

**Fresher is better!**

See how far some of our favorite regional brews travel! : p 15



**M A R C H  
2 0 1 4**  
**VOLUME 35 • ISSUE 3**  
Community Monthly

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Begins with Daylight savings,  
March 9th

[www.firstalt.coop](http://www.firstalt.coop)

FIRST ALTERNATIVE CO-OP  
1007 SE THIRD ST.  
CORVALLIS, OR 97333

# THYME'S

# BEER

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Here's to you and yours,

And to mine and ours,

And if mine & ours ever come

Across you and yours,

I hope you and yours will do

As much for mine and ours,

As mine and ours have done

For you and yours!

- Irish drinking toast

coop kitchen

nitrate free pastrami  
for irish yum.

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# 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](http://www.firstalt.coop).

**Editors:** Donna Tarasawa & Emily Stimac

**Design/layout:** Emily Stimac & Jessica Brothers

**Photography:** Emily Stimac & Jessica Brothers



Susan Hyne,  
Board Member

## the board's month in review

As a new member of the First Alternative Board, I am learning about the annual cycle of Co-op business as well as the episodic and one-time events that impact how we operate.

A key focus of the Board is the quarterly and annual review of the Co-op's finances (the Board Finance Committee reviews the numbers every month). The increase in sales from 2012 to 2013 is encouraging. The January 2013 launch of Choose Your Own Owner Sale Day boosted both sales and owners (we welcomed 924 new owners in 2013, up from 592 in 2012). Some of the increase came from households buying a second owner share to support the Co-op and earn a second Owner Sale Day.

Our Board Recruitment and Election Committee is gearing up for annual board elections. The application packet can be downloaded from our website, and NEW this year, completed applications can be submitted electronically.

Board Members are active, committed, vocal, and photogenic! A group photo of the Board was taken at our February board meeting to supplement the individual photos posted at store entrances. The annual owner meeting in June was flagged as a possible future time slot to capture all those smiles in an attractive outdoor setting and to include the newly-elected board members at the beginning of their terms.

Each month throughout the year, Board Members review compliance with 28 policies as part of our policy governance system. Policies cover Governance Process (G Statements), Executive Limitations (L Statements), and Board/General Manager Linkage (M Statements).

At our February meeting, we started initial review of the L-2 Statement on Code of Conduct. Topics covered in the review include General Manager conflict of interest, ethical pricing practices, private financial gain by employees, gifts and tips, product purchasing decisions, obeying laws, peer and external reviews, honoring commitments, safeguarding owner information, and support of the board.

In addition to participating in monthly board meetings, Board Members serve on standing committees (Finance, Policy Governance, Owner Relations, Board Recruitment and Elections, and Executive). They also serve on ad hoc committees developed at our fall retreat (i.e. strategic planning, nonprofit foundation, and capitalization). Owners are invited to join Board committees. It's a good way to get a preview of board work and you earn a discount for your service.

There is also a cycle of events throughout the year as part of the Coop's education and outreach efforts; Board Members contributed to many of the events. The June Owner Rendezvous at Avery Park attracted a large crowd and board members solicited input on capitalization options. At the Hoedown in the fall, board members asked owners for more input. Board members prepared food as part of the National Food Day event in October; the hungry crowd devoured all of the samples (and took home a booklet with all of the recipes). I enjoyed tabling at the new Wellness Fair in January to promote my sprouting class. Board Members also participated in wine tastings and some are starting to bag groceries (though it is perhaps best to schedule these two endeavors at separate times). Look for Board Members at an April 22nd Earth Day event that will test your shopping savvy and highlight the great deals in our bulk section.

**Our Board Recruitment and Election Committee is gearing up for annual board elections. The application packet can be downloaded from our website, and NEW this year, completed applications can be submitted electronically.**

The episodic and one-time events that impact First Alternative are varied.

The Coop benefits from its ongoing association with the NCGA (National Cooperative Grocers Association). Two episodes in February provided some face-to-face time with NCGA consultant spent several days at First Alternative reviewing operations; the Board will review her report at our next meeting. Our General Manager attended an NCGA western corridor meeting February 19th-21st in California.

In November 2013, First Alternative received the dotCoop Global Excellence Award based on our promotion of the dotCoop domain and education in our community about co-ops. In February 2014, First Alternative received a Food Marketing Institute Community Outreach Award based on our Beans for Bags program including a \$1,000 contribution to the program. Since the Beans for Bags program was started, First Alternative has saved 1.5 million bags (and delighted lots of younger customers who love to deposit beans in the slots).

These two awards punctuate the day-to-day recognition we receive for offering healthy local food via a sustainably run business.

On a chillier note, the December and February snow/ice storms led to slower sales, event cancellations, and a bill for snow plowing. Some episodes are more heart-warming than others.

Whether events are annual, episodic, or one-time, they all influence life at First Alternative Co-op. If you have a contribution to make, join us at whatever pace works for you.

# welcome

First Alternative Co-op  
welcomed 83 new owners  
in January for a total of  
9645 Co-op owners!

### Co-op owners enjoy:

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

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

**we are the co-op**

## 'snow joke when it comes to cooperation at the co-op

The first week of February presented some challenges not seen in these parts since... this past December. A prolonged battle with snow and, this time, with ice as well.

Your Co-op staff came through to make sure we were open on time in the mornings and communicated when we were shutting down early at night in an effort to keep staff and our customers safe.

For staff this involved switching schedules, working at the store closest to them, walking or driving to work in less than ideal conditions, pushing each other's cars out of the staff lot at the end of the day, giving each other rides home and helping to shovel sidewalks and walkways – all while still smiling and experiencing the sense of community that this type of cooperation makes happen.

One of our owners helped keep our parking lots as clear as possible and we stayed one step ahead of the game with our lots open and drying for our customers soon after the brunt of the storm. We even had a Good Samaritan come plow at the South Store for good measure.

We appreciated the great attitudes of our customers as well, folks were happy we were open and the weather stimulated conversations where we could all share our experiences and triumphs over the snow and ice. We sold a lot of milk, bread, beer and wine those days!

We, of course, learned some lessons from the two bouts of snow that we've had this winter and hope to be even better prepared should these weather patterns return to us this winter and in winters to come.



Cindee Lolik,  
General Manager

## pleased to meet ya

### north store meeting room now available!

I hesitate to even mention the weather as last time I wrote my January article in December; we had just survived the cold and snow. Now here I am in February and we just had 18 inches of snow. Crazy. My dad's telling me we had this much snow in Corvallis sometime since 1976 but I'm not convinced. I'm too lazy to look up the meteorological records online but I think we can all agree this snowstorm was massive by Willamette Valley standards.

It was cool seeing staff and shoppers get here on snowshoes and cross-country skis. I also enjoyed watching the Winter Olympics when so much of the white stuff was around. We mostly escaped unscathed here at the North Store. Power was only out for a couple hours one evening. Some of our gutters were damaged due to heavy snow build up but they were easily repaired. Let's hope with March here you are perusing this edition of the Thymes on a lovely, sunny, warm spring day! Hard to think about gardening and planting seeds at this time but that's what I'm most looking forward to in March.

I would like to get the word out to the public that we are now making our North Store Meeting Room available to local clubs and non-profits for gatherings. We have had many requests for this over the years and we are happy to be able to share our space with community groups. Just another way we feel we can be a good resource for the neighborhood. Similar to

our South Store Meeting Room, this room will be available from 4:30-8:45 PM on weeknights and 8 AM to 8:45 PM on weekends. Unlike the South Meeting room there are no kitchen facilities and it's a smaller space so we will limit groups to 20 or fewer. We do not charge for the use of this space but it needs to be reserved in advance and we can't accommodate all requests. If you are interested in or have any questions about using either store's meeting room contact our Marketing Manager, Donna T at 541-753-3115 ext. 328 or email [donnax@firstalt.coop](mailto:donnax@firstalt.coop).

Lastly, I'd like to thank all the owners who have stepped up to increase equity on their owner share during our February \$230 Campaign. For those fortunate enough to be able to do so, we really appreciate you helping us stay strong as a locally and cooperatively owned business!! If any of you out there were unaware of and missed the \$230 Campaign it is still possible for you to put extra money on your owner share up to \$300 anytime. Check in with a friendly customer service person if you are interested in doing so.

Enjoy Daylight Savings Time and all that sunshine!!!



Bill Genné  
North Store Manager



## board seeks new directors

If you think you would be interested in a job that is challenging and demanding, but ultimately rewarding, you may want to consider a position on the First Alternative Board of Directors. Each year at this time the Board Recruitment and Elections Committee conducts a search for qualified candidates to stand for election to the FA Board. Our directors operate under a system known as Policy Governance.

