



JUNE 2014
VOLUME 35 • ISSUE 6
Community Monthly

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THYME

WE ARE THE CO-OP!

SATURDAY

THOMPSON SHELTER

June 28th • Avery Park
4:30-7:30pm

Baked Potato Bar



PIPING HOT SPUDS WITH ALL THE FIXIN'S

Kids' Games



SACK RACES, TUG-OF-WAR, AND MORE

Cookie Potluck



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- 4:30-5:30 • Games, with music by: 
- 5:30-6:45 • Dinner and more music
- 6:45-7:00 • Financial report, meet the Board
- 7:00-7:30 • Dessert, drum circle

RSVP online at Eventbrite.com: 2014cooprendezvous.eventbrite.com

RSVP by June 20th and be entered to win this grill. *Must be present to win!*

It's time again for the annual Owner Rendezvous! This year's celebration is shaping up to be something special.

Owners, bring your smiles, your families (due to safety concerns, please leave all furry friends at home though), your appetite, and your love for local to the park for an evening of joyous fun. And please remember to RSVP so that we know just how much goodness to have on hand.

Owner Rendezvous

www.firstalt.coop

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No matter how corrupt and greedy our government and our corporations and our media and Wall Street and our religious and charitable organizations may become, the music will still be perfectly wonderful.

-Kurt Vonnegut Jr. in a 2004 commencement speech



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.

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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:

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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



Claire Pate
Vice President

Hello from your Board! We had a short – and sweet – Board meeting this month. Owner Linda Kapuler joined us to remind us of the importance of keeping any products that might contain GMOs off our shelves. This is an on-going struggle since so many commercial products that are largely free of GMOs might have an additive such as xanthan gum, lecithin, or citric acid for shelf/product stabilization purposes. In a perfect world, we would eat 100% locally produced foods that are GMO-free, and not processed on a large scale or shipped long distances. Linda passed along to us an article about another food co-op's GMO-free mission (www.uppervalleyfood.coop/gmo-free). Here's an excerpt, which I think says it well: "Most of the products on the Co-op shelves are, relatively speaking, remarkably clean of GM ingredients – a testimony to our dedication to natural foods and to the buyers' intensive scrutiny of new products. However, there are some ingredients that are just impossible to avoid entirely." To paraphrase the rest of what the article says, you cannot let that deter the Co-op from trying. Quoting Google co-founder Larry Page: "Have a healthy disregard for the impossible." Linda continually reminds us of that need.

This leads into another agenda item relating to how we can make our visitor comment period more "friendly." We welcome Owner input at Board meetings and wish more would come to share their thoughts with us. We are also mindful that any one board member cannot speak on behalf of the whole Board until the Board has had a discussion about whatever topic an Owner has brought up and determined what the Board's position will be. Usually, this means waiting for the next month's meeting in order to put the item on the agenda for discussion. Sometimes this might seem a bit unfriendly to a visitor who would like to get immediate feedback and to know they've been heard. Though we explain this process to our visitors, we have decided that instead of being silent we will paraphrase what we have heard the visitor say, and ask

the board's month in review

any clarifying questions we might have. It will still be important that we not offer up our individual opinions on the topic, and we will help each other to remember this golden rule.

Cindee, our General Manager, was on hand to answer any questions we had about her "Global Ends Report," which is a reflection on the year 2013 and how well management fulfilled the goals that the Ownership and Board have established for them. I offer up one of her summarizing statements (you can read the rest of her report attached to this month's Board meeting packet, available for on-site perusal at the Customer Service desks of both stores): "2013 saw us still placing our primary focus on working towards profitability. We continued

to work toward our mission and retain our position in the greater Corvallis community."

Both management and the Board have been working hard on this issue of profitability and increasing cash on hand through various means. One of those means was our "230 Campaign" encouraging owners to increase their \$70 ownership investment to up to \$300. An owner can get this investment back when they leave the Co-op, but in the meantime this money can be used to help the Co-op grow capital for much-needed items, repair projects or other capital expenditures. We urge you to consider doing this if you haven't already. Other means continue to be an exploration of establishing a Co-op non-profit foundation as a vehicle for donations to support our community outreach and recycling efforts.

We talked about the Owner Rendezvous, scheduled for June 28, which promises to be as great an event as it was in previous years.

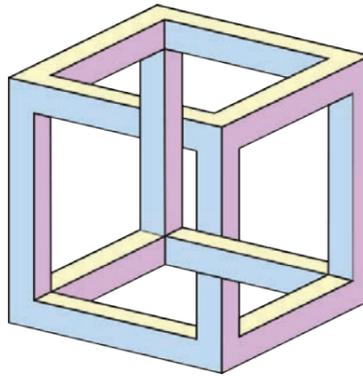
We hope to see you there for some great food, music, camaraderie and a report back to you from your Board.

The Board also reviewed and accepted the endorsement of three candidates for the three open Board positions. We are grateful to have such good candidates apply, and encourage you to support them with your vote. And remember: next year there will be more openings. Owners with some time in their schedule and a desire to help steer this ship are encouraged to give candidacy consideration. There's work to be done and fun to be had!

Cooperatively yours, Claire

"Have a healthy disregard for the impossible."

-Google Co-founder Larry Page





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coop kitchen

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welcome

First Alternative Co-op welcomed 49 new owners in April for a total of 9829 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
- Annual "Owner Rendezvous" celebration
- 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

FED UP WITH OBESITY

new film challenges food industry



Cindee Lolik,
General Manager

Over the course of the past couple days I've been reading some articles about a new website created by the conventional food industry in order to attack a movie that hit screens May 9th. The movie is called *Fed Up*. The film was produced and narrated by Katie Couric of Today Show and CBS Evening News fame, along with Laurie David, producer of *An Inconvenient Truth*. It's being billed as, "the movie the food industry doesn't want you to see."

Some of the facts from the movie's web site, www.fedupmovie.com (that's the real web site, not the industry-created one at www.fedupfacts.com that apes the real site while trying to discredit it with corporate spin):

"Individuals who drink one to two sugar-sweetened beverages per day have a 26 percent higher risk for developing type II diabetes." (In 1958 approximately 1% of the US population had diabetes. Compare this with 8.3% in 2011.)

"There is overwhelming evidence of the link between obesity and the consumption of sweetened beverages, such as soft drinks, energy drinks, sweet teas, and sports drinks."

"98% of food related ads that children view (about 3,920 per year on average) are for products high in fat, sugar, sodium."

"It will take a 110-pound child 75 minutes of bike riding to burn off the calories in one 20-ounce bottle of soda."

"Latino children see 49 percent more television ads on Spanish-language television for sugary drinks and energy drinks compared with their white counterparts."

Wow. It's not that this information is news to the many of us who shop for organic, natural,

fresh, healthful foods, it's that someone is finally peeling back the layers of untruth the grocery industry has perpetuated for years. And in a nationally-released film, the scope of which goes well beyond *Supersize Me*, no less.

Untruths, like blaming folks for not exercising when they would need to spend all their time doing so to counteract the amount of sugar and calories that conventional, and yes, sometimes, natural foods are laden with. It is so important to always read the label. Foods that are relentlessly advertised to the old, the young, and everyone in between. That are more heavily advertised to people of lower incomes and people of color. In addition to the above quotes, I recently sat in on a webinar that quoted an alarming statistic: television programs meant to appeal to African-American children have 40% more commercials for fast food and junk food than those that are meant to appeal to white children.

I'm excited to see this new movie when it comes to Corvallis. I've already downloaded the educational materials the producers have prepared, so that the Co-op can do its part in seeing that the education of the public doesn't end when the credits roll.

And yet again, I have reason to reflect that we here in Corvallis are so fortunate to live in an area where we have so many different organizations working on educating our children about eating fresh fruits and vegetables and good wholesome foods... and that so many of those choices can be locally grown and produced!

CELEBRATING LOCAL

eat local, drink local, be merry



Brian Peat,
South Store Manager

Greetings fellow cooperators! I'm writing this article on one of these unusually warm May days. I love it when it starts getting this warm. All I can think about is having company over; firing up the grill, and celebrating!

I've also been thinking quite a bit about the Sustainability Coalition's "Eat 40% Local Challenge." It sounds like a lot, especially during the winter months, but when I think about it, and examine my own food purchases, it's not that far-fetched.

Since I started off talking about warm weather—and grilling and celebrating—let's tie the 40% local concept in with that. I'm an omnivore, so when I think about grilling, my mind goes instantly to meat. McK Ranch grass fed beef burgers topped with Independence Cheese Diablo Cheddar and served on a Big River Michette Roll. Grilled Deck Family Farm sausages. Lonely Lane pork or beef. I love it all!

For a nice tossed salad, try a mix of Denison Farms' spinach and salad greens. Top it with some of Toby's salad dressings. Denison also has beautiful cabbage for your coleslaws and Modoc potatoes for that traditional potato salad (I like mine German style). Fill your cheese and cracker plate with Oregon Cracker Company's gluten free crackers, some La Mariposa cheeses, and Dill Havarti,

Gouda, and Smoked Fontina from Willamette Valley Cheese.

Vegetarians can enjoy Nearly Normal's Sunburgers or Surata tofu. For condiments, check out Sweet Creek's assortment of relish, kraut, pickles and salsa. And I just noticed (but haven't yet had a chance to try) locally-made Red Duck ketchup!

