are currently available only at our South Store, but we hope to have them at the North Store soon.

—Adam Payson, *Thymes Editor*



Chicken in the Garden and Creamy Butternut Squash Soup

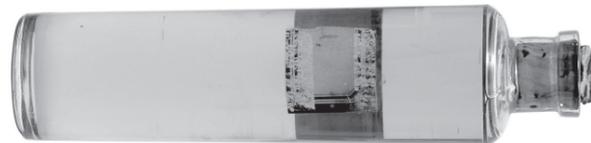
WE HEART BULK

Continuing our cover story on heart-healthy foods, with a bulk focus

We've already covered a selection of heart-friendly foods available here at the Co-op, some of them can be found in Bulk, some in Produce, and others in our Deli or Grocery aisles.

For the remainder of this column, we'll be singling out items available in Bulk—the department that's been central to the Co-op since day one. The department that you could say, perhaps, is the heart of the Co-op.

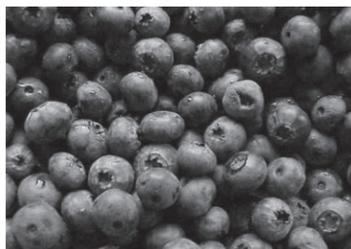
Olive Oil



Olive oil, that old mediterranean delight, is rich in monounsaturated fatty acids—a healthy dietary fat. Studies have shown that regular consumption of olive oil lowers the chance of cardiovascular diseases. It tastes great too.

Frozen Blueberries

Locally grown by Stahlbush Farms and available in bulk, blueberries are rich in cholesterol-lowering antioxidants.



Soy Products

Get dried soy beans and locally-made Surata Tofu in our Bulk section. Stepping away from Bulk for just a second, you can also get Surata Tofu and a variety of soy-based milk alternatives in the Grocery section.



Soy beans are second only to meats in their protein content. This means that replacing foods high in saturated and unsaturated animal fats with soy-based alternatives will make your heart happier and healthier.

Coffee

Our Bulk Department has an amazing selection of organic and fair trade coffee.

This one may be a bit of a cheat—past research indicated that coffee had a negative impact on the heart. New research, though, points to coffee being harmless to the cardiovascular system. That's a net plus, right?

Coffee won't hurt your heart, and it will make it so you can drag yourself to work in the morning. Take it black to sidestep the fats and sugars that aren't any good for you.



—Adam Payson, *Thymes Editor*

INTERESTED IN SERVING ON THE BOARD OF THE CO-OP?

Owners interested in candidacy should contact Toni Hoyman of the Board Recruitment and Elections Committee at (541) 929-5452, or via e-mail at hexagon@exchangenet.net or at www.firstalt.coop.

Board application packets are available at www.firstalt.coop and at customer service in both stores.

Applications are due by March 31st.

Elections will be held in June.



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FEB 13

Sand Wars

The hidden battle over a dwindling natural resource

FEB 20

Bringing It Home

What industrial hemp could mean for us

FEB 6

Open Sesame

Who controls our food system?

Doors Open 6:30PM

Show Starts 7PM

FEB 27

What Rivers Are Worth

Short films from the Willamette River and beyond

More Info: CorvallisEnvironmentalCenter.org



LOVE IN BLOOM

Say I love you with a bouquet

Come to the Co-op for fresh and locally-grown flowers, from Greengable Gardens, located just outside of Philomath.



We get fresh-cut bouquets all through the year. In the spring and summer we have several growers bringing us their best and brightest bouquets, but in the winter, when outside growing isn't a possibility, we can still rely on beautiful bouquets from the steamy greenhouses at Greengables

Deliveries are made twice a week, on Tuesdays and Fridays. With 25 years of experience in growing and selling flowers, your choice of colors and varieties is always stupendous.

So this Valentine's day, set your beloved's heart aflutter with a Greengables Bouquet. 🌸



Greengables bouquets on display



staff spotlight Justin Mitzlaff

What do you do at the Co-op and how long have you been working here? I am a Wellness Stocker and I have been here for 6 months

What's it like working in the Wellness? I find it rather interesting. There are so many supplements and herbs to learn about it. Plus I get to test out tons of different body care items! How can you not love that!

Were you drawn to that department in particular? If so, why? I was! I have my Masters in Public Health with an emphasis in Health Education and Promotion. I love, love, love educating people on various health education topics, so this is a way for me to do something I am quite passionate about. Plus I have been interested in alternative medications for some time, so it has been fun and interesting to learn about supplements.

What's your favorite (or some of your favorite) products here at the Co-op? Honey Garden Elderberry, perfect for when you feel like you are getting sick. I also am a huge fan of Barbara's Cheese Puffs. I seriously could eat multiple bags a day

Where did you grow up/where have you lived in your life? My dad was in the Navy so we have lived all over the place. The best places we have lived were Guam and Oahu. Nothing beats island life.

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WINE, LOVERS

Red, white, and sparkling ideas for your Valentine

Lumos - 2013 Oregon Pinot Gris

This wonderful Pinot Gris comes from fruits grown and harvested by Dai Crisp and the rest of his hardworking crew at Lumos' Logsdon Ridge Vineyard.

This is a local wine for local lovers—and lovers of local. Lumos Wine Company is dedicated to sustainable methods, organic practices, and a natural approach to wine making that emphasizes minimal intervention.

Come to a pre-Valentine's Day tasting with Lumos at our South Store on Friday, February 13th from 4:30-6:30pm



Crimson - 2012 Monterey County Red

This deep red wine is made from a blend of Syrah, Cabernet Sauvignon, and Petite Syrah grapes grown on the central and north coast of California.

Aged for 14 months in 50% French Oak and 50% American Oak, this rich wine has the flavor of blackberry and ripe plums with hints of licorice and cinnamon behind its toasty oak accents. Savor it slowly.

Bouvet - Rosé Excellence

This sparkling Rosé, hailing from France's Loire Valley, has a fine salmon-pink color, and precise, lively bubbles.

Pop the cork and drink in its full-bodied fruitiness. It's crisp and dry on the tongue, with a clean and well-developed finish.