Using Policy Governance frees our directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles have been put into practice? The Policy Governance system also means that the board does not participate in the day-to-day operations of running our stores. The Board creates policies that guide management in the operations of the stores. Our management team is free to implement these policies in any reasonable way and the Board monitors practices and updates the policies as necessary.

Through developing a vision for First Alternative and appropriate policies to implement this vision, our board members have the opportunity to make a truly meaningful contribution to the success of the Co-op now and in the future. The Board recently set short-term goals including strengthening relationships with owners and the community and successfully transitioned to a new General Manager.

The directors are elected in June. A full board is composed of 10 directors elected to three-year terms, with 3 or 4 positions coming up for election each year. This year there are 3 three-year positions open. The Board Recruitment and Elections Committee endorses candidates with the skills needed to do the work of the Board.

The primary responsibilities of the Board of Directors fall into five main categories:

- To ensure the financial stability of the organization
- To set long and short-term goals for the organization
- To hire, supervise and evaluate the General Manager
- To insure the perpetuation of an effective board
- To provide linkage to the owners

Requirements for service on the Board of Directors are as follows:

- Be a voting shareholder of First Alternative
- Have an interest in the organization's mission and goals
- Possess willingness to further your knowledge through orientation and training
- Be willing to represent the organization to the community
- Be able to give 10-15 hours of service per month, distributed approximately as follows:



6-8 hours: Board meetings on the 3<sup>rd</sup> Tuesday of each month, including preparation and attendance

2-4 hours: Committee Meetings, including preparation and attendance

1 weekend retreat and 2-3 hours annual meeting/year

Optional attendance at conferences and trainings

Each Board member will receive a 15% in-store Co-op support discount at the register as well as a delicious dinner before each board meeting. Training, conference opportunities and related travel expenses are covered.

If you would like more information, or would like to request an application packet, please contact Board Recruitment and Elections Committee member, Toni Hoyman, by phone at 541-929-5452 or by e-mail at [hexagon@exchangenet.net](mailto:hexagon@exchangenet.net). An application packet can also be downloaded and submitted from [firstalt.coop](http://firstalt.coop) or picked up at the customer service desk. Please note that all interested applicants must have their application turned in to Customer Service or by e-mail by **March 31st**.

**MOM**<sup>TM</sup> MAGAZINE

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

[www.mommag.com](http://www.mommag.com)

First Alternative NATURAL FOODS CO-OP

## March in Co-op Thymes History

<b>1985:</b> New Credit Union Forming (Willamette Community Federal Credit Union)	<b>2002:</b> GMOs: Oregon Citizens for Safe Food seek landmark law requiring labelling
<b>1991:</b> Farewell to John Tappan, financial manager since 1970s	<b>2003:</b> Co-op leases Dari-Mart property in north Corvallis for second store
Community Garden plots available (Co-op helped Parks & Rec manage them in beginning)	Co-op cleared by Secretary of State of election violations related to offering discounts to owners who worked on state ballot measure 27 requiring labelling of genetically-engineered foods
<b>1992:</b> Philip Gutt resigns as General Manager amidst turmoil.	Beans For Bags initiated: customers choose local non-profits to receive \$ for using own bags
<b>1993:</b> FA Nutrition Education Program starts	Local group organizes to oppose genetically-engineered foods
<b>1995:</b> Membership Meeting focuses on concerns over FA growth	<b>2004:</b> Retirement party for Colin King, former produce manager
<b>1996:</b> Flood of '96 threatens (South) store! Many volunteers work to prevent disaster.	<b>2005:</b> Both stores go solar!
Evanite looks to expand glass fiber operation and emissions	Urged to support Tillamook Creamery decision to prohibit use of recombinant Bovine Growth Hormone
<b>1997:</b> Transportation cooperative to hold first public meeting	<b>2007:</b> Survey shows FA cheese prices lower than Safeway or Fred Meyer for same ten cheeses.
<b>2000:</b> New building project (South Store) major topic	Afton Field Farm: profile of young Tyler Jones
Owner survey reveals store location preferences	
Deadline for purchasing owner share is March 31	
<b>2001:</b> Owners asked to Share Your Vision (of FA in 2010)	

beer pairings!

# EAT IT with beer!



3.14 just happens to be the first three numbers of pi, the ratio of a circle's circumference to its diameter. It's also a great thing that pie, or pizza, goes awesome with beer, our feature this month.

If you're wondering how to get more pie in your life, we have the answer for you. Whether it's flour, yeast and oil from bulk, locally made dough from the cooler, or a take & bake pizza from the freezer, we have options for every palate, diet and time.

One of my favorites is the Margarita with bacon, a combination I learned to love when working at American Dream Pizza. You, too, can create this masterpiece...and it goes with almost any type of beer!

Ingredients:  
1 Big River Pizza Crust, rolled thin  
2 Tbsp olive oil  
3 cloves garlic, minced, separated  
1 tsp Italian herbs  
1 cup grated mozzarella cheese  
2 roma tomatoes, sliced  
1/2 cup cooked bacon, chopped  
1/2 cup basil, sliced into thin ribbons

Heat a pizza stone in a 450° oven. Put a healthy layer of cornmeal on a cutting board or pizza paddle and roll out the crust. Mix olive oil, 1 clove garlic, and herbs and rub over crust. Top with cheese, bacon, tomatoes and remaining garlic.

Cook until light golden and bubbly. Remove from oven and add basil. Enjoy with BEER! - Emily Stimac

## Three new cheeses we're raving about!

We have some yummy new additions to our fine Cheese Department, including these three that I'm really excited about:

First is an artisan cheese from Cascadia Creamery, aptly named Cloud Cap, for its mushroomy outer layer that resembles a soft white cloud. This family run creamery in Trout Lake, WA, combines the milk of their jersey cows with milk from their New Zealand breed for an ultra-rich flavor with high butterfat content. The results are amazing! Serve Cloud Cap with Castelvetrano olives, salami and dates for a winning party platter.

Secondly, we are adding to our selection of Irish Kerrygold cheeses a creamy, full-flavored cheddar named Skellig. This exceptional cheese, with its hint of butterscotch sweetness, is produced with milk from grass-fed cows that graze on the green lush pastures of Ireland. Skellig is ideal for cooking, making cheese sauces or on your St. Paddy's Day cheeseboard. Enjoy with a mug of hearty beer!

Finally, Florette Chevre from Affinois is a luscious brie-like goat cheese with a velvety bloomy rind. Florette is made from pasteurized goat's milk from the Southern Rhone Alps region of France. With its delicate feel and creamy spreadable texture, try Florette warmed over toast and served with salads and fruit or as an appetizer with any robust red wine.

If you are picking up one of our fine regional beers for that March gathering, consider adding some cheese and a loaf of

bread to go along. As always, we welcome the opportunity to give you a taste of any of our delicious cheeses, but we especially invite you to stop by and try these three new outstanding cheeses. Happy tasting!

Valori George, South Store Deli Assistant



## Nitrates: once a natural preservative

Potassium nitrate, or "saltpeter," has been used since the Middle Ages as a food preservative. Available from a variety of natural sources, saltpeter was also produced by humans in various ways, one of which involved a pile of straw, manure, and ashes that was turned frequently.

Today, saltpeter has fallen out of favor with the introduction of modern preservatives such as sodium nitrate and sodium nitrite. However, it is still widely used in charcuterie and corned beef to preserve color and prevent growth of bacteria. Although you won't find sodium nitrate or nitrite added to the foods we sell at the Co-op (although some pork products are made with naturally occurring nitrates found in celery), St. Paddy's just wouldn't be

the same without corned beef brisket, right? The McK Ranch corned beef brisket uses the traditional saltpeter recipe, and it will only be available for a limited time. It is still 100% grass fed and 100% delicious, local beef!

The McK Ranch  
corned beef brisket uses  
the traditional saltpeter  
recipe!

If you want to try your hand at making your own corned beef without saltpeter, you can find plain brisket on our Co-op shelves, while supplies last. We'll post the recipe there for you too! It takes ten days to brine the brisket, so mark March 8 as your pick-up date!

- Jeannie Holiday, Deli Manager



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# BRAND SPANKIN' NEW

## RISING STARS ON THE CO-OP SHELVES

### BULK

- Organic Gluten-Free Rolled Oats from Greenwillow Grains,**

\$2.19/lb. Locally Grown and rolled by Greenwillow Grains! These are a superb, raw rolled oat unlike any oats you've ever eaten! Amazing!

- Organic Colombian Coffee from Pacifica,** \$10.79/lb. Not necessarily new, but back after a hiatus. This is the fresh harvest of the Colombian crop!

- Organic Buckwheat Flour** from Greenwillow Grains, \$2.59/lb. Locally grown and milled by Greenwillow Grains! This flour was tested and is certified gluten-free. - George

### GROCERY

- Happy Campers Gluten Free Breads** Yummy, healthy, allergy-friendly

-- the bread of your dreams! They use only the best ingredients, mostly organic, and never any gluten, wheat, dairy, eggs, soy, sugar, GMOs, potato, rice, corn, or hank-y-panky whatsoever. Their breads

are made from seed flours as well as many other good-for-you whole foods.