Dessert? Julie's or Lochmead ice cream is fabulous. Luna and Larry's Coconut Bliss coconut milk frozen dessert is just divine. And for the libations, I love grabbing

some cold Ninkasi beer or 2 Towns cider (currently I'm enamored with their Cherried Away and Hop and Stalk ciders). Entertaining a big group? Then you can't go wrong with an Oregon Trail Brewery Party Pig—that's 2-1/2 gallons of delicious local beer!

Whether you're shooting for the 40% Local Challenge or just enjoy some delicious summer grilling, First Alternative has tons of options for just about every palate. Still need more ideas? Ask for me in the store and I'll be more than happy to show you more of my favorites!

"I love the culture of grilling. It creates an atmosphere that is festive but casual." ~Bobby Flay



TIME TO TAKE ACTION

The Local Food Systems ordinance needs your signature to qualify for the November 2014 ballot. It's time to actually lend a hand.

This people's ordinance gives legal standing to our local food system, of which First Alternative is a key part. It gives rights to heritage seeds, a necessary base to our food system. It gives rights to natural communities, including those of soil and water. It gives rights to we the people over rights claimed by corporations and the State regarding our food. And it bans GMOs from production in Benton County.

There will be signature gatherers at the two Co-ops and at the Farmers' Market.

Signatures cannot be taken electronically. You must physically sign the form. There are thousands of us Co-op Owners. Let's do this! We need to act quickly before the middle of June in order to qualify this measure. We encourage all to help in any way that you can.

Contact Lev Parker-volunteer@Bentonccrc.org or call (541) 908-9422 or check our Facebook page, called Benton County Community Rights Coalition for dates in June when you can sign the petition. Our new campaign name will be Benton Food Freedom

-Harry MacCormack, Sunbow Farms

June in Co-op Thymes History

1980: Board committed to buying another cash register to ease traffic snarls

1984: Volunteer discount changes for 3 months. Starting July 1st Co-op volunteers receive 15% discount. Seniors and other community volunteers receive 5% discount. Member-seniors get 15% discount.

Questionnaire Results: (287 respondents, 88% members, 34% volunteers) almost half live in NW Corvallis; just as many people come from 20 miles away as from Southwest Corvallis.

Financial Highlights: 314 customer transactions every day. (Today's average transaction numbers ~1800 per day)

1986: Volunteer party: Summer Solstice celebration for volunteers at Adair Park, for all volunteers and their families.

1988: Celebrating Organic Agriculture - Governor Goldschmidt proclaimed June 13-19 as "Organically Grown in Oregon Week"

1990: First Alternative 20th Anniversary t-shirt design contest.

1993: Volunteer Statistics as of April 30, 1993: total hrs. worked: 5,022.75. Total discounts taken \$26,699.24 (Compare with total Owner Sale Day discounts for 2013: \$384,740.78).

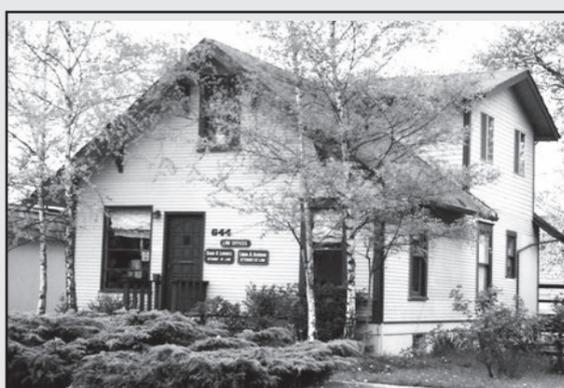
1996: Organic Farmers haunted by past insecticide use. Some used decades ago can be drawn up from deep in the soil, into some crops - even though the soil has been "clean" (no chemicals used) for years.

1998: First Alternative donates video to public library on use and misuse of technology in farming.

2000: 4-page insert about referendum on carrying red meat in store.

2001: National Walk for Farmworker Justice, June 18-24 in Oregon's Willamette Valley.

2004: North Store's first birthday celebration is a success!



It's always good to take a look back and remember where you came from.

So, here's First Alternative's first home on 4th Street. Isn't it cute!?

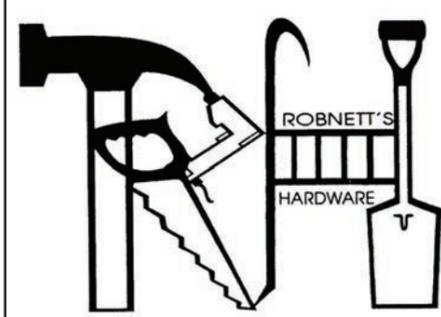
First Alternative opened in 1970 and was staffed entirely by volunteers (100 of them).

How far we've come.

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A very special thanks to Robnett's Hardware in downtown Corvallis for donating a grill to be given away at our annual Owner Rendezvous on June 28th. See the cover for details on how to win.





Join the Celebration



A PERFECT DRESSING a non-recipe for perfect salads

Typical salad dressing recipes include olive oil, vinegar, and any number of garnishments meant to match and complement a particular dinner. While they are delicious, these recipes tend to make too much. What is not used right away ends up in a jar that, after a few weeks in the fridge, ends up buried deep in the back. When fridge cleaning time rolls around, they get thrown out, a disappointing waste of good (and expensive) ingredients.

It's been years since I've made one of these recipes, even longer since I've bought an actual bottle of dressing. Yet I make a variable, delicious salad most evenings, with dressing. I just make the dressing in the bottom of the bowl before I throw in the salad bits.

They generally start out the same. First I chop more garlic than you'd think should go into a salad. For just myself, I usually put in one large clove. For an intimate dinner with a small group of friends, I've been known to put in half a dozen. Find your own garlic threshold, or maybe skip it all together. It's up to you.

At this point I used to sprinkle in the salt and pepper, but now I skip the salt. It can be added at the table if someone feels it's necessary. I've come to rely on the dressing itself for the flavor. Fresh ground pepper, though, is a must.

If it's a solo salad, I drizzle a scant tablespoon of really good olive oil over the garlic. For a table full of people it might be a quarter-cup, or lots more for a salad getting put together in my baby-bathtub-sized salad bowl that serves 40. I buy Rumi Tree Palestinian olive oils from First Alternative. They're expensive, but I like to think of buying them as activism. And they are exquisite.

To the olive oil I add a generous pouring of quality vinegar, more than you might think. I keep rich balsamic, fruity Spanish sherry, and local blackberry varieties on hand.

At this point I'll begin tearing up the greens and adding whatever else is available, either in my fridge or from the produce section. It's delicious with just tender greens or crisp kales, and perfect with roasted beets. I save the tomatoes for summertime.

Often times I keep it simple, but sometimes I get fancy. You can make a hearty salad by adding tuna, salmon, roasted potatoes, fresh fruit, dried nuts, or a hard boiled egg. I like to garnish generously with bleu cheese, sheep feta, pecorino romano, or chevre.

At this point, with all the ingredients assembled, the salad can sit with a damp towel over it for an hour. Toss it thoroughly just before serving.

You can make the dressing the same way every time, or you can try something different. Either way the salad is always new, fresh, and delicious, and nothing goes to waste.

-Dianne Roth, Co-op Owner

FOR PICNICS AND PARTIES

Say "Congratulations!" to your favorite grad, or "Happy Father's Day!" to your favorite dad with a summertime barbeque, party platters, and cheeseboards from the Co-op.

From our friends at Deck Family Farm in Junction City, we have Bratwurst and Old World Hot Dogs—both on special during June, and both great on the grill. We also offer their Hot Italian and Polish Sausages.

From Mike and Patty Kloft's Lonely Lane Farm in Mt. Angel, we're recommending something new and exciting—their Italian Hand-Rubbed New York Steaks, hand-seasoned with Italian herbs and spices. Also their Oktoberfest Smoked Pork Sausages, and their beef and pork kabob-cut meats are excellent for grilling too.

If you are going to a potluck gathering or on an early summer picnic, stop by our Cheese Department and check out what we've got on special this month! Brand new on our shelves is Kerrygold's Swiss, made from the rich and creamy milk of grass-fed cows in County Tipperary, Ireland, and then aged 90 days for a slightly sweet and nutty taste.

For goat cheese lovers, we have an assortment of delicious, flavored chevre logs from Montchevre, plus their feta and aged cheddar—all guaranteed to add pizzazz to your cheeseboard or picnic basket, and at a price you can't beat.

Just add fruit and baguette.

One last suggestion—here's a gift basket idea: Collier's award-winning Welsh Cheddar or Beecher's Flagship Cheddar from Seattle, Deck Family Farm's Summer Sausage, a 6-pack of local beer and cupcakes from our Co-op Kitchen's bakery. Who wouldn't love receiving that gift?!

Happy Beginning of Summer and thanks for shopping at the Co-op!

-Valori George, South Store Deli Assistant



CHERRIES ON TOP

It's almost summer! That means it's cherry time in the great Northwest. The Washington and Oregon crops are shaping up to be great this year, with ample supplies of high quality fruit.

During the first week of the month we should start seeing some great Northwest cherries for sale at the Co-op. Bings and Lamberts will come first, followed soon after by Rainiers.

We're also hoping for a great late-summer crop from our local producer La Mancha Farm in Sweet Home. And because there's a good season ahead, prices on cherries should range from fair to great for the consumer.

Did you know the Rainier cherry was created by accident? In 1952, Washington Growers tried crossing two types of cherries—Bing and Van—and what they got was something entirely different: a white to gold colored cherry, perfectly

plump and incredibly sweet. The fruit was very sought after in the beginning and sold only in Japan at premium prices. Still grown primarily in Washington, they're now available everywhere. Don't hesitate to buy them when they first arrive, because the season doesn't last long. It's typical for birds to eat about a third of every year's crop from right off the tree. Lucky birds. Happy cherry eating!