It makes a great choice for an aperitif, or paired with a fruity dessert.

For more Valentine's Day wine ideas, come to the North Store on Thursday, February 12th, from 4:30-6:30pm. We will be pouring a selection of wines for lovers. 🍷



WINE & BEER TASTING WITH LIGHT APPETIZERS

NORTH STORE

1st & 3rd Thursdays, 4:30-6:30 p.m.
wine + cheese + crackers

2nd & 4th Thursdays, 4:30-6:30 p.m.
craft brew + cheese + crackers

SOUTH STORE

Every Friday, 4:30-6:30 p.m.

wine or craft brew + cheese + crackers

www.firstalt.coop for updates, changes, cancellations.

I also had the opportunity to live in South Africa as a Peace Corps Volunteer. Probably one of the most beautiful countries around.

What eventually brought you inland? My dad was in the Navy and was pretty much told that he had to do Sea Duty. We were hoping to do another 3 years out in the tropics, but sadly we had to come back to the Mainland.

What do you miss the most about island life? Sitting on the beach for Christmas and Thanksgiving! The people, the beach, the weather; the beach!! Seriously, I could live the rest of my life on an island and be content.

Any exciting adventures or experiences in the Peace Corp you can share, in brief? There is one story that I like telling the most. My last year in South Africa I was working at a drop-in center for adults with disabilities. I was teaching reading, writing, math, plus some other classes for the center. There was one person in particular who was quite nervous to come to my classes, thinking that others would make fun of him because he could not read or write. I reassured him that this would not happen in my classes and that he should really come. He worked up the courage and started to attend. Some of his classmates noticed that he was struggling and went out of their way to help him out and work with him. A week later as I was coming into the centre he called for me, very, very excited. There he was, writing his own name down. He was so beyond excited with his achievement. After that, he worked up even more courage and started to attend an adult class at the local school to further his education. This story still makes me all teary to this day.

I think I got some dust in my eye. Just a moment...

Clarity Writing & Editing

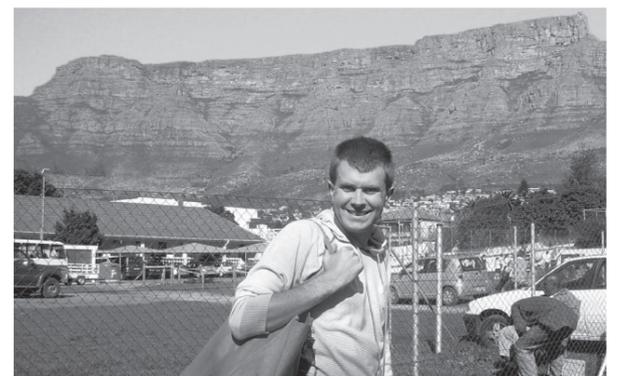
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- Corporate communications for globally responsible organizations

"I couldn't have done it without you!"
—Most common feedback from clients



Marie Oliver
Writer/Editor

claritywriting.com
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Justin, on the move in Cape Town, South Africa

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- ★ Fruit Spreads
- ★ Salsa
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look for us at your Co-op

in the know on the new

IN THE KNOW ON THE NEW

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Lexen Wheatgrass Juicer

Great for all sorts of leafy greens, Lexen's Healthy Juicer Wheatgrass Juicer allows you to make all types of nutritionally dense juices at a fraction of juice bar prices.

This hand-cranked juicer will make a long-lasting, health-boosting addition to your kitchen.

It's compact, durable, easy to clean, and breaks down easily enough that it doesn't need to stay at home. Hitting the road? Go ahead and bring your Healthy Juicer. It's powered by you, after all, and with all the super juices you'll be drinking, you'll have plenty of power.

Dual clamp and suction base allows setup anywhere, and it's made from virtually indestructible BPA-free plastics and stainless steel.

Act now and forever juice those greens!

BULK

Mountain Rose Organic Herbal Teas



Forests Tea

Warm decoction is great for the respiratory and chest area. Enjoy in the morning to open your airways or at the end of the day to clear and calm yourself for bed.

Happy Man Tea

An all-around tonic and balancer for men. This healthy decoction was created for the general health of men both young and old.

Fidnemed Nighttime Tea

Fidnemed means a sacred and quiet forest grove; imagine falling asleep surrounded by beautiful botanicals as you enjoy a cup of this tea.

Peace Tea

This is a gentle and calming nerving blend. A wonderful infusion for meditation and quiet moments. Floral and minty with just a hint of spice; this tea takes the stress out of life for a while.

Happy Tummy Tea

This gentle blend is useful in calming an upset tummy or an upset mind. A wonderful beverage to sip after a large meal. Supports good digestion and general stomach health.

Vita-Blend Tea

The right balance of nutrients to keep you going. Great as part of a morning routine or enjoy a cup in the afternoon for a little boost of goodness.

Photos courtesy of Mt. Rose Herbs

GROCERY



Legit Organic Candy Bars*

Shot Caller

Certified organic and American made, this candy bar is the boss. Made with roasted peanuts, caramel, and nougat, it's the organic answer to a certain candy bar whose name rhymes with knickers.

Word

And for candy bars whose name rhymes with, oh let's say Lars Bar, there's Word. Soft salted nougat is topped with chewy caramel and wrapped in chocolate. This Valentine's day maybe consider giving an organic Word to your mother.

* Currently available at the South Store only.

One Degree Organic Sprouted Cereals

All the health benefits of sprouted grains in a bowl. These five new cereals are a great-tasting way to start your day. The Brown Rice Crisps are gluten-free, and they're all vegan (and delicious.) One Degree is committed to making healthful foods, with real, traceable ingredients.



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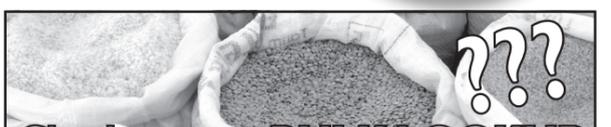
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Go to www.firstalt.coop

Select "Bulk Search" from the menu bar and enter your mystery PLU numbers



Beetanical Apiaries + Wild Harvest Honey

A FOND FAREWELL TO WILD HARVEST HONEY

The end of 2014 marked the end of an era here at the Co-op. *Wild Harvest Honey*, owned and operated by Kenny and Heike Williams, made their final delivery of bulk honey to the North Store at the end of December.