Try all of the delicious flavors: Classy Slice, Kiss Me Garlic/Rosemary, Party Hearty Loaf and Cravin' Raisin Cinnamon Spice. Your taste buds will thank you!

- Bone Suckin' BBQ Sauce is now on our shelves!** Any time of the year is BBQ season and this sauce is fabulous.

Great with chicken, smothered on ribs or lightly spread on salmon. Your next BBQ can be Bone Suckin' BBQ Sauce good!

- Lotus Forbidden Rice** This

medium-size heirloom rice is treasured for its delicious roasted nutty taste, soft texture and beautiful deep purple color. Extremely high in a class of flavonoid antioxidants called anthocyanins, Forbidden Rice® is also rich in iron and, according to Chinese herbal medicine, considered to be a blood tonifier. You can find Forbidden Rice in Grocery and in the Bulk Department - Stan

## Beer always seems to be a popular topic at the Co-op.

We just really love a good beer! We are lucky to have so many unique and delicious beers to choose from in the Willamette Valley and beyond at the Co-op. If you are looking for advice or suggestions, we are always ready to share our current favorites! Just to name a few:



## Co-op Recognized for Community Outreach Programs and Charitable Initiatives

ARLINGTON, VA. – February 13, 2014 – The Food Marketing Institute (FMI) today announced the six winners of its 2013 Community Outreach Awards. The awards recognize the creative, charitable programs established and carried out by food retailers to enhance the lives of those in the communities they serve.

"These programs, and all those submitted, serve as vivid reminders that the longstanding tradition of the neighborhood supermarket enriching the life of its community is alive and well," said David Fikes, FMI's vice president of communications and consumer affairs. "Reaching well beyond the food they provide their shoppers, grocery stores seek to be an involved light in the local community, a beacon of shining hope."

Two winners were selected across three categories: programs addressing food insecurity, youth development and neighborhood health improvement programs.

### SURVEY : THE FUTURE OF DA VINCI DAYS

At the October 2013 meeting, the board of directors of da Vinci Days voted unanimously to suspend operations of the three-day event for a year.

The future of the festival will be assessed and determined by summer

2014. Part of this process is to obtain community input. This survey is the first of these activities to solicit this input. Thank you for your help with this process:

<https://www.surveymonkey.com/s/276BTTZ>

## Introducing Fieldworks Supply Company

and can release their beneficial properties over time to do the good work they're intended to do.

### 3. Bentonite clay = no grit.

Consistency wise, the clay is soft and seemingly vanishes into the product with no grit or abrasive attributes. It truly is their secret weapon.

Fieldworks Supply Co. has provided a basic product selection including concentrated shave gel, after shave elixir, clay-based hand cleanser, face and shave soap, hand repair, sore muscle balm, protective foot balm, body brick, and body wash. These products are consciously made with thoughtful usefulness without gimmicks or artificial perfumes. So, if you have been on the look out for a natural, male-focused body care product, we definitely recommend this as a go to!

## Natalie's Wellness Tip:

### A smoothie starts my day out right! It's simple & delicious!

- One scoop high quality protein powder. This helps keep me full and focused! I prefer the First Alternative Vegan Protein Powder or Garden of Life Protein Powder.
- One cup blueberries. These add delicious bulk and are an antioxidant powerhouse!
- One cup So Delicious Unsweetened Coconut Milk. This provides healthy fats our bodies need.
- One big scoop of flax or chia. Adds beneficial fiber and omega 3s.

Extras: A scoop of organic greens powder; a handful of spinach or kale, half a mandarin or a few sections of orange, elderberry extract, liquid vitamin D, pumpkin or sunflower seeds, matcha green tea powder. Mix and enjoy the benefits of whole food!

### Samuel Smith's Organic Chocolate Stout- Jessica, Marketing

"This brew boasts a deliciously rich & roasty cocoa flavor. Perfect for a cool day."

### Oakshire Overcast Espresso Stout - Emily, Customer Service

### Oregon Trail Bourbon Barrel Porter - Cindee, General Manager

"I consider this the best local beer!"

### Good Life Descender IPA - Patrick, Recycler

### Ninkasi Oatis Stout - Nina, Bulk

"You can never go wrong with a Ninkasi!"

Entries were judged based on criteria including participation, community need and impact. Each of the six winners will receive \$1,000 from FMI to further their program:

#### Programs Addressing Food Insecurity

PCC Natural Market: Shoppers contribute cash donations and reusable bag rebates to fund the purchase of bulk food, which is repackaged at bi-monthly parties at 10 partner food pantries.

Hy-Vee: This yearly campaign, created in 2002 to reenergize a 25-year-old partnership with Iowa's largest food pantry, showcases Hy-Vee associates' creativity and consumers' generosity.

#### Neighborhood Health Improvement Programs

Klein's ShopRite of Maryland: Through a partnership with the

City of Baltimore and nonprofits, the event allowed citizens to voluntarily surrender guns and receive a \$100 ShopRite gift card.

First Alternative Co-op: Shoppers using reusable bags place their vote between charities and, over the course of the year, 16 charities receive a proportional donation.

#### Youth Development Programs

Safeway: High-schoolers from local underserved communities participate in workshops and activities structured to help students achieve professional success despite life challenges.

Big Y Food Stores, Inc.: This youth program focuses on Y-AIM: (a)chieve academically, (i)spire to attend college, (m)oove toward personal, family and community advancement. To read more about the Programs, visit [www.fmfoundation.org](http://www.fmfoundation.org).

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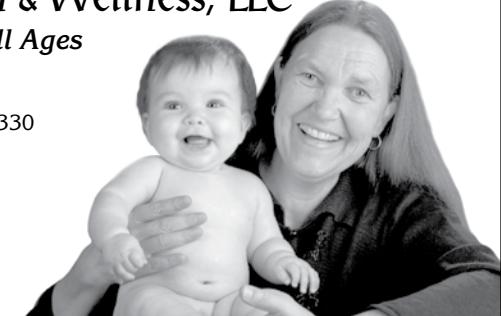
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## classes & donations

# march co-op classes

Classes held in the South Store Co-op Meeting Room unless otherwise noted. Register online at [www.firstalt.coop](http://www.firstalt.coop)

**Sunday March 2 • 1:30-3pm**

### Herbal Body-Care Creations

Cost: \$20 General Public; \$18 Co-op owners

In this hands-on class with Clinical and Community Herbalist Laurel Buley, we will be exploring and experimenting with simple DIY home recipes for herbal body care from head to toe! Learn how to make your own body-care products such as shampoo, salt scrubs, bath salts or mouthwash with simple and safe ingredients. Each participant goes home with over 10 original recipes and several creations made together in class. This will be the last in the herbal-series until Fall.

**Tuesday March 4 • 6:30-7:30pm**

### Outdoor Fitness Series: Winter

#### Outdoor Safety, part 3

Cost: FREE

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

This class is being offered free of charge by professional personal trainer, Jessica Beauchemin. Learn more about Jess by visiting her website: <http://www.jessbfit.com/>

**Thursday March 6 and 20 • 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. Materials provided. FMI: Lucy, 541-704-0135

**Friday March 7 • 9am-1pm**

### NW Wellness Health Screenings

Cost: Varies

Low cost health screenings provided by certified medical personnel. Go to [www.nwwellness.com](http://www.nwwellness.com) to see available tests and prices. Most appointments are walk-in. Payment due at time of screening. *This event will not be listed on our online registration site.*

## co-op donations

### JANUARY 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 January, donations were given to these worthy groups or causes:

### GLEANERS

Linn-Benton Food Share ..... North: 760 lbs = \$1,455.40  
..... South: 918 lbs = \$1,902.82  
Chintinimi ..... 32 lbs = \$47.68

### SMALL DONATIONS

Birth Boot camp Class.....(in-kind) \$49.75  
ODT for Oregon Food Bank.....\$30  
Philomath Montessori.....\$30  
Ten Rivers Food Web.....\$30  
Corvallis Sister Cities Association .....\$30  
South Corvallis Food Bank.....\$30  
Heartland Humane Society .....\$30  
Tunison Neighborhood Association .....\$30

January Donation Totals: .....\$3665.65

### January to March 2014

Heartland Humane Society

Habitat for Humanity

Mary's River Gleaners

Court Appointed Special Advocates



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

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

## Alternative Transporters of the Month

### Glen Brumbach



"Less fossil fuels! More exercise!"