-Clayton Marion, North Store Produce Assistant



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Spankin' New

RISING STARS ON THE CO-OP SHELVES

GROCERY

Rising Moon Organics Slim, Trim & Organic Entrée Pasta Bowls – *Penne Pasta in Vodka Sauce* and *Italian Cheese Mini Ravioli* will be on the shelf soon.

Also new to the mix are some dairy-free alternatives: *Manicotti with Soy Filling* and *Stuffed Shells with Kale, Spinach and Soy Filling*. The soy filling has a texture similar to ricotta cheese. They're Non-GMO Project Verified too!

Clif Mojo Fruit and Nut Bars – now made with Organic Chocolate and Rainforest Alliance Certified!

The *Dark Chocolate and Almonds* bars feature big chunks of organic dark chocolate and organic almonds. *Dark Chocolate with Cherries* features chunks of organic dark chocolate and deep red organic cherries. Dark chocolate bars are a good source of fiber and they're low glycemic.

Other flavors include *Coconut Almond Peanut* made with rich and nutty organic peanuts and coconut, *Cranberries with Organic Almonds* and *Organic Cashews* made with flavorful whole organic blueberries. These Fruit and Nut Bars are gluten free and low-glycemic.

BULK

Rocky Mountain Foods Spicy Thai Trail Mix – A little heat, a little sweet! Excellent spicy nut and seed mix with the sweetness of raisins. Made with Braggs Liquid Aminos.

Mountain, Rose Herbs Mint Chocolate Maté – A rich cup of tea that could easily be considered a dessert; think peppermint patty in a cup! The initial bright minty flavor and aroma transforms into a delightful combination of mate and cacao.

WELLNESS

MegaFood Extinguish – Formulated with health-promoting herbs, fruits, and spices that offer a full spectrum of protective phytonutrients, which together work synergistically to help maintain a healthy whole body inflammation response

LifeFactory water bottles – We're excited about our new glass water bottles with silicone covers. Available in three different sizes, a variety of colors, and additional lid options. They're sturdy, made in US and Europe, and a great alternative to stainless steel or plastic water bottles.

MIXING IT UP IN BULK

get ready to hit the trails with bulk mixes

Spring has settled in, the sun is back out from behind the clouds, sometimes at least, and it's almost time for summer. That means it's time to start gearing up for another season of outdoor adventure.

Whether your favorite activity is hiking, biking, picnicking, camping, rock climbing, spending time at the river, or taking road trips to places near or far, you're going to need a lot of portable energy. First Alternative's Bulk department has got your summertime solution. Come in and pick up some trail mix or select your favorite ingredients to make your own custom mix.



You can call it adventure fuel.

The Bulk department has a variety of dried fruits, nuts, seeds, and snack mixes to keep you nourished and energized. We have tasty options to satisfy a variety of dietary desires: spicy, sweet, sprouted, raw, vegan, gluten-free, soy-free, local, or tropical. So, while you're celebrating with dad, feeling the success of graduation, or just getting out in the sunshine, swing

by the Bulk department first and stock up on delicious and nutritious snacks to keep you going while you're on the go.

-Nina, South Store Bulk Assistant

Natalie's Wellness Tip:



Why buy clean skin care products?

Shower gel, soap, shampoo, conditioner; body lotions, facial moisturizer, toner, eye cream, make-up, toothpaste, shaving cream, perfume, muscle rub, sunscreen, deodorant and on, and on. How many of these products do you use every single day? The average person applies over ten products daily.

Although our skin keeps the rain out, it doesn't keep everything out. Our skin acts more like a sponge, absorbing many substances. Conventional body care products contain a multitude of chemical and petroleum derived compounds which may be deemed safe in very small doses. But what are the cumulative affects of using multiple products on a daily basis over a life time?

At the co-op we offer safe, non-toxic products that are good for you and your skin.

4 pounds: the average amount of lipstick a woman will ingest over her lifetime.

FOR DADS, FOR GRADS

June is a month for Dads and grads to share the spotlight. There are so many wonderful dads and special grads to celebrate that it can all be a little overwhelming. Here are some fun ideas to show appreciation and keep the party rolling and to keep the guests of honor looking and feeling their best!

For the beloved father figure in your life, check out the Fieldworks Supply Company line of men's body care products. They're a Portland based company that use clays as the base for their products. Their *Good Clean Mud Cleanser* uses clay to breakdown and rid the skin of grime from daily dirt to the greasiest mess. Fieldworks makes other skin care delights too, including body wash, shaving supplies and sore muscle balm.

For the fellow with facial hair, keep an eye out for locally-produced and all-natural Mowgli's Magick Beard Oil. As the owner

of a full and handsome beard himself, Dave Williams knows all about the caring for dapper whiskers.

And remember to take care of your skin while out on your celebratory summertime frolics. There are several choices of environmentally and skin conscious choices. Badger sunscreen cream is 98% organic and features water resistance, zinc oxide, biodegradable, reef-safe, and is non-nano, which means the zinc oxide has more even coverage at the particle level.

Goddess Garden Organics produces an organic sunscreen with zinc oxide and titanium dioxide. It is biodegradable, reef-safe, non-GMO, and has the bonus of a non-whitening application. Other fine sunscreens from MyChelle and JASON are also available. C'mon in and check them out!

-Amy D.

SEATTLE'S BEST IS BACK

Seattle Chocolate Bars and Truffles are back at the Co-op! The chocolate is now Rainforest Alliance Certified. Rainforest Certification offers a robust and comprehensive approach to sustainable agriculture that focuses equally on social equity, environmental protection and long term economic viability.

Rainforest Alliance certification strictly prohibits forced labor and the employment of children under the age of 15 on Rainforest Alliance certified farms; additionally, children of workers on certified farms receive access to education.

Seattle Chocolates (SC) continues to adopt other sustainable sourcing practices including eliminating palm kernel oil whose production is associated with serious environmental

impact; all of SC products now use the more healthful coconut oil.

At Seattle Chocolate Company they compost all of the chocolate waste, diverting nearly 20 tons of waste from landfills each year. Even their packaging is carefully crafted with a focus on sustainability; they use recyclable papers, and water and vegetable-based inks and coatings. Seattle Chocolates creates small batch chocolate confections using only

the highest quality all natural ingredients with no preservatives, additives or extenders. Twenty-three varieties of Truffles are located in the Bulk department. Stock up today!

-Stan Horsey, Grocery & Bulk Manager



Get a bean for every shopping bag you bring from home. Drop them in the donation boxes at each store.

Each bean is equal to a 5¢ donation to the chosen organization.



April through June 2014

Homeless Education Program

Ten Rivers Food Web

Coastal Food Bank

Community Outreach, Inc.

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

ALAFFIA SALE

one day only, June 21st

All Alaffia brands will be 20% off on Bike Drive Day, Saturday June 21st! [more details to the right and on pg. 6]

Alaffia brands include Alaffia, EveryDay Shea, EveryDay Coconut, and Beautiful Curls.

Don't forget to bring those bike and bike-part donations along with you. Got a bike you would like to donate, but can't wait until the 21st? Bring it in to either Co-op store any time beforehand and speak with Customer Service.

We're more than happy to take and store early donations.

ALAFFIA PROMOTE GENDER EQUALITY



Donate a bike to support West African students

WE ACCEPT: ♦ adult bikes in any condition ♦ bike parts ♦ school supplies

95% of West African girls who receive an Alaffia bike GRADUATE.

Bring Your Donated Bike to: **FIRST ALTERNATIVE CO-OP** 2855 NW Grant Ave, Corvallis, OR

facebook.com/AlaffiaSustainableSkincare @Alaffiaskincare #bikesfortogo

JUNE 21
11AM-5PM

June Co-op classes

Thursday June 5 and 19 • 6:30-8:30pm Soul Collage

Cost: \$10 General Public; \$8 Co-op owners

Experience this fun and empowering process using magazine and photo images. We make a deck of cards that reflect our many-faceted selves in surprising and delightful ways. It's a story of You. A visual map of the psyche. Meets every first and third Thursday. Materials provided. For more information: Lucy, 541-704-0135

Friday June 6 • 7-8pm South Store Tour

NEW!

Cost: free (pre-registration requested)

Attention new Co-op Owners! You're invited to attend a fun, informative tour of the South Store with our Store Manager, Brian Peat and Outreach Assistant, Yadira Ruiz. Learn what makes the Co-op different than any other place you might buy groceries. You'll get familiar with our unique Bulk department, Recycling Center, and sustainability efforts. Come a bit early and join us for the wine/beer tasting (South Store tastings happen every Friday from 5-7pm).

Tuesday June 10 • 7-8:30pm

"New Approaches to Understanding the Rise of Allergies and Hypersensitivities" with Virginia Shapiro, DC

Cost: \$15 General Public; \$12 Co-op Owners (half price for family members or friends accompanying one full paying guest)

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.

WEEKLY DEMOS IN THE STORE

Come in during the week for a taste of our featured recipes from Budget Bites, Co-op Deals and more!