Kenny and Heike have been in business together for the last 15 years, during which time their honey became wildly popular with our customers. In fact, their honey was the number one selling Bulk item at the North Store, by pounds sold and dollar amount sold!

It started with a single hive and a budding interest, and grew until Kenny and Heike kept about 650 bee colonies for pollinating and honey production. At their peak, they were harvesting up to 25 tons of honey every year.

"Often, my wife or I might meet somebody who would ask what we do for a living," said Kenny in a recent interview. "Upon learning that we kept bees and sold honey through the Co-op, many times this person would share that they had been buying our honey for years and now they got to meet the producers. In this way I also came to realize that hundreds or a few thousands of households around Corvallis were using our honey, and it was a good feeling to know the positive impact we had made in the community."

It's been an honor to help Kenny, Heike, and Wild Harvest have that impact, and we wish them a wonderful retirement.

Co-op Bulk shoppers needn't worry about where they're going to get their local honey, thanks to Beetanical Apiaries who are stepping in to replace Wild Harvest. Kenny spoke about collaborating with Jason Rowan of Beetanical. "He was already established as a beekeeper in his own right when we met, and we hit it off. From that point on I mentored Jason in the business aspects of beekeeping. Eventually, we collaborated in pollination together, so it became a natural move, when transitioning into retirement, to transfer segments of our business to Beetanical Apiary over the course of several years."

Next read our interview with the owner/operators of Beetanical Apiaries...

AND A HAPPY HELLO TO BEETANICAL APIARY



An interview with Jason and Elizabeth Rowan

How long have you been in business, and where are you located? We've been in business for 10 years. We are home-based in the southern Willamette Valley, but our bees travel to pollinate various crops and flora in Linn, Benton, Lane and Douglas counties.

What does the Co-op sell? Bulk honey, mainly the blackberry/wildflower variety (other varieties available upon request)

How long have you been selling to us? We began selling our honey at the South Co-op in early 2013 when Kenny and Heike Williams of *Wild Harvest Honey* went into semi-retirement.

What's the Beetanical story? We got started beekeeping as a hobby when our neighbors moved and left behind their three hives. Shortly after that, we met Kenny and Heike Williams at a local bee club meeting and they agreed to share some wisdom with us on how to manage a larger number of hives and the ins and outs of running a beekeeping business. So we added a few more colonies each year, while keeping our day jobs, until we had a few hundred (now many hundreds) and realized our place as full-time keepers of the bees.

Beetanical is very much a family operation. In addition to the husband-wife team that began this endeavor, we have also recently added a brother and a sister to the mix. We are committed to being the best beekeepers we can be and aim to continually improve with every new challenge that comes along. Our focus is ever on the health and quality of our hives and products, because that is the true goal of beekeeping: to keep bees alive and flourishing.

We do our best to keep the bees healthy and productive with as little input as possible. We focus on providing a natural well-balanced diet from local flora and use organic medications, only using conventional methods when absolutely necessary. Our carbon footprint is pretty low for all the plant-promoting we do.

Any thoughts on Wild Harvest Honey? Kenny and Heike Williams have been great mentors to us over the years, helping to smooth out a road that at times can be very rocky, since we are dealing with mother nature and small-scale agriculture. They have been influential in many local and state organizations, supporting both hobbyist and commercial beekeepers. And even though they are retiring from the commercial side of beekeeping, we imagine they will continue to inspire the rest of us to be better beekeepers. They have always held themselves to a high standard of quality and caring, and others would do well to emulate their example. We are grateful for the opportunity they have given us to be a part of the First Alternative community and hope you all enjoy our honey as well.



Kenny and Heike Williams

Photo Courtesy of Kathi Downing/Corvallis Gazette Times



A bee on Meadowfoam



A field of Meadowfoam



Left to right: Jason, Eva, Elizabeth Rowan



Above and below: Jason and Eva



Bees pollinating blueberries



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Valentine's Day Concert
Saturday, February 14

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FOR MORE INFO: www.OldMillCenter.org

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Elizabeth Kolbert: The Sixth Extinction

Monday, Feb. 2nd, 7 p.m.
LaSells Stewart Center,
875 Southwest 26th St.

Elizabeth Kolbert, Heinz Award-winning staff writer for the New Yorker and author of *Field Notes from a Catastrophe: Man, Nature, and Climate Change* (2006), comes to OSU to discuss her new book, *The Sixth Extinction*. Kolbert's compelling and enlightening report forthrightly addresses the most significant topic of our lives. FMI: carly.lettero@oregonstate.edu

Approaches to International Water Conflict Resolution and OSU's Contributions

Wednesday, Feb. 4th, 7 p.m. CBC
Public Library, 645 NW Monroe
Avenue

Dr. Aaron Wolf of OSU will discuss conflict and cooperation over shared water resources internationally and in the US West, and OSU's role in facilitating resolution. FMI: Marcia Shapiro, 541-758-5255

Eco-Film Festival

Friday, Feb. 6, 13, 20, 27; 6:30 p.m.
Odd Fellows Hall, 223 SW 2nd St.
FEB 6 *Open Sesame*; FEB 13 *Sand Wars*; FEB 20 *Bringing It Home*; FEB 27 *What Rivers Are Worth*. Movie with a brief panel discussion. Suggested donation \$5-10/person. FMI: outreach@corvallisenvironmentalcenter.org

A Tale of Two Lilies

Monday February 9, 7:30 p.m.
Avery House in Avery Park

Jordan Brown will speak about native plant conservation in Oregon, specifically showcasing two spectacular endangered lilies: the western lily and Gentner's fritillary. The ongoing work with these two species exemplifies how our efforts help conserve and recover imperiled plants as we gain more knowledge about them and the threats they face. FMI: Jordan, brownj@science.oregonstate.edu