- Glen



## Support Work: A Reciprocal Owner Benefit

By Yadira Ruiz, Outreach Assistant

Before I get into the technical details in this article, let me be perfectly clear about my intentions...I aim to raise your interest and curiosity about becoming a support worker. What I really want is for owners to read this article and start beating down my office door with excitement about joining our support worker ranks. Okay, there, now you know and I can proceed with a clear conscience.

As a cooperative business, First Alternative is able to offer benefits that are specific to owners. One of these owner-specific benefits allows the shareholder to become a support worker. Support workers are allowed to perform non-operational tasks. A non-operational task is about enhancing our store offerings but are not essential to operating a business. Examples of tasks that fall into this category are cleaning, sanitizing recycled containers for use with our bulk products, landscaping, watering the plants, etc...So, no, it's not glamorous work but it makes a difference and allows us to provide cool "extras" to our customers at a nicely reduced cost because support workers are compensated with a 15% discount for a week in exchange for every 2 hour shift they work. (Have I just piqued your interest? I hope so!)

Yeah, that's right, you can get a 15% discount for seven whole days just for working for two hours a week! In addition to the financial benefit of doing support work, you also get to interact with staff on a regular basis and establish relationships that you normally would not have time for. We provide our support workers with training and a point person to keep in touch with to ensure you feel successful with the task assigned to you.

Since we are a business, there are of course, requirements. Each support worker position has specific parameters and guidelines, many of which keep us in compliance with OSHA, DOL and our insurance provider. In a nutshell, here are the general support worker requirements. If you get placed, you will receive information specific to the task you are assigned to:

- You must be the shareholder of the owner share
- You must be current on the payment of your share
- You must be at least 18 years old.
- You must fill out a Support Work application (available at Customer Service)
- Once we find a placement for you, you must commit to working a two hour shift every week.
- Time off is allowed with advance notice. Frequently missed shifts will result in termination of support worker status.

At this time, the South Store is in great need of one weekly container sanitizer on Thursdays, one substitute sanitizer, and someone to water our indoor plants. Interested? We'd love to chat with you. Please contact Yadira Ruiz via email [yadira@firstalt.coop](mailto:yadira@firstalt.coop) or via phone 541-753-3115 ext 335 for more information.



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Free 3-D Drawing of Your Project

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Ted Wade - Owner

## international year of family farms: *Adaptive Seeds*



*Where do you see your farm in 10 years?*

We love our farm and where it seems to be headed. Three things we are striving for are: to attain some land ownership, expand our organic seed breeding program, and as always, to have improved the quality of our soil.

*What challenges do you face as a small farmer?*

Besides the weather? :)

It is a challenge to produce excellent quality seed cheaply and many people think seed should be as cheap as possible. While affordable seed and food is essential, in food and seed, what you pay for is what you get. It is certainly a challenging balancing act. We are also lucky to be faced with the challenge of scaling our production for a rapidly growing business. Now that we are certified organic and are offering larger packet sizes, it is difficult to predict what our needs will be for each of the hundreds of varieties we offer, and to produce enough seed to meet those demands.

*What are some of your favorite parts about the work or business?*

We like to say that we are helping bring biodiversity back. We find great satisfaction when small organic farms start to grow rare or heritage seed varieties. When people get excited about rutabagas or chicories we get really excited! We also really enjoy seeing each plant through its complete life cycle.

*What is your approach to sustainable farming?*

As with every organic farm, we are always striving to improve our soil and farm ecosystem. In addition to standard organic practices, we think that seed is one of the foundations of sustainable farming. With our 5 acres of organic seed crops we love to imagine that we are helping to enable thousands of acres of organic food production. We are also feeding lots of bees and native pollinators.

Adaptive Seeds was established in 2009 & is based at Open Oak Farm in Sweet Home, Oregon.

They steward & disseminate rare, diverse & resilient seed varieties for ecologically-minded farmers, gardeners & seed savers.

Most of their seed is adapted to the Pacific Northwest & other short season northern climates. They sell only public domain, open pollinated (OP) seed, as well as many diverse gene pool mixes.

All of their seed is grown on their farm, although regional friends do help with isolation needs. (source: <http://www.adaptiveseeds.com>)



seeds have arrived!

Calling gardeners of all levels and focuses, it's time to start planting! Our seeds have arrived at the South Store and we have lots to share with you. We pride ourselves on relying on NW seed suppliers, ensuring that our cultivars have been grown in Oregon and are ideal for the lovely Willamette Valley growing season. We're also proud to offer our seeds in bulk (though we have packets, too!). By providing bulk seeds, sold by the teaspoon, our customers are free to get a little or a lot so go ahead and try a variety of vegetables, fruits, and flowers in your garden this year!



We get our seeds from several growers, all offering a terrific assortment to meet your needs. **Wild Garden Seed**, in Philomath, provides us with organic bulk salad greens, hearty greens (kales, chards), as well as my favorites, beets and delicate squash, plus lots more! You can trust they're reliable as all seeds are grown at Gathering Together Farm.

We are excited to have **Peace Seedlings** in Corvallis, back this year. They provide unique organically grown varieties and Public Domain offerings.

Also available are the wonderful **Adaptive Seeds**, located in Sweet Home. Their seeds, all organic, and some newly certified so, come in packets. We've a great breadth to offer you, lots of nightshades (peppers, tomatoes, tomatillos), pole beans, corn, lettuces (think mustard greens and chicories!), and more.



Our other main seed grower is a perennial favorite, **Territorial Seed Co.**, based in Cottage Grove. We've got their organic peas, bean and corn, all in bulk so go ahead and try something new this year.

In addition to these growers, we will be selling a selection of **Thyme Garden Herb Seeds** out of Alsea. They provide us with a unique selection of herb, flower, and vegetable seeds.

We're so fortunate to live someplace where we've a long growing season, making it easy for edibles to grow strong and delicious. We've quite a few staff members who grow their own foods so if you have questions, we're bound to have at least one person who can answer you with knowledge and experience. Whether you've just a humble window box or five acres to sow, let's get growing! - Kate Otterston



The 2014 International Year of Family Farming (IYFF) aims to raise the profile of family farming and smallholder farming by focusing world attention on its significant role in eradicating hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.



Scholarships from the **GROW** program have allowed Co-op employees to visit the banana fields and meet the workers and families.



## Your bananas are changing lives!



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.

**THE GROW**  
program works  
with growers'  
communities to:

- Promote Organic Sustainability
- Provide Education
- Build Social Responsibility
- Offer Dental & Vision Care
- ...and much more!

# March 2014

Sale Period:  
March 5th-April 1st

Special Order Deadline:  
March 28th



## Co-op deals

**stock up and save!**

Flyer A: March 5th - 18th  
S.O. deadline: March 14th

Flyer B: March 19th-April 1st  
S.O. deadline: March 28th

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

**bulk**

NATURE FRESH FARM

Organic Local Pumpkin Seeds

reg. \$10.79/lb. **sale \$9.69/lb.**

The Fall harvest is here!



MARIN  
Whole Wheat  
Honey Fig Bar

reg. \$5.29/lb.

**sale \$4.79/lb.**

Parents like 'em,  
kids love 'em!



**coffee**

Stock up while your favorite  
varieties are on sale!

*produce  
we have fresh  
kale, collards,  
dandelion greens,  
spinach, &  
lettuces*

*beautify your yard and garden this spring with  
vegetables, beans, herbs, & flowers -- all from seed!*

*Supporting local farms, families, and communities since 1970!*

# Local Color



**SUNRIDGE FARMS**  
Organic Jolly Beans  
reg. \$13.39/lb. **sale \$10.99/lb.**  
Perfect for Easter baskets!

**Zen Party Mix**

reg. \$6.89/lb.  
**sale \$5.99/lb.**

Get ready for  
March Madness!



**Organic Sunny Bears**  
reg. \$12.39/lb. **sale \$10.99/lb.**

Another Easter  
basket favorite!

**Cranberry Harvest Trail Mix**

reg. \$9.39/lb. **sale \$8.39/lb.**  
Simply delightful!

**PACIFICA**  
**Colombian**  
\$11.19/lb. **\$7.99/lb.**  
Try the fresh Colombian harvest!

**PACIFICA**  
**Sumatra**  
\$13.19/lb. **\$9.49/lb.**  
Smooth, low acid, and  
roasted to perfection!

**EQUAL EXCHANGE**  
Select Organic Coffees  
reg. \$11.99/lb. **sale \$8.99/lb.**



**THINK GREEN  
THIS MONTH!**

*Time to sow your seeds!  
We have lots of seed varieties  
from local producers, including*

**Peace Seedlings, Corvallis OR**

**Adaptive Seeds, Sweet Home OR**

**Wild Garden Seed, Philomath OR**

**Territorial Seed Co., Cottage Grove OR**

**Thyme Garden Herb Seeds, Alsea OR**



**CLOSE OUT SALE!**  
Save big on seasonal Wellness  
close-outs and discontinued items!

**CAMELBAK**

**First Alternative**  
Water Bottles

**15% off**



**TO-GO WEAR**

**Bamboo Utensil Set**  
in Upcycled Holder

reg. \$11.69 **sale \$9.49**

Fork, Knife, Spoon and Chopsticks!