Wednesdays	Thursdays	Fridays	Saturdays
South 3:30-5pm	North 5:30-7pm	South 5:30-7pm	North 5-7pm

co-op donations

APRIL 2014

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 April donations were given to these worthy groups or causes:

GLEANERS

Linn-Benton Food Share North: 902 lbs = \$1841.98
..... South: 527 lbs = \$1,094.23

SMALL DONATIONS

OSU Triathlon Club.....\$30
CHS-Mr./Ms. Spartan.....\$30
Kings Valley Charter School PTO.....\$30
Benton County Rabbitears 4-H Club.....\$30
Philomath High School-Pageant.....\$30
Corvallis Little League.....\$30
Run for Hope: Benefiting B+ Foundation.....\$30
Adams Elementary.....\$30
Corvallis Waldorf School.....\$30
Hoover Elementary.....\$30

April Donation Totals:\$3,236.21

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

Thursday June 12 • 7-8pm Hairbraiding for Beginners and Pros with Raychel Emmons

Cost: free (pre-registration requested) • class size limited to 20 participants

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

Thursday June 19th • 7-8pm North Store Tour

NEW!

Cost: free (pre-registration requested)

Attention new Co-op Owners! You're invited to attend a fun, informative tour of the North Store with our Store Manager, Bill Genne, and Outreach Assistant, Yadira Ruiz. Learn what makes the Co-op different than any other place you might buy groceries. You'll get familiar with our unique Bulk department, our superb staff, and learn all about our sustainability efforts. Come a bit early and join us for the wine/beer tasting (North Store tastings happen every Thursday from 5-7pm).

Thursday June 26th • 7-9pm Compassionate Communication

Cost: free (pre-registration requested)

If you have wondered whether NVC (Nonviolent Communication) could help you in your relationships at home, at work, or even with yourself, here's your chance to find out. If you're tired of guilt, anger, confusion and depression, come see if there's something here for you. Used worldwide for transformational personal and professional growth. 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

recipes • digital Thymes • news events
bulk lookup • and much more

www.firstalt.coop

Alternative Transporters of the Month



Andrew Millison



I choose to ride my bike to the Co-op because it's good exercise, low impact, and I live so close that it seems ridiculous to take a giant polluting machine with me just to pick up some mushrooms and chocolate bars.

Andrew will receive a \$50 gift certificate to Cycle Solutions!



Alaffia Bike Drive a chance to help in West Africa

Alaffia was founded in 2004 by Olowo-n'djo Tchala and his wife and partner Rose Hyde as a means to alleviate poverty and promote gender equality in Olowo-n'djo's native Togo. They established a Certified Fair Trade Shea butter cooperative in Togo that focuses on employing women to traditionally handcraft premium quality Shea butter. Through the sale of Fair Trade Shea Butter and other indigenous oils funds are sent back to Togo to support long term Community Empowerment Projects. One of these projects is the Bicycles for Education Program.



Olowo-n'djo and team in front some donated bikes

Students in rural Togo must often walk 5-15 miles a day to get to school. Because of this, 91% of girls and 48% of boys drop out of school before the 6th grade. In contrast, 95% of the students who receive an Alaffia bike stay in school and graduate. Since 2004, Alaffia has distributed over 5,300 used bicycles to secondary school students in need of transportation.

First Alternative is partnering with Alaffia in collecting bikes for their Bicycles for Education event at First Alternative's North Store. The Co-op community and residents of Corvallis and the surrounding area can drastically change the life of young students in Togo, West Africa by bringing adult-sized bikes, bike parts, and school supplies to First Alternative's North Store on June 21 between 11:00 AM and 3:00 PM.

There are spaces at the North and South Stores for those who would like to drop off their donations early. Enquire with Customer Service when making early donations.

Have you talked to
MOM MAGAZINE lately?

Like us on Facebook.com/lovemommag. Tell us what digital tool you use to help keep it together — meal planning, scheduling, scrapbooking, etc. We may include your comments in an upcoming issue!



MOM MAGAZINE
editor@mommag.com
www.mommag.com

June 2014

sale period: June 4th-July 1st special order deadline: June 27th

local color

Co-op deals

stock up and save!

Flyer A: June 4th-17th
S.O. deadline: June 13th
Flyer B: June 18th-July 1st
S.O. deadline: June 27th
Find more sales in our Co-op Deals flyers!

GRIZZLIES

Cardamom Pistachio Crunchy Granola

This uniquely flavored granola is rich with exotic flavors like spicy cardamom, sweet honey, chewy dates, organic almonds and hearty pistachios.
reg. \$8.99/lb. **sale \$7.99/lb.**



bulk

SUNRIDGE FARMS Organic Sunny Fruit Slices

reg. \$12.39 **sale \$10.99**

Organic fruit slice jelly candy. One serving contains 100% of your daily Vitamin C!



SUNRIDGE FARMS Japanese Rice Crackers

reg. \$19.79 **sale \$13.79**

Baked fresh with Japanese seaweed flakes and a sweet teriyaki style coating. These crackers are crispy, crunchy, light and delicious!



NATURE'S PATH Organic HEMP+ GRANOLA

reg. \$4.89 **sale \$3.39**

Flax and hemp seeds boost nutrition with omega-3 & omega-6 fatty acids!



BULK Organic Zante Currants

reg. \$3.59 **sale \$2.99**

An excellent source of iron and potassium, these mini-raisins are great as a snack or mixed into baked goods!



FREE RANGE SNACK CO. Spicy Thai Snack Mix

reg. \$7.19 **sale \$5.99**

Sweet raisins tumbled with spicy, zesty seasoning are the perfect accompaniment to delicious tamari sunflower seeds, pepitas, cashews, and almonds.

BULK Organic Black Chia Seeds

reg. \$10.59 **sale \$8.99**

Excellent source of omega 3's, fiber, antioxidants, iron, and protein!



PACIFICA Black Rock Mountain Clouds

reg. \$10.79 **sale \$8.49/lb.**

River Mud

reg. \$12.69 **sale \$9.49/lb.**



coffee

EQUAL EXCHANGE Organic Breakfast Blend Dark

reg. \$11.99/lb. **sale \$8.99/lb.**

This dark and medium roast blend is sweet, balanced and smooth with light spice, baked brownie and caramel.



produce

Supporting local farms, families, and communities since 1970!

Enjoy some LOCAL BASIL!

from Ground Work Organics & Spring Hill Farm

Delicious harvests during June:

Local:

- Sugar Snap Peas
- Fuku Komachi Bunched Turnips
- Spring Red and Yellow Bunched Onions
- Bunched Red Beets

Regional:

- Red and Green Grapes are getting better each week!
- California stone fruit: Yellow Nectarines & Yellow Peaches!
- Looking forward to Northwest Cherries!



wellness



TOPICAL BIOMEDICS

Topricin, all sizes

15% off

Pain Relief & Healing Cream

ALAFFIA
All Products
25% off



ALAFFIA BIKE DRIVE

Bring your old bikes to donate to kids in Africa! Sat. June 21st, North Store, 11-3pm!

MINERAL FUSION Glow & Go Cosmetics

25% off

Beauty Balms and 3-in-1 Color Sticks!



SOURCE NATURALS AND PLANETARY

All Products
35% off



GARDEN OF LIFE

Selected Probiotics
Raw Organic Fit
Raw Organic Protein Powder
Raw Organic Perfect Food
35% off



HOST DEFENSE Agarikon, Cordyceps & Reishi

20% off



SHI KAI Borage Dry Skin Lotion

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While supplies last!



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Select Arnicare & Calendula
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Sabadil, and Sinusalia
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BARLEAN'S
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15% off



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15% off

Oregon-based maker of all-natural shave products, balms and cleansers for men, featuring bentonite clay and beneficial herbs.



first alt wellness

FIRST ALT CO-OP
Food Rich Men's Multi

Saw Palmetto

CoQ10, 30mg

CoQ10, 300mg

15% off



cheese

TINE

Jarlsberg Lite

reg. \$10.49/lb.

sale \$8.89/lb.



MONTCHEVRE

Goat's Milk Feta

7 oz. reg. \$5.19 **sale \$4.79 ea.**



MONTCHEVRE

Goat Cheddar

8 oz. reg. \$7.99 **sale 7.49 ea.**



MONTCHEVRE

Mini Chevre Logs

4 oz. reg. \$3.89 **sale \$3.49 ea.**



KERRYGOLD

Select Varieties

Reserve Cheddar, Dubliner, Swiss, or Skellig Sweet Cheddar

7 oz. reg. \$4.99 **sale \$4.59 ea.**



INDIANLIFE

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275 g reg. \$3.99 **sale \$3.59 ea.**

Great for a snack or a quick meal on the go!

KERRYGOLD

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reg. \$16.79/lb.

sale \$15.89/lb.



grocery

RED DUCK

Organic Ketchup

12 oz reg. \$7.99

sale \$5.99

Our flavors will accompany any of your meals, any day of the week, any month of the year. So try one today!



SWEET CREEK

Organic Pickles

24 oz reg. \$5.99-6.59

sale \$4.59

We hear that these pickles are as good as Grand-ma's. We will gladly accept the compliment.



SWEET CREEK

Organic Relishes

12.8 oz reg. \$5.19-5.39

sale \$3.59

Sweet Creek Foods support the organic farmers in our region by using their wonderful produce.



BREAD STOP

Hamburger Buns

8 pk reg. \$4.89

sale \$4.29

Wheat flour grown and milled just down the road from the bakery + local honey, non-GMO oil and organic ingredients!



PAMELA'S

Cookies

7.25 oz reg. \$4.19

sale \$2.99

Enjoy with a cup of tea or for dessert.



household

BI-O-KLEEN

Bac Out Fresh

Lemon Thyme or Lavender

16 oz reg. \$5.39

sale \$4.39

Safe to use on all water-safe fabrics: sofas, curtains, pet areas, bedding, sports bags and much more. Great for homes with children and pets. No artificial fragrance, colors or preservatives



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Assorted Prints

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OWNER RENDEZVOUS IN THE PARK
BAKED POTATO BAR!
GAMES, MUSIC, AND MORE!