End of Life Choices: Deepening the Conversation

Tuesday, Feb. 10th, 7-8:30 p.m.
Corvallis Public Library
645 NW Monroe Avenue

Open discussion and questions to deepen our understanding of end of life choices, and how to begin the conversation with our loved ones and our doctors. Dr. Shawn Foley, Family Medicine; Prof. Courtney Campbell, OSU; and Bryon Chell, lawyer advocating for end of life choices will be the panelists. Dr. Steve Neville will be the moderator. FMI: 541-929-4300

February Repair Fair

Wednesday, Feb. 11th, 5:30-7:30 p.m. OSU Used Store, 644 SW 13th St. Bring your broken items and questions; volunteers will help you learn how to repair your belongings for free! See website for specific repair skills and DIY demonstrations offered this time. FMI: <http://tiny.cc/repair-fair> or 541-737-5398

Save Energy at Home and Help Corvallis Win the \$5 Million Energy Prize

Wednesday, Feb. 18th, 7 p.m. CBC
Public Library Corvallis is in the semifinal round of the Georgetown University Energy Prize, a national competition that is challenging communities across the U.S. to rethink their energy use. Learn more, get involved, and find out how to start earning

your Energy Prize Points! FMI: Carly@CorvallisEnvironmentalCenter.org

CoHo Ecovillage Tour

Sunday, February 22nd, 10:30 a.m.
CoHo Ecovillage, 1975 SE Crystal
Lake Dr. FMI & sign up cohocontact@cohoecovillage.org or 541-753-4453

Looking ahead in March:

The Study of Strawberries

Monday, March 9, 7:30 p.m.
Avery House in Avery Park.

Dr. Aaron Liston, Director of the OSU Herbarium, will present his lab's research on the genus *Fragaria*. Oregon is a hotbed for strawberry evolution, and he will share results from studies of our native species. In addition, he is collaborating on a project in China, and will describe his collection trip to Sichuan for wild strawberries. FMI: Jordan Brown, brownj@science.oregonstate.edu

Sustainability Fair & Town Hall Thursday, March 12, CH2M Hill Alumni Center, 725 SW 26th.

Fair 5-7pm; Town Hall 7-9pm. Register by March 9th. sustainablecorvallis.org

ONGOING EVENTS

FREE or by donation events • To submit your free event, visit www.firstalt.coop/thymes/calendar-submission/

FOOD

VEGAN AND VEGETARIAN OSU STUDENTS Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Days vary. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: vegansandvegetarians@gmail.com to join the list serve or for more info

CORVALLIS VEG EDUCATION GROUP Events in Corvallis, including monthly dine-outs. Days vary. Non-vegetarians welcome. Open to all. FMI: Corvallisveg.org

DINING FOR WOMEN Corvallis Chapter Third Mondays, 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

GLUTEN FREE SUPPORT GROUP 1st 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

SPIRITUAL

BUDDHIST PRACTICE SGI-USA Introduction to Nichiren Buddhism. Days vary. 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. Location and days vary. FMI: 541-745-7916, linnbenton.local.bahai.us

CORVALLIS INSIGHT MEDITATION Mondays, Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. FMI: maryleigh.burke@gmail.com

GREEN TARA MEDITATION GROUP Mondays, 6:30-7:50 p.m. Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. FMI: susan.salveson@hotmail.com

MINDFULNESS MEDITATION Mondays, 5:30-7 p.m. Friends Meeting House, 33rd & Polk. Taught in the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: ken.oefelein@gmail.com

CORVALLIS COMMUNITY MEDITATION 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

A COURSE IN MIRACLES Tuesdays, 7:30 p.m. Join us as we read & discuss this spiritual classic, after a meditation. FMI: 541-754-9051

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP Sunday 10-10:45 a.m. Meditation & 11-12 p.m. Inspirational Service; Thursday 7-8 p.m. Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, *Autobiography of a Yogi*. FMI: corvallismeditation.org

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

CORVALLIS ZEN CIRCLE Sunday weekly meditation. FMI: www.corvalliszencircle.com

WELLNESS

CHAIR YOGA Tuesdays 3-4 p.m. Live Well Studio, 971 NW Spruce St. This class provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. Help ease pain, maintain comfort, decrease stress and improve overall health. FMI: 541-334-6566, livewellstudio.com

TAI CHI CLASSES Wednesdays, 5:30-6:30 p.m. Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: 541-760-9328, <https://sites>

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

HEART OF THE VALLEY BIRTH NETWORK Every 3rd Wednesday. 6-7:30 p.m. Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org google.com/site/wutantaichi

FREE TEEN LAUGHTER YOGA Wednesdays 4-5 p.m. FMI: Energy9Studio.com

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

REIKI HEALING CIRCLE 1st Thurs., 7-9:30 p.m. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, 541-754-3595

YOGA FOR RECOVERY Sundays 12:30-1:45 p.m. Live Well Studio, 971 NW Spruce St. Perfect for people recovering from substance abuse, addiction, eating disorders and codependency. \$5 suggested donation. FMI: livewellstudio.com, 541-224-6566

PEACE

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

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

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

COMPASSION CAFE Every 1st & 3rd Monday, 7-9 pm, 2255 NW 25th St. Support in living the Compassionate Communication model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: Tina@tinataylor.co

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

MUSIC

COMMUNITY SINGING LESSONS Every Thursday, 12-1p.m. Gracewinds Music Lesson Loft, 137 SW 3rd St. International singer and expert voice teacher offers FREE group lessons to the community. FMI: Rebecca, 503-559-5205

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

CORVALLIS UKULELE CABARET First Fridays, 7-9 p.m. First Alt Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes of The Wallop Sisters. FMI: 541-753-8530

PLANET BOOGIE Every 3rd Sat. Dec 20th, 7:30-9 p.m. Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

CORVALLIS COMMUNITY DRUM CIRCLE 1st Saturdays 7-8pm, 101 NW 23rd St. FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich, Drum Circle Connection. FMI: drumcircleconnection@gmail.com

ENVIRONMENT

MARY'S RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8 p.m. Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

OSUSED STORE PUBLIC SALES 5:30-7:30 p.m. on 1st Wed. of the month; 12-3 p.m. on all other Weds. 644 SW 13th St. Also open 3rd Sat. of mo., 9am-12pm. FMI: <http://surplus.oregonstate.edu>, 541-737-7347

AUDUBON FIELD TRIPS Field trip every 2nd Saturday. Meet at 7:30 a.m. The trips are great for beginners and birders new to the mid-valley area. We 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, 9 a.m.-12 p.m.. For meeting place, see website. FMI: www.neighborhood-naturalist.com, 541-753-7689

Check out page 11 for our February monthly classes at the Co-op!