**HERB PHARM**

**Selected Immune**  
Support Extracts

**20% off**



**BOIRON**

**Oscilloccoccinum,**  
**Cold Calm, Roxalia,**  
**Sinusalia**

select products

**30% off**



**ALAFFIA**

**Africa's Secret**  
Skin Cream

4 oz. size only

**25% off**

Made with African Wild Honey,  
Neem & Royal Jelly



**ALAFFIA**

**Authentic African**  
Black Soap

32 oz. size only

**25% off**

An "all-in-one" cleanser for all ages.



**MEGAFOOD**

**MegaFood**

up to **25% off**

New whole food supplements!



**GARDEN OF LIFE**  
Select Products

**35% off**

**BLUE PLANET**

**Eco Sunglasses**

**20% off**



**FIRST ALT SUPPLEMENTS**

Tart Cherry with Turmeric

30 tab reg. \$11.99 **sale \$9.99**

Chewable Vitamin C

50 ct reg. \$9.79 **sale \$7.99**

Day Long C

50 cap & 100 cap reg. \$9.19-16.19 **sale \$7.79- 13.49**

Orange Juice Cee

150 tab reg. \$15.29 **sale \$12.99**

# cheese

## KERRYGOLD

7oz reg. \$4.99

## KERRYGOLD

7oz reg. \$4.99

## KERRYGOLD

7oz reg. \$4.99

## KERRYGOLD

6oz reg. \$5.49

Perfect for your St. Patrick's Day cheese platter or packing in lunches!

## KERRYGOLD

per lb reg. \$16.99

## KERRYGOLD

7oz reg. \$6.69

## WOOLWICH

7oz reg. \$7.39

## WOOLWICH

7oz reg. \$7.29

Excellent melted on pizza!

## Dubliner

**sale \$4.59**

## Reserve Cheddar

**sale \$4.59**

## Skellig Sweet Cheddar

**sale \$4.59**

## Dubliner Cracker Cut

**sale \$4.99**



Indian Life  
available at  
North Store  
only

# co-op kitchen

## Thai Cabbage Salad

Crispy cabbage, savory peanut dressing with a hint of jalapeno!

reg. \$7.99/lb. **sale \$6.99 per lb.**

## INDIAN LIFE

275gr reg. \$3.99



## Spinach Veggie Wrap

**sale \$3.49**

## Kidney Beans & Naan

**sale \$3.49**

## Lentil & Naan

**sale \$3.49**

## Chickpea Masala Wrap

**sale \$3.49**

## TILLAMOOK

.75oz reg. 49¢

A great little snack or addition to school lunches!

## TILLAMOOK

8oz reg. \$5.19

## Medium Cheddar Minis

**sale 39¢**

## Smoked Cheddar

**sale \$4.69**



## ROGUE CREAMERY Smoked Blue Cheese

per lb reg. \$19.99 **sale \$18.19**

Gently cold-smoked over Oregon hazelnut shells

# grocery

## DR. KRACKER Seed Crackers

### Bag In Box Klassic 3 Seed,

### Pumpkin Seed Cheddar or Seedlander

6 oz. reg. \$3.89 **sale \$2.59**



Enjoy the rich toasty taste of organically grown whole grains and whole seeds as well as an abundance of plant-based protein, heart healthy fiber and essential micronutrients!

## CHOICE ORGANIC TEAS

### Assorted Varieties

16 bags reg. \$4.39 **sale \$2.99**

USDA Organic, Fair trade certified, Kosher, Non-GMO project verified



# household



## GREEN FOREST

### Bath Tissue

2 Ply /12 pack

reg. \$11.69 **sale \$9.49**

100% Recycled and no added dyes or fragrances!



## BI-O-KLEEN

### 5 lb. Laundry Powder

reg. \$10.19 ea. **sale \$8.59**

Citrus is gentle on the skin and fabric! It helps remove the toughest of stains without harsh chemicals!

## R.W. KNUDSEN FAMILY Organic Just Juice, Cranberry or Pomegranate

32 oz. 43g. \$11.19 **sale \$6.99**

These single-fruit, unsweetened, 100% juices are undiluted to provide the maximum taste associated with each respective fruit.

## ONCE AGAIN

### Organic Peanut Butter

Smooth or Crunchy, no salt added

Perfect for an afternoon treat!

16 oz. reg. \$6.99 **sale \$5.69**



## WOW BAKING COMPANY Assorted Cookies

2.75 oz. reg. \$1.99 **sale \$1.39**

All natural ingredients grown from non-GMO seeds, unsulfured dried fruits, fair trade chocolate and sugar from crystalized pure cane.



## chill & frozen

## SILLY ZACS

### Gluten Free Pie Crust

2 ct reg. \$5.79 **sale \$3.99**



## SILLY ZACS

### Marion Berry Pie &

### Pumpkin Pie, Gluten Free

22 oz. reg. \$11.49 **sale \$9.29**

## THREE TWINS ICE CREAM

### Madagascar Vanilla or Bittersweet Chocolate Ice Cream

48 oz. reg. \$7.89 **sale \$5.99**

Inconceivably delicious organic ice cream!



## RISING MOON ORGANICS

### Assorted Pastas

8 oz. reg. \$4.39 **sale \$3.19**

When you don't have time to whip up a meal, we've got you covered. Always quick, delicious, organic, and vegetarian!



## BLUE HORIZON WILD Crab Bites, New England

Fresh Jonah Crab caught off the coast of New England!

6 oz. reg. \$5.39 **sale \$3.99**



## BLUE HORIZON WILD Wild Alaskan Salmon Mini Cakes

Because it's wild, this seafood does not contain growth hormones, artificial fillers, or antibiotics used in farm raised seafood.

6 oz. reg. \$5.39 **sale \$3.99**

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



GROWER PROFILE

# BUDGET Bites

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

We create each menu and test the recipes to bring you the best eating on a budget.

-Emily Stimac, Marketing



## French Toast

Who doesn't love breakfast for dinner?

2 eggs  
½ cup milk  
1 tsp. vanilla  
1 Tbsp. sugar  
6 slices bread  
1 Tbsp. butter

Mix eggs, milk, vanilla & sugar in a large, flat dish. Heat a non-stick or well-seasoned cast-iron skillet & add a trace of butter. Dip both sides of bread into egg mixture. Add bread to skillet & cook until brown. Turn and cook second side until lightly browned. Serve with butter and cinnamon syrup.

## Cinnamon Syrup

1 cup brown sugar  
1/3 cup water  
1 Tbsp. honey  
4 cloves  
1 piece crystallized ginger  
1 tsp. cinnamon

Mix everything together. Cook gently over medium heat 5-10 minutes. Strain and serve.

[www.valleyparentmagazine.com](http://www.valleyparentmagazine.com)



**VALLEY Parent**  
Linn & Benton Counties

Local Fun!  
Local Resources!

**nw natural beef**

**beef jerky & snack sticks**

**Business Name:** Northwest Natural Beef

**Owners:** Ed and Janet Starkey

**Crew size:** Us + 2

**Location:** Corvallis, OR

**Region and area of operation:** Willamette Valley and Oregon Coast

**How long have you been in the business?** 30+ years

**What do you produce?** Natural beef, including sausages and snack products.

### Please tell us your background story!

We started raising cattle more than 30 years ago when our kids were in 4-H. When the kids grew up and left home, we continued with the cattle. Over the years we raised and purebred Limousin cattle and served as 4-H leaders. We were honored to be inducted into the Oregon 4-H Hall of Fame a few years ago. We are now retired from our "day jobs" and focus on producing and selling natural beef. Our customers are the favorite part of our business. We have developed friendships with many great people at farmer's markets and elsewhere.

**What does the Co-op buy from you?**  
Smoked Beef Jerky Strips and snack sticks (Pepperoni, Teriyaki, Beef, and Landjaeger)

**When you first came to the Co-op with your products, you used added nitrates as a preservative, which we don't allow in our products.**

**Since then, you have found another way to create delicious, healthy jerky. Can you explain why you removed the nitrates and what you learned in the process?**

We stopped using sodium nitrate because of increasing concern by consumers, as reflected in the Co-op nitrate policy. We were able to use a natural product, celery powder, instead of chemical sodium nitrate. Celery and several other vegetables including cabbage, beets, lettuce and spinach contain nitrates.

Although our products are not certified organic, celery powder is an allowed organic ingredient. The USDA requires us to refer to our jerky and sausages as "uncured" or "containing no added nitrates." The use of terms such as "nitrate free" is misleading, incorrect and inconsistent with USDA regulations.