SATURDAY THOMPSON SHELTER
JUNE 28TH • AVERY PARK

4:30-7:30PM

Note: products may not always be available at both store locations.

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

BUDGET Bites

June is a time for celebrations, so this month we cooked up a Budget Bites Fiesta for your mouth! Enjoy these Latino inspired recipes with a cold glass of Horchata, a crisp light beer or a mouth watering homemade margarita!

- June Menu**
- Cuban Black Bean Soup
 - Black Bean and Mushroom Fajitas
 - Corn Fritters and Refried Beans
 - Veggie Burgers
 - Potato Tacos
 - Huevos Rancheros

Black Bean and Mushroom Fajitas

Yield: up to 8 fajitas

- 1 Tbsp oil of your choice
- 3 cloves garlic, chopped
- 1 large onion halved and sliced
- ½ pound crimini mushrooms or 1 large portabella, sliced
- 1 large green bell pepper
- 1 large red, yellow or orange bell pepper
- 1 tsp cumin
- ½ tsp coriander
- 1 tsp chili powder
- 1 tsp paprika
- 1 lime, juiced
- Salt and pepper to taste
- 1 cup cooked black beans
- ½ cup liquid from cooking the black beans
- 1 package tortillas (flour or corn)
- 1 cup shredded Monterey Jack cheese

Heat oil in a large sauté pan, add garlic, onion and mushrooms. Sauté over medium heat until onions start to become slightly translucent. Add bell peppers and spices. Cook for another 5 minutes. Add cooked beans and liquid and reduce heat. Cook until beans are warm (another 3-5 minutes). Stir in lime juice, add salt and pepper and remove from heat. Serve with shredded cheese inside tortillas.



The Co-op Kitchen Your Feast Alternative

We didn't have to go far for this month's Local 6 Profile. The Co-op kitchen is busy every day cooking up the fantastic snacks, treats, and meals so many of you love.

The Co-op Kitchen has been cooking—or more accurately toasting, roasting, baking, boiling, braising, frying, mixing, and tossing—delicious and nutritious meals since 2001.

Our commitment is to bring you—Co-op Owners and the people of Corvallis—healthful, simple, foods at affordable prices. And we do it without cutting corners. While other places try to tempt you with something more “food-like” than food, we make it all real and fresh in our South Store's full-size commercial kitchen.



Ingredients are sourced locally whenever possible: Big River delivers fresh breads daily. Surata tofus and tempehs are delivered weekly from Eugene. Our beef and pork come direct from the 100% grass fed animals of Lonely Lane Farms. Our humanely-raised and vegetarian fed chicken comes from Draper Valley Farms. And our exquisite bakery treats are made from scratch with berries from Stahlbush Island Farms, and, like everything else, with love from the kitchen.



Everything that goes into our food meets the same rigorous guidelines followed by the rest of the store. You won't find anything made with high fructose corn syrup, all of our ingredients are GMO-free, all of our produce is organically grown, and all of our chocolates are ethically sourced.



Whether you're looking for a quick bite in the morning, a healthful and hearty lunch on the go, or a dinner that's as easy as it is nutritious, our Kitchen's got you covered.

Both stores offer breakfast first thing (wraps, biscuit sandwiches, oatmeal and more), a salad bar stocked with fresh, local greens, vegetables, and fixin's,

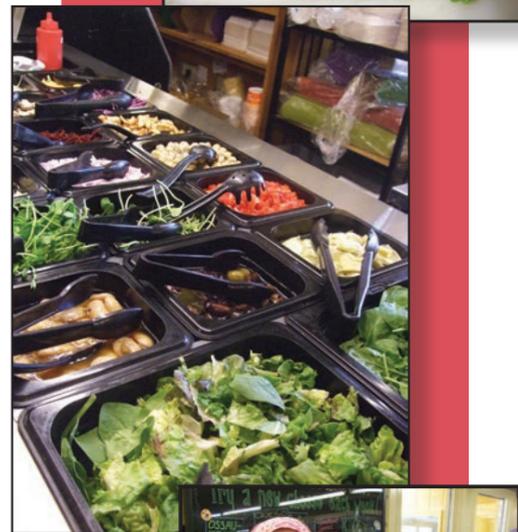
Maybe you've got family coming to town or graduations to celebrate.

The Kitchen does special orders, so take the work off of your plate and make the Co-op Kitchen a part of your summer celebrations.

We can make you everything and anything you'll need for summertime celebrations, from cakes, scones, and muffins, to fruit and cheese platters, salads, and a wide variety of entrées suited to just about any sort of diet. For more details call today or come in and talk with one of our friendly deli staff or customer service mavens.

Just make sure to get those special order requests to us 48 hours in advance so we can be adequately prepared.

Crew: ~20 smiling Co-operators
Locations: Both Co-op stores in Corvallis
Owners: You, Co-op owners!



CO-OP DELI HOURS:

- Breakfast:** 7-11am both stores
- Grab n' Go:** 7am-9pm both stores
- Salad Bar:** 7am-7pm South • 11am-8pm North
- Hot Bar:** 11am-8pm South • 11am-7:30pm North
- Deli:** 7am-8pm South only

Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

"We really appreciate your prompt and thorough service."
-Lisa Morrison, Sierra Club office manager

"You have brightened my day through your expertise."
-Andy Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"
-Louise Tippens, Director, Environmental Federation of Oregon

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staff spotlight: meet your Co-op crew!

Nate Shapiro

What do you do at the Co-op, and how long have you been working here? I've always worked in the Front End department. I was a paid sub between 2009 until 2011, and then in 2013 I returned to Corvallis and became a Co-op staff member.

What were you doing between your stints here? I took what we call an "unofficial sabbatical," that is, I made the decision to go to school in Ashland, at Southern Oregon University. It was there that I got some clarity on what I wanted to study.

What were you studying? Well, I started off in the Biological Sciences thinking I was going to eventually pursue a career in Natural Medicine. For a number of reasons, I changed my mind about this and ended up making a big switch to Psychology.

What prompted that? I wanted something more interpersonal. I was looking around me at the other Biology Majors and realizing that we had different goals and aspirations. While exploring an Interdisciplinary Major (a transition between Biology and Psychology) I took a course in Developmental Psychology and it just kind of clicked.

What do you like the best about working here at the Co-op? I like getting to interact with the diverse group of people and personalities we have here, especially my co-workers. We teach each other a lot. And the customers are great. I take a lot of pleasure in being able to brighten someone's day.

You said you learn a lot from coworkers. What sort of stuff? I've learned to be more patient, and the importance of adapting my communication style to fit with different sorts

of people. These experiences actually come from both co-workers and customers. From co-workers specifically, I've gotten lots of great music recommendations.

You're a musician yourself, correct? Yes! I sing, play guitar, and write my own songs. I'm not in a band, but maybe someday. Right now it's something I do on my own, a way of expressing myself. I have done a bit of recording in the past, and a bit of performing. I've even done a bit of busking, both in Corvallis and elsewhere. Overall, I find the creative musical process to be a very satisfying experience.

Who would you count as your influences? Bob Dylan, Cat Stevens and Indigo Girls have all been big influences though I certainly listen to a wide range of music. Some of the musicians/bands that have really spoken to me in the past are Sublime, the Pixies, Annie Lennox, John Lennon, the Magnetic Fields, and Soundgarden. As far as local music goes, I'm into the Crescendo Show, and a group called yOya, who got their start in Corvallis, and still play here pretty regularly. They're a folk duo, but with some modern, electronic influences.

Besides music, what do you like to occupy yourself with outside of work? Well I really love to get out and hike when I have the opportunity. Chip Ross Park, Oak Creek, and Mary's Peak are all awesome spots. Contra dancing is also something I do on a regular basis. I do a fair amount of reading in my free time. Some of my favorites are Paulo Coelho's *The Alchemist*, *Siddhartha* by Hermann Hesse, and *The Odyssey* by Homer. I'm drawn to stuff about spiritual quests and the Hero's Journey. I strive to be a well-rounded person.

Are you a native Oregonian? No, I grew up in Minnesota originally. Then my family and I spent a year in Canada before we moved out here. We moved here wanting to be part of a community, and found a great one. We're all active in the community, there's so much to take part in. Besides working

at the Co-op, I've done some work for the Farmers' Market in the past, and I also worked on a couple of different organic farms prior to moving here.

Where else besides Oregon would you like to spend time? I really hope to be able to return to England at some point, and hopefully visit some other European countries too. I went to the UK on a family trip a while back. We spent time in London, Glastonbury, and Cornwall. It was really incredible, the history, the old castles, all the connections—we have family ties, and I can really feel it. There's some mystical energy going on there. Another place I would really like to visit is New England, especially the state of Maine.

And, finally, what do you see yourself doing 10 years from now? I can see myself staying around this community. Ultimately, I'd like to become an integrative counselor or community facilitator. Basically anything that involves working with people, communication work, and building community.