Health Services Guide

Advertise your health service for only \$40 per ad. Maximum 50 words. Please email your ad to thymes@firstalt.coop by the 15th of the month.

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Offers personalized acupuncture in a peaceful, relaxing group setting. Sliding scale \$15-\$35, you choose what to pay. Reduce stress, relieve pain, improve sleep. Bring a friend and nap together! Learn more and schedule online at www.corvalliscommunityacupuncture.com. Leyna Jensen L.Ac. (541) 753-8000

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

FOR A BEAUTIFUL BIRTH, HIRE A DOULA. Mid-Valley Doula Network: www.midvalleydoulas.net.

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

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

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YARDWORK SERVICES: raking, weeding, pruning, scything, mowing, trailer available. Organic methods. General labor: Ken (541) 929-4296

OVEREATERS ANONYMOUS Sundays 4pm, North Co-op Meeting Room. Info: Beth (541) 220-4682

DEPRESSED? FATIGUED? HAVE DIFFICULTY CONCENTRATING OR SLEEPING? Electromagnetic fields are strongly linked to diseases of civilization. Find out how to reduce exposure to EMPs in your home and business. I provide education, assessment, and mitigation services. Reasonable rates; electrical filters for sale. Call Chris at (541) 908-6907

WISEWOMEN WINTER GROUP forming: We'll join together in this small, committed, safe group for celebration and support as women having kissed the age of 55 (at least) goodbye! Enjoy a blend of awareness and expression exercises, resource and book exchanges, and plenty of personal sharing time. Topics: parenting of adult children, retirement, midlife sexuality, feelings around finances, creativity, health, grief, birth and death and whatever comes up. Expand your consciousness of the "blessings and curses" of seasoned womanhood, meet new friends, grow in community, and laugh! LGTBQ comfy. Day/Time/Duration /Cost TBD: email or call to vote. Facilitated by Tina Taylor; Counselor: www.tinataylor.co, or 541-753-2255.

FOUR FOUNDATIONS OF MINDFULNESS Thursdays, Feb 12th, 19th, 26th and March 5th, 12-1 pm, Instructor: Cathy Neumann. FMI:www.yogacentercorvallis.org.

CALM-ABIDING MEDITATION FROM THE TIBETAN BUDDHIST TRADITION, Saturday February 7th, 10-noon; FMI:neumann.cathy@gmail.com.

LAUGHTER YOGA FEELS GOOD... AND IT IS TIME YOU FELT GOOD. Traci Meritt, LYL (541)760-8557 Energy9Studio.com

COUPLES: TIRED OF GUILT, BLAME, TENSION AND CONFUSION? Maybe you're ready for a Compassionate Communication For COUPLES Workshop with Tina Taylor, RN, MS, in Corvallis, February 21-23 ; aka Nonviolent Communication (NVC), this model is used worldwide for transformational personal growth, relationship enrichment, conflict resolution, and community building. LGTBQ comfy. Details at www.tinataylor.co, or call Tina at 541-753-2255. FREE preview Saturday, February 7, at South Coop Community Room, 7-9 pm.

AMAZING CABLE: Approximately 3/16", 100' weighs only 8#'s. Wrapped with a steel sheathing, is smooth to the touch. Over 4,000# breaking strength. Animal runs, pen enclosures/corals, garden fencing, walking bridges, zip lines, deck railings, swings, and so forth. This quality cable is over \$1.00/ft. retail, not cheap import. All new, all galvanized, made in America. \$0.26/ft. any custom length, or \$0.19/ft. for large spool. 964-3049 Jesse & Elaine

FOR SALE: Rossignol Advantage 200 cm. X-country ski, Nova 135 cm. poles, ski boots, size 42. Call or text (541) 974-7415

FOR SALE: Yakima Rack System 1C 48" SSTMK.11, set of 4 Y11 SST Door Clips, Button Down 4 Locking Ski Mount. NEW in boxes: set of 4 Q Towers and 2 Q76 Clips. (541) 974-7415

WATERCOLOR AND DRAWING INSTRUCTION Saturdays 10:30am-1pm. Coho Common House, South Corvallis. All levels welcome. Tailored to students' needs. \$20/session. FMI/materials list: Linda Edwards (541) 738-2819

BEE SCHOOL 2015: New and experienced beekeepers alike will benefit from a full day of classes on topics covering bee biology, swarms, hive management techniques and more. Nectar Bee Supply at Shonnards, Saturday, February 28, 2015, 9am-4pm. (541) 929-3524 or www.nectarbeesupplu.com to register.

BOOKBINDING CLASSES: Learn to bind hardbound books. Make 3 journals. CYRANO'S Books 361 SW 2nd street. 10am-3pm, 2nd & 4th Saturdays. \$85 per class, all material included. Call or email – (541) 286-4661 stpcyrano@gmail.com. Groups welcome – package price.



February in Co-op Thymes History

1980: Volunteers will again be packaging garden seeds in plain packets on sale for 7 to 15 cents • Bylaws amended to drop "non-refundable" in describing membership fee.

1983: Discussions underway on commercial use of the white house south of the Co-op. (Ed: you know it now as *Fireworks Restaurant*.) • The Co-op working on education and outreach for the elderly.

1987: Thymes profiles Nearly Normal's • Springfield Creamery has relocated to Eugene • First Alternative tries new coffee roaster from North Plains, OR, set up by Michael Sivets •

1988: Produce Manager, Pat Hazleton, reports that prices on produce from California have almost all doubled in price due to harsh weather • Most of the Co-op's produce needs are currently being met by non-local suppliers. It's suggested that local growers who want to sell here grow something out of the ordinary and use organic practices

1989: Co-op sets sales records three months in a row • Pat Hazleton asks local growers interested in selling to First Alternative to contact him. Turns out the non-local suppliers aren't able to meet our growing demand. – Grocery Manager, Linda Erwin, announces arrival of canned tuna caught off the Oregon coast.