**Natural Choice Directory™**  
The Healthy Green Pages • Willamette Valley

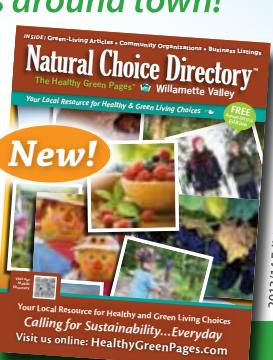
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  - Solar, Wind, & Green Power
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  - ...and So Much More!



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We have learned to deal with USDA regulations even though they can be confusing.

**When did you finish that process and begin selling to us?** 2-3 years ago.

**What sustainable practices does your business employ?**

Our beef is raised on pastures and fed no grain, thereby reducing the carbon footprint. Our cattle are processed and sold locally which further reduces our use of fossil fuels. Many of our pastures are not well suited for production of food crops to be consumed by humans. Thus, direct competition with humans for food is minimal.

We also recycle and reuse packing materials extensively.

**Please describe your business philosophy in 2 or 3 sentences:**

We produce healthy beef sustainably and humanely. We treat customers fairly, with honesty, courtesy and respect.

*For more information about NW Natural Beef, please check out their website, [www.northwestnaturalbeef.com](http://www.northwestnaturalbeef.com)*

## Are YOU the Ideal Board 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 or via e-mail at [hexagon@exchanget.net](mailto:hexagon@exchanget.net) or [faboard@peak.org](mailto:faboard@peak.org).

Board application packets are available at [www.firstalt.coop](http://www.firstalt.coop) and at customer service in both stores. Applications are due by March 31st. Elections will be held in June.

# staff spotlight: get to know your Co-op crew!

## Sam Powers



**What do you do at the Co-op and how long have you worked here?** I am a Grocery Stocker and this month marks my one year at the Co-op!

**You're considered the "beer guru" of the South Store's Grocery. How did you get that title?** I always go out of my way to learn in detail all about the beer we have for sale. When someone is searching for a good beer, I want to be able to send them off happy! I'm also good at suggesting alternatives to something they already like.

**What are some of your favorite beers?** I have no favorites when it comes to beer, but my favorite styles are stouts, porters, and IPAs. I love darker beers during the cold rainy months leading up to the summer, then I switch it up to IPAs in the spring and summer months. I personally think IPAs are much better when they are fresh, so I try to fully enjoy them as soon as they arrive!

**How do you discover new selections for the beer case?** I like to ask other beer lovers in town about some of their current favorites. I also peruse websites to find out about Oregon beers and I am friends with other beer buyers in town, which also helps.

**What brought you to the Co-op?** The Co-op is a place to get good, local, fresh food, which evolved into me eventually getting a job here. The people at the Co-op are what really drew me to want to work here -- they're the heart of the store and the energy they bring is what makes this place flow.

### What do you do outside of work?

I like to spend time with family and friends, eat good food, have amazing experiences, read good books, exercise my body and mind, and, of course, drink really good beer!

### Where did you grow up/where have you lived?

I grew up in quite a few places, but my homebase is Sherwood, Oregon, just an hour and a half north of Corvallis.

**Tell us something about yourself other might not know:** Hmmm. Well, a few things people may not know are that I really love sunflowers. Love love love sunflowers -- everything about them, from the seeds to growing them in the summer to painting them. I also love art - from making art to appreciating other art in all forms.

**Where do you see yourself in ten years?**  
On top of the world living a happy content life.

### What are your top 5 favorite things about Corvallis?

1. My friends first and foremost
2. My job at the Co-op
3. Rise MMA Academy
4. Mazama Brewery
5. My new house I live in

**What is one thing you would change at the Co-op?** If I had to change one thing about the Co-op, it would be half an aisle just for beer -- nothing but beer!

## Anniversaries in February

### Staff Anniversaries

**Blueberry, 1 year:** Sam Powers, Sara Spencer, Katie Hann

**Raspberry, 2 years:** Brian Peat, Arron Campbell

**Strawberry, 6 years:** Kieran Hart, Valerie Jordan

**Plum, 7 years:** Chris Johnson, Kristana Burt

**Apricot, 8 years:** Aron Christianson

**Pineapple, 24 years:** Kris Downing, Donna Sirmans

### ANNIVERSARY FRUITS

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

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

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

### Paid Sub Anniversaries

**Blueberry, 1 year:** Robin Depke

**Cherry, 3 years:** Bill Verdries

**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.

**PRINTING & DESIGN  
WITH THE EARTH IN MIND**

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[www.firstalt.coop](http://www.firstalt.coop)

## Art at the South Store

Kah Min Lee has been creating art for as long as she can remember. After receiving her BFA in 2010, she began making art for family and friends. Her illustrative paintings are a mixture of watercolor and acrylic on canvas and paper and are inspired by her own psyche, thoughts, animals, and her environment. Stop by the South Store in March to discover and take in some of her beautiful work!

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



## LA FLAUTA MAGICA BILINGUAL PRESCHOOL



This dynamic Spanish-English curriculum is based on literature, music, and art. Activities are fun, interactive, and engaging.

La Flauta Magica provides a warm, safe, open & educationally stimulating atmosphere in which children are nurtured and supported.

OPEN HOUSE • TUESDAY, APRIL 29TH

2935 Circle Blvd - 4-5pm

REGISTER NOW FOR SEPTEMBER!

CALL 541-602-4140

## AMERICAN DREAM PIZZA



Gluten Free  
Crust available  
Sunday through Wednesday!

**FREE DELIVERY!**  
CAMPUS 757-1713 • 2525 NW Monroe  
DOWNTOWN 753-7373 • 214 SW 2nd  
[www.adpizza.com](http://www.adpizza.com)

Margarita Monday 4-6pm

\$5 Daily Specials

Monday Sunburgers 'till 2

Tuesday Nasty Burritos

Wednesday Falafels

Thursday 2 egg breakfast 'till 2

BREAKFAST • LUNCH • DINNER

**NEARLY NORMAL'S**

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109 NW 15TH ST. CORVALLIS, OR  
garden dining • organic • farm fresh

**Deep Release of Tension  
In a Supportive Setting**

Small classes  
Private yoga therapy  
Lovely space  
Contact Christine  
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[www.sweetyoga.net](http://www.sweetyoga.net)

# health services guide

**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-covallis.com](http://hypnosis-covallis.com)

**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, [\(michaelas-counseling.com\)](mailto:michaelas-counseling.com), (541) 224-6732.

**ENVISION WOMEN'S HEALTH AND WELLNESS, LLC** Holistic health care for women of all ages. Linda Lieberman, CNM, MSN, NP is a midwife, nurse practitioner and herbalist. Linda maintains full prescriptive privileges, offers alternative therapies for women seeking complimentary medicine and is a preferred provider for numerous insurance plans. (541)-753-6000, [www.envisionwellness.org](http://www.envisionwellness.org)

**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 nrthealling.com 541-207-3330

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

**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](http://www.LeaBayles.com) 541-929-2605

\*\*\*\*\*

## unclassifieds

**NOROOZ:** Iranian, Moroccan and Indian fusion music concert. Seven classically trained musicians and vocalists with a variety of rare instruments. Saturday, March 15th at 7:00pm. Unitarian Universalist Fellowship. 2945 NE Circle. Tickets \$15/\$12. Info: 541-753-0439

**HERNIATED OR BULGING DISC?** Spinal Decompression has helped thousands of people get pain relief without surgery. Treats Neck or Low Back. Evaluation determines whether or not you are a good candidate for care. Get out of pain & back to enjoying life! Timberhill Spine Care 2721 NW 9th Corvallis 541-754-1947

**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: 541-753-4567

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

**HOUSING WANTED:** Professional 28 yr. old woman seeking studio or similar space in Southtown. I'm quiet, simple lifestyle, eco-focused, no car. Happy around gardens/livestock if applicable. Part time parent of 4 yr old; approx. 2 weekends/month. Can pay \$400-500 range. Call Sarah, 541-344-1003

**ALTERNATIVE HEALTH TALK.** Dr. Bob Marten: 1580 KGAL AM radio. Call in + health news. Sun: 6am-9am.

**PREGNANT OR PLANNING A BABY?** Birth with Liz midwifery service now provides comprehensive prenatal care, homebirth (or hospital birth with doula support), postpartum and newborn care. Check out: [www.birthwithliz.com](http://www.birthwithliz.com) or call 541-223-4454 to set up your free consultation.