Anniversaries in June

Staff Anniversaries

Blueberry, 1 year: Nikolas D'Agostino, Callie Graupensperger, Morgan Harrington

Raspberry, 2 years: Ashley Caspell

Kumquat, 5 years: Ryan Lister

Strawberry, 6 years: Lori Johnson

Plum, 7 years: Charles Curtis

Papaya, 21 years: Michael Viliardos

Pineapple, 24 years: Lani Maren

Paid Sub Anniversaries

Raspberry, 2 years: Philip Keefer, Donna Pezzullo,

Blackberry, 4 years: Melissa Eaton

Kumquat, 5 years: Patricia Johnson

Kiwi, 10 years: Margi Willowmoon

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 | 15. Pear |
| 2. Raspberry | 16. Apple |
| 3. Cherry | 17. Orange |
| 4. Blackberry | 18. Grapefruit |
| 5. Kumquat | 19. Pomegranate |
| 6. Strawberry | 20. Mango |
| 7. Plum | 21. Papaya |
| 8. Apricot | 22. Cantaloupe |
| 9. Fig | 23. Honeydew melon |
| 10. Kiwi | 24. Pineapple |
| 11. Lime | 25. Watermelon |
| 12. Tangerine | 26. Hidden Fruit |
| 13. Nectarine | 27. Bunch Grapes |
| 14. Peach | |

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

Art at the South Store

Oregon native, Melissa Dodder spends her mornings prepping food at Nearly Normal's and her evenings and weekends dreaming in color. She recreates her dreams on canvas in charcoal and acrylic paints. Her inspirations are the thoughts and feelings that have come from around and within her. She is self taught and has been pursuing art as her lifestyle for eight years now.

Come see Melissa's fantastical dreamscapes on canvas in the South Store Café during the month of June.

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



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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.

DISCOURAGED WITH COUNSELING? Sick of being labeled? Dreading telling your whole story all over again? I agree! And that's why I do things differently. My clients feel connected, supported, and hopeful from our first meeting, especially those struggling with the aftermath of traumatic childhoods. Call me! Michaela Lonning, michaela-counseling.com, (541) 224-6732.

NUTRITIONAL HEALING CENTER Women & Children focused Custom Nutrition Programs. Identifying Underlying Causes for dealing with Allergies, Digestion Problems, Sleep, Energy & Emotions. Hormonal & Thyroid Issues. Evaluation determines if you are a good candidate for care. Dr. Nancy Lach - Chiropractic Physician 2721 NW 9th. Corvallis nrthealing.com 541-207-3330

HOLISTIC LIFE COACHING WITH LEA BAYLES, M.A. 25 years of helping people reclaim body wisdom and delight, activate the healing power of love and transform challenges into soulful success and creative vitality. Mentoring / Speaking / Playshops / Retreats / Meditations. Learn more and get complimentary Discovery Session: www.LeaBayles.com 541-929-2605

VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR 27 years experience resolving the causes of chronic and acute pain, fatigue, mood and sleep disorders, and other conditions. Specific diagnosis, gentle chiropractic care, Applied Kinesiology, Frequency Specific Microcurrent (resolving scar tissue and inflammation), clinical nutrition, Functional Medicine. 915 NW 36th Street, Corvallis. (541) 738-2711, www.virginia Shapiro.com.

CAN HYPNOSIS HELP? If you've ever decided to do one thing, but keep doing something else, you have inner conflict. Hypnotherapy quickly finds the common ground between your conflicting desires so you act whole-heartedly. Local, certified, professional. I'll never give up on you. Call Robert Plamondon (541) 286-5440. hypnosis-corvallis.com

unclassifieds

Unclassifieds are only 30¢ per word. Simply fill out a form at the Customer Service desk by the 15th of the month

prior to the month in which you would like your ad to run. Payment is due when ad is submitted. 100 word max.

OUR LINCOLN CITY BEACH HOUSE IS NOW FOR SALE. It has 2 bedrooms with a full basement, 1927 character and a great view of the ocean. Furnished and in good condition. \$249,500. Owner/Broker: (541) 760-0604

HOUSESITTER AVAILABLE. Long term time frame agreeable. Sorry, no cats due to allergies. Call Brigid @ (541) 602-8707

"MORE THAN A FACIAL" NEW TREATMENTS!!! This treatment burns calories (lots) reduces stress and fatigue, removes wastes and toxins, improves the immune system, relieves pain and joint stiffness, increases blood circulation, all by spending 45 min. in the Far Infrared Energy Blanket. Far Infrared heat is thought to be 7 times more effective at detoxifying heavy metals, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins as opposed to conventional heat or steam saunas. \$45 for 45 min. Series of 4 includes a FREE Detox foot Bath. Call TODAY to set up your appt.. (541)487-4060

REAL ESTATE SERVICE WITH PATIENCE, INTEGRITY, AND RESPECT. Carol Trueba and Karen Rosenberg, a thorough and cooperative team – Call us today, (541) 760-8081 for all your Real Estate needs. We are Brokers in the State of Oregon affiliated with Keller Williams Mid-Willamette. You may also find us online: HomesInCorvallisOR.com. Try Carol's Mobile Property Search App! It's Free – Try it today: text – KW2C00LS9 to 87778

ALSEA VALLEY FARM AND MY PHARM are excited to offer CSA shares this year. We have half and whole shares available with flexible payment and pick-up options. Our season will run June through the end of November (25wks). Call or email us, or see Julia (My Pharm) at the market if you love having local, sustainable produce at a fair price. (541) 424-2233, (541) 224-1528, joinmypharm@hotmail.com

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.

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

FACIAL BEAUTY BUSINESS FOR SALE. Corvallis, Oregon area...I will be retiring and DO NOT want to leave my wonderful clients without support...this will include all equipment (no individual pieces will be sold), website, products, all beauty books and resources, with possible mentoring in this process (for the right spirit). I have 40 years in the beauty business, and a lot of wisdom to share with the right person. ONLY SERIOUS Minded Licensed Aestheticians NEED RESPOND. Please leave a msg and contact info if I am unavailable...(541) 487-4060 Caite

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

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.corvallisdoulas.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

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

MULTI-PURE WATER FILTERS Ken, (541) 929-4296.

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.

LYMPHATIC DRAINAGE * VISCERAL MASSAGE * CRANIOSACRAL THERAPY These modalities rejuvenate and strengthen the body's natural immune system and promote vibrant health and well being. Specializing in: Detoxification, Cancer Therapy Support, Breast Health, Lymphedema Management and Self-care. Heart in the Valley Massage - Piper Jones LLCC, LMT 8032. Now at Blue Heron Healing Arts, 564 SW 3rd St., Corvallis. (541) 740-3698.

SEEING WITHOUT STRAIN Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach., 541-753-8374 or www.marybettssinclair.comDr.

FOR SALE: USED FRIDGE, \$85 OBO. Call for details. Ken (541) 929-4296

FOR SALE: YAKIMA ROOF RACK, for gutter style car, carrier basket, bike dish. Make an offer. Ken (541) 929-4296

ERRANDS, SHOPPING, HELP AROUND THE HOUSE, Ken, (541) 929-4296

DRIED SEAWEED, DRIED MUSHROOMS, KOMBUCHA, DRIED FRUIT, SCRAPWOOD. Ken, (541) 929-4296

YARDWORK, weeding, pruning, scything, general clean-up, recycling, misc labor, trailer-haul, much Ken (541) 929-4296

LINN COUNTY MASTER GARDENERS GARDEN TOUR Saturday June 14 10:00-4:00pm. Tickets are \$10. Available at Garland Nursery or Tom's Garden Center.

HIGH QUALITY AMERICAN MADE ARMOR WRAP CABLE: New, galvanized, 3/16" (4000 #'s breaking strength). Many uses: horse & animal enclosures, fencing, deck railings, foot bridges, zip lines, etc. Useful anywhere very light, very tough, very strong line is needed. 7 1/2 #'s per 100ft.. Designed for abrasive and abusive environments. Made by Loos Company. Custom length. 0.26¢ per ft., full spool 0.18¢ per ft. (541) 964-3049

YARD AND GARDEN MAINTENANCE ornamental and edible, pruning, planting, tilling, mowing, homestead help. Experienced, with affordable pricing. Free estimates. Greg Menkiena (541) 829-0373

JARED'S GREENHOUSES AND CONSTRUCTION (541) 908-6607 I build quality, affordable custom greenhouses using Solexx double paned windows that open with screens and stained Doug Fir framing. I'm also skilled in tile, concrete, siding, roofing, building fences and much more. Outstanding local references & pictures available.

CORVALLIS TO SALEM VANPOOL. \$111 per month Commute to your 8-5 job in the Capitol Mall area in comfort and safety. Relax while helping your budget, your car, and the environment. Your commute doesn't get any better than this! Interested? Contact David Mohrman at (541) 740-3739 for details.

MEET THE NEW LOGO same as the old logo (only better)

Summer is a time for change, a time for renewal, a time to refresh ourselves and our commitments to others. First Alternative is committed to this community, and committed to freshness. It's with that in mind that we set out to refresh and modernize our logo. So, without further ado, meet the new logo:



Marys Peak is featured as a symbol of our community. The highest peak in the Coastal range, it's a natural and magnificent signpost, a constant reminder of our region's commitment to conservation and natural areas.

The flowing lines represent fields and crop rows, good tith and earnest toil. Just as much, they represent our pure and flowing rivers, the Marys and the Willamette. Soil and water, together in a fertile union.

Then there's our old friend the scoop, constant icon of the Co-op. It remains unchanged here, like our commitment to you. And now, scooping up the bounty of our valley, it better illustrates our Co-operative mission.

All of this is tied together in the bottomless symbolism and pure symmetry of a circle. It's the shape of the Earth, the shape of the Sun; the simplest expression of life and its enduring renewals. We're firmly outside the box here at First Alternative, shouldn't our logo be the same? You'll be seeing a lot more of this soon, but change does take time. We're committed to sustainability, so we're not just going to be tossing out everything to do with the old logo. Expect to see changes first online and in print. As new signs and materials are needed around the store we will update accordingly.