1990: Discussions underway on the possibility of a second store.

1991: Volunteer Coordinator, John Lee, dedicates his column to Leslie Dodd, a long-time volunteer who passed away in January • Corvallis Disposal and Evans Products contribute land and new bins to improve the South Corvallis Recycling Station (Ed: Which later became the Co-op Recycling Center.) • Special Thymes insert covers 1991 Board Elections, with profiles of 7 candidates and an official ballot.

1992: General Manager, Philip Gutt, resigns his position.

1993: Special notice on recycling etiquette, necessary after an entire load of recycled glass had to be hand-sorted after someone tossed plate glass into it.

1995: Community Supported Agriculture comes to Benton County, courtesy of Gathering Together Farm.

1996: Local Grower Profile covers Sunbow Farm (Ed: We hope to have something in the coming months on the continuing adventures of this locally-legendary enterprise.)

1997: Former Produce Manager and current Operations Manager, Pat Hazleton, announces he will be leaving the Co-op after 15 years • Announcing the Co-op Community Talent Show, March 1st at the Majestic.

1998: Community Supported Agriculture continues to grow in Benton County, with Denison, and Uncle John's Farm joining Gathering Together Farm.

1999: Board unanimously approves the proposal to become a true co-op. Next step is a yes or no vote from Members. (Ed: Spoiler alert—Members vote resoundingly in the affirmative.)

2001: Thymes editor Laurie Heilman takes leave of absence while her daughter receives leukemia treatment.

2002: Board previews two ballots slated for a March Vote. 1) Approval of Guiding Principles (Ed: Look for more on this in a future *Stronger Together* column.) 2) Choosing a logo.

2003: The Thymes asks: Want to help us open a store in North Corvallis? Buy an Owner Share and show your support.

2005: Customers can now designate their "Round-Up" dollars to the school of their choice • New and improved Co-op website launched. • Corvallis Environmental Center presents their First Annual Eco-Film Fest (Ed: Read about the 11th annual iteration on this very page.) • The Thymes memorializes former Board Member, John "Sam" Keltner.

2006: The Co-op hits \$1 million in sales in one month, a new record. (Ed: Compare with 1981, the first year in which we hit a \$1 million in sales. That's some growth.)

2007: The Thymes observes Valentine's Day with an article about couples who met at First Alternative • Thanks to everyone who helped make First Alternative the winner of Celebrate Corvallis' Business of the Year Award. • Co-op to be Trans-fat free by March 1st.

2008: The Co-op Recycling Center's Grand Re-opening is a smashing success.

THIS DAY IN CO-OP THYMES HISTORY

A wonderful column comes to an end

This marks the final edition of This Month in Co-op Thymes history. Once again, and one last time, I'd like to thank Chris Peterson—herself a former editor of these Co-op Thymes—for her incredible work in putting together all the information for this column every month for the past year.

Chris, it's been a blast learning all about the Co-op's history. Thank you for all your hard work and commitment to the Co-op's past, present, and future.

This doesn't need to be the last we hear from Chris, though. She's taking her years of experience with publications like the Co-op Thymes and the Corvallis Gazette Times to the internet.

Keep up with Chris on her blog at chrisdeepeterson.blogspot.com.

I just read an interesting piece there, republished from the December 1997 Thymes, on the history of Tyee Wine Cellars. Next I'm going to read her account, from the January 1991 Thymes, of spending a day riding along with local trash collectors. This was back before the garbage truck did all the work, mind you. Should be interesting.

—Adam Payson, *Thymes Editor*

And a few final pictures before we go...



A scene from a Co-op Variety Show



10th anniversary party



The old volunteer sign-up board.

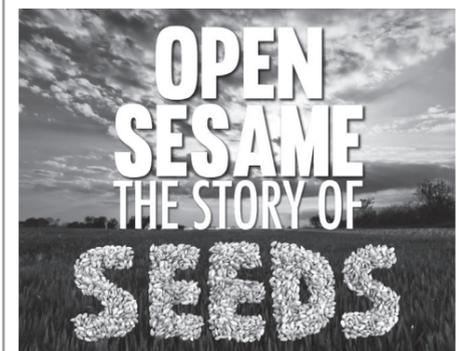


11TH ANNUAL ECO-FILM FESTIVAL

Presented by the Corvallis Environmental Center

This year's Eco-Film Festival kicks off on Friday, February 6, with *Open Sesame*, winner of an Audience Choice Award at the Moab Film Festival.

Open Sesame takes an innovative look at food security, but not through food itself. Seeds, as the source of everything we eat, are in jeopardy. This film follows the story of those who are on the front lines of seed advocacy. From farmers fighting corporations to scientists training others to save their own seeds, *Open Sesame* is a unique and timely view of the current state of food.



Other movies in this year's Eco-Film Fest series include:

- Feb. 13: *Sand Wars* is a riveting documentary about one of the most widely used but under considered resources in the world.
- Feb 20: *Bringing It Home* takes a non-partisan look at what hemp is, how it can be used, and why we should be growing it.
- Feb 27: *What Rivers Are Worth*. On the closing night of the Film Fest join us along with celebrated local filmmaker Jeremy Monroe. Journey with us to the Willamette River and beyond as we explore what rivers are worth.

The Eco-Film Festival takes place every Friday in February at Odd Fellows Hall, 223 SW 2nd St. (above New Morning Bakery).

Doors open at 6:30, and program begins at 7 PM. Snacks from New Morning Bakery and beer from Oregon Trail Brewery will be available for purchase.

Local experts will be on hand after each film for a brief panel discussion and audience Q & A. A suggested donation of \$5-10 per person is requested.



Open House

March 14, 2015 10am-12pm

Philomath Montessori School

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For children 2 ½ - 6

Offering a small school atmosphere

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MAJESTIC THEATRE FEBRUARY EVENTS

A FLOOR FOR TERPSICHORE



A BENEFIT DANCE CONCERT FOR A NEW MARLEY DANCE FLOOR!