**RAISING YOUR SPIRITED CHILD** Workshops based on the books by Mary Sheedy Kurcinka. In Corvallis. Facilitated by Esther Schiedel, MS, Certified Family Life Educator. For information, phone 541-602-2254 or e-mail: [contactme@sharingstrengths.com](mailto:contactme@sharingstrengths.com) or visit [sharingstrengths.com](http://sharingstrengths.com)

**Advertise your health service for only \$35 per ad. Maximum 50 words. Please email your ad to [thymes@firstalt.coop](mailto:thymes@firstalt.coop) by the 15<sup>th</sup> of the month.**

**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.

**NATURAL VISION IMPROVEMENT** Bodywork for the Eyes. Learn methods to release chronic 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 at 541-753-8374 or [www.marybettssinclair.com](http://www.marybettssinclair.com)

**DR. 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.virginiashapiro.com](http://www.virginiashapiro.com).

**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](http://www.wholehealthclinic.com) Serving Corvallis for over 20 years.

Unclassifieds are only 20¢ 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.

**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](http://northwestrealtyconsultants.com) for more details.

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

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

**"MORE THAN A FACIAL"** is now in the "Oasis room" of the "Willamette Wellness Center" Caite, owner and operator 40 years ...voted BEST Facial in LA 2001 from Conde Nast's British Vogue! Also voted "2013 Best Beauty Salon in Corvallis" in an independent survey. Skin care coaching, Micro-dermabrasion, enzyme peels, oxygen treatments, galvanic treatments, acne and rosacea treatments, and "More than A Facial:" crystals, magic oils, visualization, hand and feet massage, meditation and sage...call now and receive 10% discount with this ad. Student special: \$25 off facial (new clients). Gift Certificates Available ...By appt. only 541 487-4060 caite@morethanafacial.com and [www.morethanafacial.com](http://www.morethanafacial.com)

**SLIMMING & DETOX TREATMENT BY MORE THAN A FACIAL.** Burn calories, reduce stress and fatigue, remove wastes toxins, improve immunity, relieve pain and joint stiffness, increase blood circulation by spending ONE HOUR in the Far Infrared Energy Blanket! Far Infrared heat is thought to be 7x more effective than conventional methods at detoxifying heavy metals, cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins. Sweating through thermal heat, converts fat into fatty acids that can be used by muscles for energy. The weight you lose is NOT just water! \$65/1 hour or 4 for \$55. For appt, call 541-487-4060

**NON-TOXIC CLEANING** Offices and homes. [www.OregonOrganicsCleaning.com](http://OregonOrganicsCleaning.com) 13 years locally owned and operated. Seniors, pets and children welcome. Dependable and efficient. Corvallis, Albany. 503-743-2318

**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](http://www.seichimcenter.com)

**MULTI-PURE WATER FILTERS** Ken, 541-929-4296.

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

**ERRANDS,** shopping, help around the house, Ken, 541-929-4296

**YARDWORK, WEEDING, PRUNING,** scything, general clean-up, recycling, misc labor, trailer-haul, much Ken 541-929-4296

**DRIED SEAWEED, DRIED MUSHROOMS,** kombucha, dried fruit, scrapwood. Ken, 541-929-4296

**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](http://www.linnbenton.edu/go/parenting-education)

**FOR A BEAUTIFUL BIRTH, HIRE A DOULA.** Corvallis Doula Network. [www.corvallisdoulas.net](http://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](http://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

# Simply Delicious Series: a simple, affordable approach to healthy eating!

by Yadira Ruiz, Outreach Assistant

Too often I have heard people say "I don't shop at the Co-op because I can't afford it." I wish I had the ability to help everybody realize that they *can* afford to shop here and not just for specialty items that they may not be able to find elsewhere.

Eating well isn't about buying "boutique" style food. It's not about purchasing obscure items that can't be used in everyday cooking. Eating well is about changing your budget and time priorities. It is about commitment to your long-term health.

At First Alternative, we are working our way towards being more affordable to all. As our shoppers know, we have two stores, strategically located to increase our accessibility. As the only grocery store in Southtown, we feel strongly about making efforts to be more affordable to all income levels while still maintaining a financially viable business. We offer a low-income discount for both owners and non-owners (applications are available at customer service).

Last year we dropped prices throughout the store in all departments, we accept Oregon Trail cards and every month, one of our marketing assistants pours time and energy into providing a special in-store publication called Budget Bites. Budget Bites provides a shopping list, menu and recipes to prepare six meals for two people for \$50 or less. That's around \$4 a meal...a value that most fast food joints can't beat, especially when you take into account the nutritional content

of a homemade meal versus fast food. We also accept WIC, a federally funded program devoted to improving the health and well-being of infants, children and nursing mothers.

I could wax poetic about our bulk department and how much money it saves me, how it helps me find use for all of those cleaned out containers that accumulate in my recycling bin, how I have complete control over the quantity I buy and how I can take risks and try something new without over spending. Yes, it can be intimidating at first but just like anything else that's new, a little practice goes a long way. Did I mention how much money I save when I shop in bulk?

I'm not just talking from the "marketing perspective" here folks, I'm talking from the heart, liver, kidneys, brain...well, you get the picture. We all have to eat to stay alive -- the quantity and quality of the food we eat is what changes from one person to the next. If you are dependent on others to feed you, you are at the mercy of their budget and time constraints. Which is why I'm super jazzed about our newest cooking series.

First Alt is partnering up with the Linus Pauling Institute's Healthy Youth Program (<http://lpi.oregonstate.edu/healthyyouth/index.shtml>) to offer a series of cooking classes called Simply Delicious. This free cooking class aims to reach out to parents/guardians who feel that they can't afford to shop at our store. It will offer education on how to save money by shopping in bulk and cooking from scratch. Classes

are open to the public but limited to 12 people per class.

The series is a perfect fit for folks who qualify for food assistance programs such as SNAP (Supplemental Nutrition Assistance Program), gleaners clubs, and food banks but is open to all who could use some shopping tips and ideas. The first class of the series will take place on Monday March 10th. Participants will shop for ingredients, do the preparation together and take home a meal that's ready to heat and eat! Registration will be handled by the Healthy Youth Program. FMI please call 541-737-8014.

## 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](mailto: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.

### iGracias! Thank you!

On behalf of the Linn-Benton Hispanic Advisory Council and the 2013 Festival Latino Planning Committee, many many thanks for being part of Festival Latino. It was a successful and memorable event. Your participation demonstrates a strong commitment to cultural diversity, outreach, and partnership. We are very fortunate to have your support and dedication. - Linn Benton Hispanic Advisory Council

### Dear First Alternative Co-op Owners,

Thank you for helping support Parent Education Scholarships -- you are joining with others to make families stronger. All the Best.

- Linn-Benton Community College



Primary sponsors of the Town Hall are the OSU Sustainability Office, Corvallis Odd Fellows, First Alternative Co-op, Good Samaritan Regional Medical Center, and the Corvallis Chamber of Commerce. Additional financial support is being provided by dozens of Coalition partner organizations and individual "Town Hall Heroes".

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 5th at [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org).

## Computer Problems?

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-Andy Dufner, Director, Nestucca Sanctuary

"Thanks so much for helping us...I really appreciate it!"

-Louise Tippins, Director, Environmental Federation of Oregon

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541-935-1615

# March Community Calendar

## 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 5-6:30pm	South 5-6:30pm	North 11:30-1:00pm

Harvest of The Month Tastings  
with the Farm to School Program!  
featuring Potato and Turnip Gratin!  
Tuesday March 11th  
South: 4:30-6pm . . . North: 6:30-8pm

## WINE & BEER TASTING WITH LIGHT APPETIZERS

*St. Paddy's  
beer  
tasting*  
**Sláinte!**  
Featuring Local 6  
selections!  
Fri., Mar. 7th, 4:30-6:30p  
Fri., March 14, 5-7p



DAYLIGHT SAVINGS TIME CHANGE:  
STARTING MARCH 13TH, WINE TASTINGS  
WILL BE HELD FROM 5-7 P.M.

## THURSDAYS

**3RD NORTH STORE** 4:30-6:30 P.M.  
wine + cheese + crackers

**2ND & 4TH NORTH STORE** 4:30-6:30 P.M.  
craft brew + cheese + crackers

## EVERY FRIDAY

**SOUTH STORE** 4:30-6:30 P.M.  
wine + cheese + crackers

Wine tastings and times are subject to change. Please check [www.firstalt.coop](http://www.firstalt.coop) for updates, schedule changes, and cancellations.

## BOARD & COMMITTEE MEETINGS

### BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday, March. 4th 6-8 p.m.

North Store meeting room

### FINANCE COMMITTEE

Wednesday, March 5th 5:30-7 p.m.