And don't worry about that wonderful woodcut sign in the parking lot at the South Store. We're well aware of just how iconic and important it is, so it won't be going anywhere.

-Adam Payson

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.

Reaching out to our Outreach Coordinator:

Dear Yadira,

The last local lunch of the year was yesterday, and spinach pesto pasta was a success in the Corvallis schools! All of us at the Edible Corvallis Initiative are so grateful for the support of the co-op, and we've really appreciated the opportunity to do Farm to School Local Lunch demos at First Alternative this year!

Thank you so much for your guidance with the demos this year, and for your support of Corvallis Farm to School!

Sincerely,

Clara Baker, Sara McCune, Jen Brown
Edible Corvallis Initiative- Corvallis Farm to School

We had ourselves a ball:

First Alternative Co-op,

The Earth Ball could not have been a success without your donation of ad space in the Thymes. We were able to pack the house with a wonderful group of happy, dancing patrons.

Thank you for supporting the Corvallis Environmental Center's programs.

Sincerely,

Sayard and all of the CEC members

BUDGET BITES PROGRAM RECEIVES NATIONAL RECOGNITION

The Food Marketing Institute (FMI) has awarded First Alternative's Budget Bites program the Gold Plate Award! This program originated at California's Davis Food Co-op. Emily Stimac, creative cook extraordinaire, took the beginnings, adapted it to First Alternative, expanded the program and now creates each month's menus from her original recipes, which are delicious and tested for success!

Budget Bites provides a menu to feed two people, six meals for \$50 or less, although many of the recipes make enough for four and others can be easily adapted to feed a family. The menu brochure includes recipes for every dish and a shopping list with exact amounts of ingredients needed. Emily includes in-season produce as well as sale items, and local, organic and bulk products when planning the recipes.



If you haven't tried Budget Bites yet, now is the time! The monthly brochures provide busy people with an easy meal plan, a made to order shopping list and easy to follow recipes so you can put healthy, organic and local meals on your table. The menus for the past 4 1/2 years are archived on our website and we can provide printed copies of any of the past menus upon request.

First Alternative will receive a check for \$1000 and one representative from First Alternative will receive airfare, hotel and complimentary registration to the FMI conference to accept our award. Since Emily is expecting the arrival of her baby very soon, Yadira Ruiz will go to Chicago to accept our award! Thanks to Emily for all of her hard work in making this program so successful!

-Donna Tarasawa

BOARD OF DIRECTORS ELECTIONS THIS MONTH

Each First Alternative share Owner should have by now received a ballot in the mail. For details on the candidates and referendum, see the election insert included with this month's edition of the Thymes.

There is a ballot box in each First Alternative store with a supply of extra election envelopes and ballots. You may use one of these ballots if yours does not reach you by mail, or has been misplaced. If you did not receive a ballot in the mail, please check at the Customer Service Desk.

Remember: There can be only one valid vote per Owner share number.

The deadline for returning your ballot is 9:00 P.M. Friday June 21st. If you mail your ballot, mail it to:

Attn: Election Committee, 2397 NW Kings Blvd #123, Corvallis, OR 97330.

Results of the election will be posted in both stores and will be announced in the First Alternative Thymes and at the Owner Rendezvous.

Check out our BULK LOOKUP Go to www.firstalt.coop

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



Find out what's in all those little bags in your cupboard. Look up any bulk food, body care product or supplement.

CYCLESOLUTIONS GETTING BIKES TO WORK

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**Local Fun!
Local Resources!**

Valley Parent

Linn & Benton Counties

We Love It When You Read!

FREE
EVENTS

June Community Calendar

Swing into
Summer!

FREE TASTING EVENT

LUMOS WINE, MAZAMA BEER,
AND NECTAR CREEK MEAD

FRIDAY JUNE 13TH

5-8PM @ SOUTH STORE

WINE & BEER TASTING
WITH LIGHT APPETIZERS

NORTH STORE

1st & 3rd Thursdays, 5-7 p.m.
wine + cheese + crackers

NORTH STORE

2nd & 4th Thursdays, 5-7 p.m.
craft brew + cheese + crackers
NO TASTING ON JUNE 12TH

SOUTH STORE

Every Friday, 5-7 p.m.
wine + cheese + crackers

Please check www.firstalt.coop/events/ for updates, schedule changes, and cancellations.

BOARD & COMMITTEE
MEETINGS

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, June 3rd, 6-8 p.m.
North Store meeting room

FINANCE COMMITTEE

Wednesday, June 25th 6-7:30 p.m.
South Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday, June 3rd - 12:15
South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday, June 17th - 6:30 p.m.
South Store meeting room
Owner comments welcomed in first 10 minutes.

UPCOMING EVENTS

GOING LOCAL: TRANSFORMING YOUR MEAL PLAN Wed., June 11, 7-8:30PM Corvallis Public Library. This hands-on workshop will help you re-invent your weekly meal plan by introducing more seasonal, local foods. We'll work as a group to take one week's worth of meals and adjust them to include more local food. You'll go home with the meal plan and information about sources of local food. FMI: Emily Stimac, emily@firstalt.coop

OSU MOVE-OUT DONATION DRIVE Thursday, Friday and Monday, June 12, 13 and 16, 8AM-5PM, OSU Campus Recycling, 644 SW 13th St. Last year nearly 26,000 pounds of material was diverted from the landfill and given to non-profits during our move-out drive. Our goal this year is 28,000 pounds and you can help! We need volunteer pick up crews; warehouse sorting crews, and a crew to help recover material from in and around hall dumpsters. FMI and to sign up: <http://tiny.cc/donation-drive>

MARY'S PEAK FIELD TRIP Sat., June 14, 9AM-2PM. Meet at the OSU Wilkinson Hall parking lot, near 26th & Monroe. A classic outing near the Corvallis area! Mary's Peak is designated a Scenic Botanical Area because of its rich, unique scenery and plants. Wear sturdy shoes, dress for the weather and bring lunch and water. FMI: Esther, 541-754-0893

PLANET BOOGIE Sat. June 14, 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

AUDUBON OPEN HOUSE @ HESTHAVN NATURE CENTER Sunday, June 15, 12-5PM, Hesthavn Nature Center, 8590 Oak Creek Dr. Live birds from Chintimini Wildlife Center, tours, live music, games, childrens' activities, refreshments, and more! FMI: <http://www.audubon.corvallis.or.us/>

THE WORK THAT RECONNECTS Sat. June 21, 9:30AM-5:30PM. Unitarian Universalist Church, 2945 NW Circle Blvd. Drawing from deep ecology and based on the work of visionary elder and eco-philosopher Joanna Macy, this one-day workshop offers powerful transformative practices to experience the healing power of gratitude, deepen compassion through honoring our pain for the world, explore new insights and perspectives, and strengthen our capacity to act for life on earth. FMI: www.wholeheartedpath.com, <http://workthatreconnectscorvallis.eventbrite.com>

SUMMER SOLSTICE FOR KIDS June 21, 2-4PM, Hesthavn Nature Center, 8590 Oak Creek Dr. Celebrate the summer solstice through games, stories and exploration. Perfect for ages 4-12. We will discover why this is an important season and how animals thrive this time of year! \$5 suggested donation. FMI: educationaudubon@gmail.com

IRON MOUNTAIN WILDFLOWERS HIKE Sat., June 28, 8AM. Meet at the OSU Wilkinson Hall parking lot, near 26th & Monroe. Spectacular wildflowers with over 200 species of vascular plants recorded across this botanically rich trail west of Santiam Pass. The all-day hike will be 5 miles through moderately difficult terrain. Bring good boots, lunch, and water. FMI: Dan, 541-752-8860

ONGOING EVENTS

BARK TO BASKETS

SHOWCASE Alsea Community Library, Highway 34. Bunnies, Birds, Beavers, Cord and more on display. See the stages in creating an animal figure using bark and other local plant materials for crafts. Times vary, call for details. FMI: 541-487-5061

SAGE GARDEN

WORKPARTIES Tuesdays thru October, 4-6:30PM. SAGE Garden, SW Country Club and 45th. Join us on Tuesday nights for gardening at SAGE! Gardening newbies and experts alike are welcome to join in! FMI: SAGE@corvallisenvironmentalcenter.org

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Thursdays, 7-8 PM.; Saturdays, 10-10:45AM & 11AM-12PM, 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

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

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, 7-9PM. Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, 541-754-3254

VIGIL FOR PEACE

Every day, 5-6PM. 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

MONDAYS

CORVALLIS INSIGHT MEDITATION

Come join us for sitting and instruction, Mondays, 5-6:30PM, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. FMI: maryleigh.burke@gmail.com, 650-996-1354

VETERANS FOR PEACE CHAPTER MEETING

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

ZAP KILLER FAT

Mondays, 12:30-1:30PM, Energy 9 Studio, 720 NW 2nd St. A new support program to reduce visceral fat around internal organs. Free weekly weigh-in, tips & support. FMI: radialifeorce@gmail.com

MINDFULNESS MEDITATION

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

AMNESTY INT'L WRITERS GROUP

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

TUESDAYS

TEEN TRIBAL DANCE

4PM, Live Well Studio NW Spruce Ave, Ste 101. A blend of ethnic dances, this exciting style promotes team dynamics and powerful moves. Open to ladies only, ages 12-19, no experience necessary! FMI: info@livewellstudio.com

CORVALLIS MEDITATION COMMUNITY

Learn meditation techniques to relax and recharge body and mind. 5:30-6:30PM, 3311 NW Polk St. FMI: Carolyn, 971-218-6798, RASALiLA2@yahoo.com

DINING FOR WOMEN

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

A COURSE IN MIRACLES

7:30PM, Join us as we read & discuss this spiritual classic, after a meditation. FMI: 541-754-9051.