TWO PERFORMANCES

FEB. 7 AT 7:30PM & FEB. 8 AT 2:30PM

TICKETS: \$10 - 14

La Vie en Rose

A Valentine's Day tribute to Edith Piaf starring Eugene vocalist, Siri Vik!



Valentine's Day

FEB. 14 • 7:30PM

TICKETS: \$15 - 20

VDAY CORVALLIS 2015

A BENEFIT PRODUCTION OF THE VAGINA MONOLOGUES BY EVE ENSLER

FEB. 28 • 2:30PM & 7:30PM

TICKETS: \$10 - 14

PROCEEDS BENEFIT THE CENTER AGAINST RAPE & DOMESTIC VIOLENCE

A CAPPELLA NIGHT

AN EVENING OF TOP LOCAL GROUPS PERFORMING POP, CONTEMPORARY, & TRADITIONAL A CAPPELLA MUSIC

FEATURING POWER CHORD, OREGON SPIRIT CHORUS, BLUE LIGHT SPECIAL, THE SIRENS, OUTSPOKEN, AND MORE!

FEB. 21 • 7:30PM

TICKETS: \$12 - 15

THE MAJESTIC THEATRE • 115 SW 2ND ST., CORVALLIS
BUY TICKETS ONLINE: WWW.MAJESTIC.ORG • BOX OFFICE: 541.738.7469

FEBRUARY Co-op Classes

Classes held in the South Store Co-op Meeting Room, unless otherwise noted.
Register online at www.firstalt.coop



Thursday February 5th & 19th • 6:30-8:30pm Soul Collage

Cost: \$8 for Co-op Owners; \$10 for general public

Experience this fun and empowering process using magazine and photo images the 1st and 3rd Thursday of each month. We make cards that reflect our many-faceted selves in surprising and delightful ways. A visual map of the psyche. Materials provided. To sign up, call 541-753-3115 and register with customer service. For additional questions, please contact Lucy (541) 704-0135 or lucyjjohnson@comcast.net.

Saturday February 7th • 2-3:30pm Get Baby in Position for Birth Workshop

Cost: FREE

Get your body and baby ready for an easier and more comfortable birth. An introduction to and presentation about Spinning Babies and the techniques Gail Tully recommends for getting a baby into the optimal position for an easier and more comfortable birth through balance and relaxation of the abdomen, fascia, hips and pelvic floor muscles. There will be demonstrations and the opportunity to try out some techniques if interested. Free presentation by the Mid-Valley Doula Network. Come meet some incredible doulas in the area and get your body and baby prepared for birth!

Hilary Schloss is a doula, teacher, and mother of 2 young children. She has trained in Spinning Babies with Gail Tully and used these techniques while preparing for the birth of her second child. She is excited to share her love of Spinning Babies and the benefits of learning techniques for optimal fetal positioning.

Saturday February 7th • 4-6pm Compassionate Communication for Couples

Cost: FREE informational meeting (pre-registration requested)

Used worldwide for transformational personal and professional growth, conflict resolution and relationship healing. Everyone welcome! More info at www.tinataylor.co, or call Tina at 541-753-2255.

Compassionate Communication can help you learn to:

- Stay centered and connected in tense conversations
- Avoid judgment, blame and guilt
- Preserve connection despite disagreement
- Transform criticism of self and others
- Enjoy the magic of empathy for self and others

Tuesday February 10th • 7-8pm

Hairbraiding for Beginners and Pros with Raychel Emmons

Cost: FREE (pre-registration requested) • Class size limited to 20 people

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. FREE and open to the public. See examples of Raychel's work on her website: www.findingbraids.com





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Free 3-D Drawing of Your Project
Free Professional Estimates

CCB # 183405 Ted Wade - Owner

Thursday February 12th • 7-8:30pm New Approaches to Understanding the Rise of Allergies & Hypersensitivities

Cost: \$12 for Co-op Owners; \$15 for general public (plus one half price)

Have you ever wondered why so many people – including maybe you – are sensitive or frankly allergic to foods, pollens, dust, molds, and various chemicals? Do you wonder why this seems to be on the rise? Join Dr. Virginia Shapiro as she “looks under the hood” at underlying causes and empowers you to make dietary and lifestyle choices that may reduce your allergies and sensitivities. This will be a lively and well-illustrated presentation with plenty of time for questions. Healthful and delicious refreshments will be served.

Virginia Shapiro, DC, is an experienced and engaging presenter. She has practiced integrative chiropractic, functional medicine, and nutritional health care for 29 years. She holds diplomate status in clinical nutrition and was recently one of only four clinicians in the state of Oregon to be certified in functional medicine by the Institute for Functional Medicine. She has a long standing commitment to sustainability and environmental health and is committed to making a positive and lasting difference for her patients and her community.



Beans for Bags

After check-out, take a bean for each shopping bag brought from home then drop them in the bean towers located next to every exit. Each bean generates a donation to the chosen organizations.

Recipients for January-March 2015

- Coastal Range Food Bank
- Community Outreach
- Philomath Community Gleaners
- Ten Rivers Food Web



Our Beans for Bags program saves thousands of bags each year while also helping to fund local non-profit organizations.



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Local Fun! Local Resources!

DON'T MISS THE SUSTAINABILITY EVENT OF THE YEAR

Register today for the 2015 Sustainability Fair & Town Hall

Inspiration and interaction will highlight the 8th Annual Sustainability Fair and Town Hall, to be held Thursday evening, March 12, at the CH2M Hill Alumni Center, 725 SW 26th Street, on the OSU campus. The Sustainability Fair is scheduled from 5:00 to 7:00 pm, with the Town Hall meeting to follow from 7:00 to 9:00 pm. Both events will encourage connections between people, the community, and the planet.

The Fair will include more than 50 hands-on exhibits, highlighting the sustainability efforts of local businesses, organizations, and Sustainability Coalition action teams. Music will be provided by local musicians, and refreshments will feature delicious Local 6 food.