CELTIC JAM

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

MARY'S RIVER WATERSHED COUNCIL MEETING

Second Tuesdays, 6:30-8PM Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

WEDNESDAYS

CORVALLIS BELLY DANCE GUILD

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

HEART OF THE VALLEY BIRTH NETWORK

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

TAI CHI CLASSES

5:30-6:30PM, 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>

THURSDAYS

GREEN TARA MEDITATION GROUP

7-8:20PM, 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

DANCES OF UNIVERSAL PEACE

2nd Thurs, 7-8:30PM. 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

FREE TEEN YOGA

Thurs, 4PM, Live Well Studio NW Spruce Ave, Ste 101. Stretch, move, wiggle, strengthen and then free and relax your body. All teens welcome. FMI: info@livewellstudio.com

REIKI HEALING CIRCLE

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

FRIDAYS

CORVALLIS UKULELE CABARET

First Fridays, 7-9PM. First Alt 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 The Wallop Sisters. FMI: 541-753-8530

SATURDAYS

FREE WINE TASTING

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

GLUTEN FREE SUPPORT GROUP

1st Saturdays, 10AM-12PM, First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: 541-602-1065

AUDUBON FIELD TRIPS

Field trip every 2nd Saturday. Meet at 7:30AM. 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

CORVALLIS SECULAR SOCIETY

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

SUNDAYS

FALUN Dafa GROUP

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

ALL BODIES IMPROV

Sundays 6:30PM, 971 NW Spruce Ave, Ste 101. By Donation. Join us as we explore the forms of Movement Improvisation. These forms give us a unique opportunity to profoundly connect with each other. FMI: info@livewellstudio.com

AVERY HOUSE NATURE CENTER OPEN HOUSE

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

CORVALLIS ZEN CIRCLE

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

NATURALIST ADVENTURES

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

SWING INTO SUMMER TASTING

Friday, June 13th 5-8pm
at the South Store

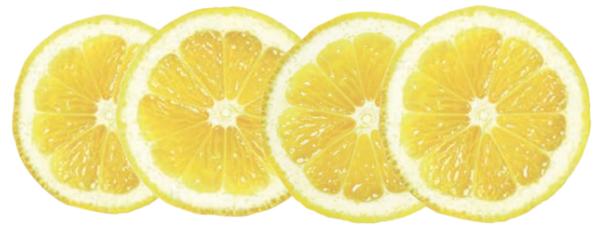
Celebrate the coming of summer with another fantastic First Alternative tasting event featuring local wines, beers, and meads.

Vintners and brewers from Lumos Wine Co., Mazama Brewing, and Nectar Creek Honeywine will be on hand to give you a taste of their wares and answer any questions you may have. First Alternative's in-house drink experts will be on hand as well to help with pairing ideas.

The Co-op kitchen will be cooking up some special paired samples. Peter Ballerstedt and his hammered dulcimer will be on hand for entertainment. We'll be giving away free wine totes all day long, with any alcoholic beverage purchase. And there will be special discounts at the South Store during the tasting!

Come thirsty, come hungry, bring your questions (and, of course, some ID). Leave full and happy with an earful of great conversation, a bellyful of blue skies, and a heart full of local love. Here comes the summer.

Pouring samples from:



Lemon Baked Tofu

Serves 8-10

- 2 blocks firm or extra-firm tofu, well pressed
- 2 Tbsp soy sauce
- 2 Tbsp lemon juice
- 2 Tbsp olive oil
- 2 Tbsp Dijon mustard
- 1 tsp sugar
- 1 tsp basil
- 1 tsp thyme
- salt and pepper to taste

Slice pressed tofu into 1/2 inch thick strips. Whisk together all ingredients except tofu. Transfer dressing to a shallow pan and add tofu, coating well. Allow tofu to marinate for at least 1 hour (the longer the better!), turning to coat well with marinade.

Heat oven to 375° F. Transfer tofu and marinade to baking dish and bake for 20-25 minutes, turning halfway through. Remove from oven and place tofu in hot skillet, with any marinade remaining in the baking dish. Brown to desired finish, turn and brown. Serve w/Brandy Cream Sauce over top [see pg. 16 for recipe].



Caramelized Onions

- 6 tablespoons butter
- 2 pounds sweet onion, sliced 1/8"-1/4" thick
- 3 tablespoons sugar
- 3 tablespoons red wine vinegar
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley

Preheat the oven to 400° F.

Melt butter in a 12-inch ovenproof sauté pan, add the sugar and stir to combine. Add onions and toss to coat. Cook over medium heat for 10 minutes, stirring occasionally, until the onions start to brown. Add the vinegar, salt, and pepper and stir well.

Place the sauté pan in the oven and roast for 20 minutes. Sprinkle with parsley; serve hot.



Your bananas are changing lives!



THE GROW program works with growers' communities to:

- Promote Organic Sustainability
- Provide Education
- Build Social Responsibility
- Offer Dental & Vision Care

...and much more!

Total raised by Co-op shoppers since 2005:

\$19,304



65¢ of every box of Grow Bananas sold goes to improving the lives of farm workers and educating their children.

Celebration Dinner

June is the month for celebrations! It's the beginning of summer, Father's Day, graduations, the Co-op's Annual Owner Rendezvous, weddings and anniversaries, and the end of the school year! This month's menu offers you a perfect celebration meal to share with friends and family.

When you serve dessert, just make sure all the kids at the party understand the difference between mousse and moose – had I known that at a younger age my first dish of 'chocolate moose' would have been much more appealing!

Berry's Salad

Serves 8

2 bunches spinach, stemmed
1 pint strawberries, hulled and halved

Dressing:

½ cup sugar
2 Tbsp sesame seeds
1 Tbsp poppy seeds
1 ½ tsp minced onion
¼ tsp Worcestershire Sauce
¼ tsp paprika
½ cup oil
¼ cup apple cider vinegar

Clean and stem spinach; arrange spinach and strawberries on individual serving plates. Place next 6 ingredients in blender. With blender running, add oil and vinegar in a slow steady stream until thoroughly mixed and thickened. Drizzle over strawberries and spinach.



Pork Medallions with Brandy Cream Sauce

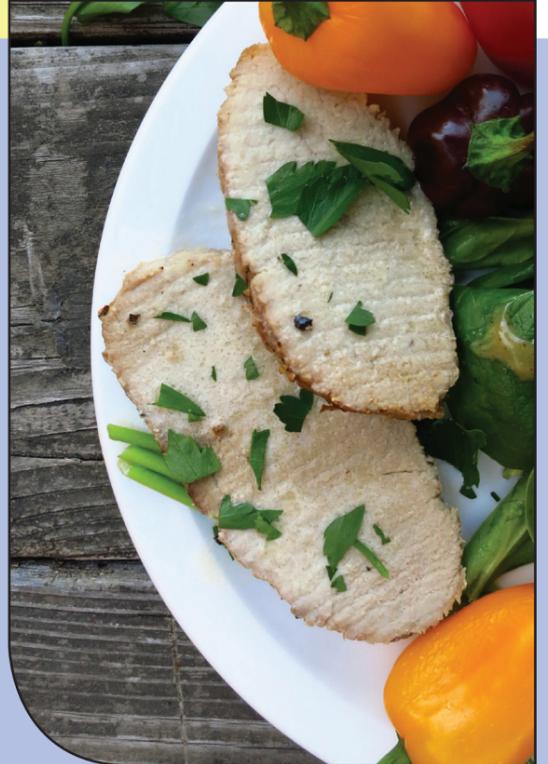
Serves 8

- 3-3 ½ # boneless pork loin roast or leg roast
- Freshly ground black pepper to taste
- 1/3 cup chicken broth (or vegetable broth)
- 1 Tbsp chopped green onion
- ¼ cup whipping cream
- ¼ cup brandy
- ½ cup butter, cut into small pieces
- 1 Tbsp lemon juice
- ¼ tsp salt
- 1/8 tsp white pepper
- Parsley for garnish

Rub pork roast with black pepper. Place on a rack in a shallow baking pan. Roast at 325° until meat reaches 160°; allow 26-31 minutes per pound.

Meanwhile, in a medium saucepan combine broth and green onion. Bring to boil; reduce heat. Cover and simmer 2 minutes. Remove from heat and add whipping cream and brandy. Simmer, uncovered, over medium heat 10 minutes or until sauce is reduced to 1/3 cup. Add butter, one piece at a time, stirring constantly with wire whisk. Stir in lemon juice, salt and white pepper.

To serve, slice meat across the grain into ½" slices. Serve with sauce on the side or poured over meat platter.



Chocolate Mousse

8-10 servings

- ¼ cup sugar
- 4 Tbsp rum or water
- ¼ # milk chocolate
- 2 cups + 3 Tbsp whipping cream, divided
- 2 stiffly beaten egg whites

Mix sugar and rum in a saucepan and cook over very low heat until sugar is dissolved. Melt chocolate over hot water; add 3 Tbsp. cream and stir. Add the syrup to the melted chocolate and stir until smooth.

Whip 2 cups whipped cream until soft peaks form. When the chocolate mixture is cool but not chilled, fold in the egg whites, then the whipped cream. Divide into parfait glasses and chill at least 2 hours before serving.



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

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MAY 26 TO JUNE 29

64 OZ.
MANGO TANGO & STRAWBERRY C MONSTER
\$5.99 EACH REG. \$8.99