Following the Fair, attendees will gather in the Alumni Center ballroom for a highly interactive Town Hall meeting. This year's keynote speaker is Sean McGuire, one of the country's foremost experts on Genuine Progress Indicators. Sean served for a number of years as Director of Sustainability Policies at the state of Maryland's Dept. of Natural Resources, and he is now working with the states of Oregon and Washington to develop Genuine Progress Indicators here in the Pacific Northwest.

Additional features of the Town Hall will include an on-screen “2014 Community Scrapbook” of photos from Coalition partner organizations to celebrate their sustainability achievements, and a segment on the emerging sharing economy that will highlight local initiatives.

Once again this year, the Fair and Town Hall will be a model sustainable event, featuring zero waste, low energy and water use, and local food. Attendees are encouraged to help out by using energy-efficient transportation to get to the event: walk, bike, carpool, or take the bus. First Alternative will offer a punch on your Alternative Transportation Card to those who do. Bring your own card, or pick one up at their table at the Fair.

Both events are being organized by the Corvallis Sustainability Coalition, a network of more than 300 partner organizations and hundreds of individual volunteers working together to create a sustainable community – one that values environmental quality, social equity, and economic vitality.

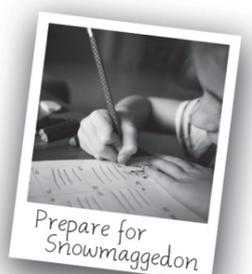
This event is free and open to the public. All are welcome, but space at the town hall meeting is limited. Register no later than March 9th at www.sustainablecorvallis.org. For more information, call (541) 230-1237.



A scene from last year's Sustainability Fair and Town Hall

Have you talked to MOM MAGAZINE lately?

Day one is all fun and games, but we want your ideas for keeping the inmates happy during prolonged snow events. We may include your comments in an upcoming issue! Like us on Facebook.com/lovemommag.



MOM MAGAZINE

editor@mommag.com
www.mommag.com

Sweets + Treats

Gifts for Lovers



Indigo Wild Ooh La Zum Products

The complex combination of Vetiver and Lavendar make for provocative, eye-opening gifts..

ZUMbar Goat's Milk Soap

Turns skin into pure enticement.

Solid Perfume Stick

A tango in a tube. Rub on and ravish.

Bed and Body Aromatherapy Spray

All it takes to set the mood is a spritz.

Honey-Vanilla Ooh La Zum Kiss

Turns any kiss into total bliss.



Good Clean Love Sugar and Spice Gift Pack

Add some flavor to your love life with a sweet and spicy gift bag from **Good Clean Love**. Each gift bag pack includes:

Cinnamon and Vanilla Organic Personal Lubricant.

Enhance your love life, naturally. Contains no parabens, and no petrochemicals.

Indian Spice Love Oil

A portable rollerball bottle puts natural aphrodisiac aromatherapy at your finger tips. And anywhere else.

Euphoria Dark Chocolate Hearts

A trio of heart-shaped chocolate treats.



Big Dipper Wax Works Valentine's Day Candles

Slip into something more comfortable, turn out the lights, and light these candles to turn on the romance.

Available in 3 heart-warming scents: **Harmony** (Pure Lavender), **Sensuality** (Lavender & Palmarosa) and **Rapture** (Patchouli & Cassia).

All-natural, and free of paraffin and other toxins, these candles burn clean, with a steady flame that radiates a spectrum of light that matches that of the sun.

SALTED CARAMEL CRÈMES



These decadent, gluten free cookies have four layers of deliciousness. A salty, caramel based sugar cookie, a coconut crème filling and fudge glaze, and last of all a gently sprinkle of Hawaiian Black and Red Sea Salt.

They're great gifts when wrapped in parchment and tied with a ribbon or piece of lace. Or set out dishes of frosting and toppings and make it an activity for the kids.

Either way, you won't be disappointed when you sink your teeth into the tender, gooey, chocolate perfection of the Salted Caramel Crème.

—Emily Stimac, Marketing Assistant

Salted Caramel Sugar Cookie

We started with a basic sugar cookie recipe and subbed brown sugar for white. After cooking the butter and sugar down to a caramel base we added the remaining ingredients and got gluten free dough that is really easy to work with and yields great sugar cookie with a rich, salted caramel flavor:

- 1 stick butter
- 1 cup brown sugar
- 1 egg
- 1 egg yolk
- 1 tsp. vanilla
- 2 cups Pamela's Gluten Free Baking Mix
- 1/4 tsp. salt
- 1/2 tsp. baking powder

Line a cookie sheet with parchment paper. Melt butter in pan over low heat and whisk in brown sugar until smooth. Remove from heat and cool slightly. Stir in vanilla and temper eggs with mixture. Add remaining ingredients and stir until a smooth dough forms. Wrap tightly and refrigerate for at least 2 hours or overnight. Roll to 1/4", cut desired shapes and bake at 350° for 6 minutes. Cool and ice as desired.



- Toppings:
- Coconut Crème
 - Fudge glaze
 - Hawaiian sea salt



Coconut Crème

- 1/2 cup coconut oil
- 1 1/2 tsp. vanilla
- 1 1/2 cups powdered sugar
- 4Tbsp. full fat coconut milk
- 1/2 cup shredded coconut

Beat oil until fluffy. Add vanilla and sugar and beat to combine. Add coconut milk and shredded coconut and adjust to desired consistency.

Fudge Glaze

- 3 oz. semisweet chocolate chips
- 2Tbsp butter
- 1 Tbsp cream

Gently melt butter and chocolate chips in the double boiler. Stir in cream and use immediately.



Hawaiian Red Sea Salt



Happy Valentine's Day, from everyone here at the Co-op.



ARE YOU THE IDEAL CANDIDATE?



- Do you have an interest in our organization's vision, mission and goals?
- Are you willing to represent our organization to the community?
- Are you willing to expand your knowledge through orientations and training?

Owners interested in candidacy should contact Toni Hoyman of the Board Recruitment and Elections Committee at 541.929.5452 via e-mail at hexagon@exchangenet.net or at www.firstalt.coop.

Board application packets are available at www.firstalt.coop and at customer service in both stores. **Applications are due by March 31st.** Elections will be held in June.