South Store meeting room

### OWNER RELATIONS COMMITTEE

Tuesday, March 11th - Noon

South Store meeting room

### BOARD OF DIRECTORS MEETING

Tuesday, March 18th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

South Store meeting room

## EVENTS THIS MONTH

### VOICES FROM LATIN AMERICAN SOCIAL MOVEMENTS

Tues. March 4th, 7 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Editors Clifton Ross and Marcy Rein bring together voices and strategies from the movements behind the waves of change that swept Latin America over the past couple of decades. Sponsored by Women's International League for Peace and Freedom (WILPF) Corvallis Chapter. FMI: Gretchen, [newlin@peak.org](mailto:newlin@peak.org)

**GRAPHIC NOVEL BOOK CLUB** March 4, 6:30-7:30 p.m. Old World Deli, 341 SW 2nd St. Join us at a new time and venue: meetings are held the first Tuesday of every month. We will be discussing Wonder Woman, Volume I by Brian Azzarello. New members always welcome. Check out a copy of this month's reading selection from the 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov)

**THE PNW AS FOSSIL FUEL EXPORT CORRIDOR** March 7, 7 p.m. Corvallis Public Library, Dan Serres, Conservation Director of Columbia Riverkeeper, and Laura Stevens of the Sierra Club Beyond Coal Campaign will talk about more than 15 plans proposed -- an if approved, these projects would enable the transshipment of a huge volume of coal, oil and natural gas by train and pipeline through Oregon and Washington. FMI: [townesj@peak.org](mailto:townesj@peak.org)

**COMMUNITY SOUP FUNDRAISER** Sun., March 9, 5-7 p.m. First Congregational United Church, 4515 SW West Hills Rd. Join us for an evening of food, friendship and fun at the 6th annual Community Soup! RSVP: [www.communityoutreachinc.org](http://www.communityoutreachinc.org)

**INVASIVE PLANTS IN BENTON COUNTY** Mon., March 10, 7:30 p.m. Avery House in Avery Park. Benton Soil & Water Conservation District will discuss identification and control of invasive plants of concern in Benton County. They will also share information on which ones to report and how to report them! Sponsored by Native Plant Society of Oregon, Corvallis Chapter [kweitemier@gmail.com](mailto:kweitemier@gmail.com) or 208-921-0827

**TREE INVASION OF SUBALPINE MEADOWS IN THE OREGON CASCADES** Thurs., March 13, 7 p.m., Corvallis Public Library. Dr. Harold Zald of OSU will discuss the environmental value of high elevation meadows, potential impacts climate change may have on them, and his research examining tree invasion.

**INDEPENDENT SCHOOLS FAIR** SAT., March 15, 10 a.m.-1 p.m. Corvallis Public Library. Come find out about independent schooling options for PK through Grade 8 in the area!

**PLANET BOOGIE** Sat., March 15, 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](http://www.facebook.com/groups/planetboogie)

**COHO ECOVILLAGE TOUR** Sunday, March 16, 1 p.m., 1975 SE Crystal Lake Dr. To sign up, [cohocontact@cohoeccovillage.org](mailto:cohocontact@cohoeccovillage.org) or 541-753-4453

**CORVALLIS WALDORF SCHOOL TOUR** Wed., March 19, 8:30-10:30 a.m. Waldorf School, 3855 NE Highway 20. A tour for prospective parents to visit several classrooms and watch part of the day to day activities in various grade levels. RSVP: [enrollment@corvalliswaldorfschool.org](mailto:enrollment@corvalliswaldorfschool.org)

## ONGOING EVENTS

**CORVALLIS PARENTS & FRIENDS** A place for parents and their kids to make new friends & get support for parenting and pregnancy. FMI: [corvallisparentsnetwork ning.com](http://corvallisparentsnetwork ning.com)

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

**BUDDHIST PRACTICE SGI-USA** Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: 541-753-6170

**BAHAI' DEVOTIONAL PROGRAMS** The Baha'i communities offer many devotional gatherings throughout the county in English & Spanish. Locations vary. FMI: 541-745-7916, [linnenton.local.bahai.us](http://linnenton.local.bahai.us)

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

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

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

**CORVALLIS VEG EDUCATION GROUP** holds dine-outs and potlucks. FMI: [www.corvallisveg.org](http://www.corvallisveg.org), [corvallisveg@gmail.com](mailto:corvallisveg@gmail.com)

## SUNDAYS

**ALL BODIES IMPROV** Sundays, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. Join us as we explore movement using the forms of Movement Improvisation. These forms give us a unique opportunity to profoundly connect with each other and have better access to movement. Donations gladly accepted. FMI: [info@livewellstudio.com](mailto:info@livewellstudio.com)

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

**CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP** 10-10:45 a.m. & 11 a.m.-12 p.m. 435 NW 4th St. Inspirational Reading, Meditation, SRF Worldwide Prayer Circle, Study Kriya Yoga through Paramahansa Yogananda's teachings. All are welcome! FMI: [corvallismeditation.org](http://corvallismeditation.org)

**AVERY HOUSE NATURE CENTER OPEN HOUSE** 2nd Sundays, 12-4 p.m. Avery House Nature Center, 1200 Avery Park Lane. FMI: [info@corvallisenvironmentalcenter.org](mailto:info@corvallisenvironmentalcenter.org)

**CORVALLIS ZEN CIRCLE** sits 10 a.m.-noon. FMI: Abby, 541-754-4124

**NATURALIST ADVENTURES** Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9 a.m.-12 p.m. For meeting place, see website. FMI: [www.neighborhood-naturalist.com](http://www.neighborhood-naturalist.com), 541-753-7689

## MONDAYS

**WELLMAMA PREGNANCY & POSTPARTUM STRESS SUPPORT GROUP** Mondays 12:30-2 p.m. Corvallis Multicultural Literacy Center 128 SW 9th St. Our services accommodate the whole spectrum of reproductive emotional and mental health concerns. FMI: Csilla A., 541-231-4343 or [www.wellmama.net](http://www.wellmama.net)

**VETERANS FOR PEACE CHAPTER MEETING** Every 4th Monday, 6:30-8 p.m. UUFC, 2945 NW Circle Blvd. All are welcome. Come help us "Wage Peace." FMI: [info@vfp corvallis.org](mailto:info@vfp corvallis.org)

**ZAP KILLER FAT & BE a NEW you!** Mondays, 12:30-1:30 p.m. Energy 9 Studio, 720 NW 2nd St. A NEW support program to reduce visceral fat around internal organs. Weekly weigh-in, tips & support. FREE. FMI: [radiatelife force@gmail.com](mailto:radiatelife force@gmail.com)

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

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

## TUESDAYS

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

**CORVALLIS MEDITATION COMMUNITY** Learn meditation techniques to relax and recharge body and mind. Tuesdays 5:30-6:30 p.m. 3311 NW Polk St. FMI: Carolyn, 971-218-6798, [RASALiLA2@yahoo.com](mailto:RASALiLA2@yahoo.com)

**"A COURSE IN MIRACLES" STUDY GROUP** Tuesdays 7:30 p.m. Join us in the study of this spiritual classic. We read and discuss after a brief meditation. FMI: George, 541-754-9051, call anytime after 11 a.m.

**DINING FOR WOMEN** Corvallis Chapter Third Tuesdays. 6 p.m. Unitarian-Universalist Church, 2945 NW Circle Blvd. Bring a dish to share. We discuss female empowerment in the world. FMI: [www.diningforwomen.org](http://www.diningforwomen.org)

**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](mailto:imagine.cof@gmail.com)

**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@mrvwc.net](mailto:coordinator@mrvwc.net)

## WEDNESDAYS

**CORVALLIS BELLY DANCE GUILD** Weds., 8 p.m. Old World Deli, 341 Southwest 2nd St. Live, FREE performances. FMI: Lyanna, [lyannadance@yahoo.com](mailto:lyannadance@yahoo.com)

**HEART OF THE VALLEY BIRTH NETWORK** Every 3rd Wed. 6-7:30 p.m., Waldo Hall, rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: [www.valleybirthnetwork.org](http://www.valleybirthnetwork.org)

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

## THURSDAYS

**GREEN TARA MEDITATION GROUP** 7-8:20 p.m., Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. Everyone is welcome. FMI: [susan salveson@hotmail.com](mailto:susan salveson@hotmail.com)

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

**CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP** 7-8 p.m. 435 NW 4th St. Meditation, Inspirational reading, SRF Worldwide Prayer Circle Study the teachings of Paramahansa Yogananda, author of Autobiography of a Yogi. All are welcome! FMI: [www.corvallismeditation.org](http://www.corvallismeditation.org)

**DANCES OF UNIVERSAL PEACE** 2nd Thurs, 7-8:30 p.m. Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn, heart-awakening circle dances honoring spiritual traditions from around the world. \$5-10 donation requested. FMI: 541-704-0680, [barwoehle@comcast.net](mailto:barwoehle@comcast.net)

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

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

## FRIDAYS

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

## SATURDAYS

**FREE WINE TASTING** Every Saturday, 9 a.m.- 6 p.m. Wineopolis, 151 NW Monroe, Suite 103. FMI: Jerry Larson, 541-738-1600, [wineinfo@cmug.com](mailto:wineinfo@cmug.com)

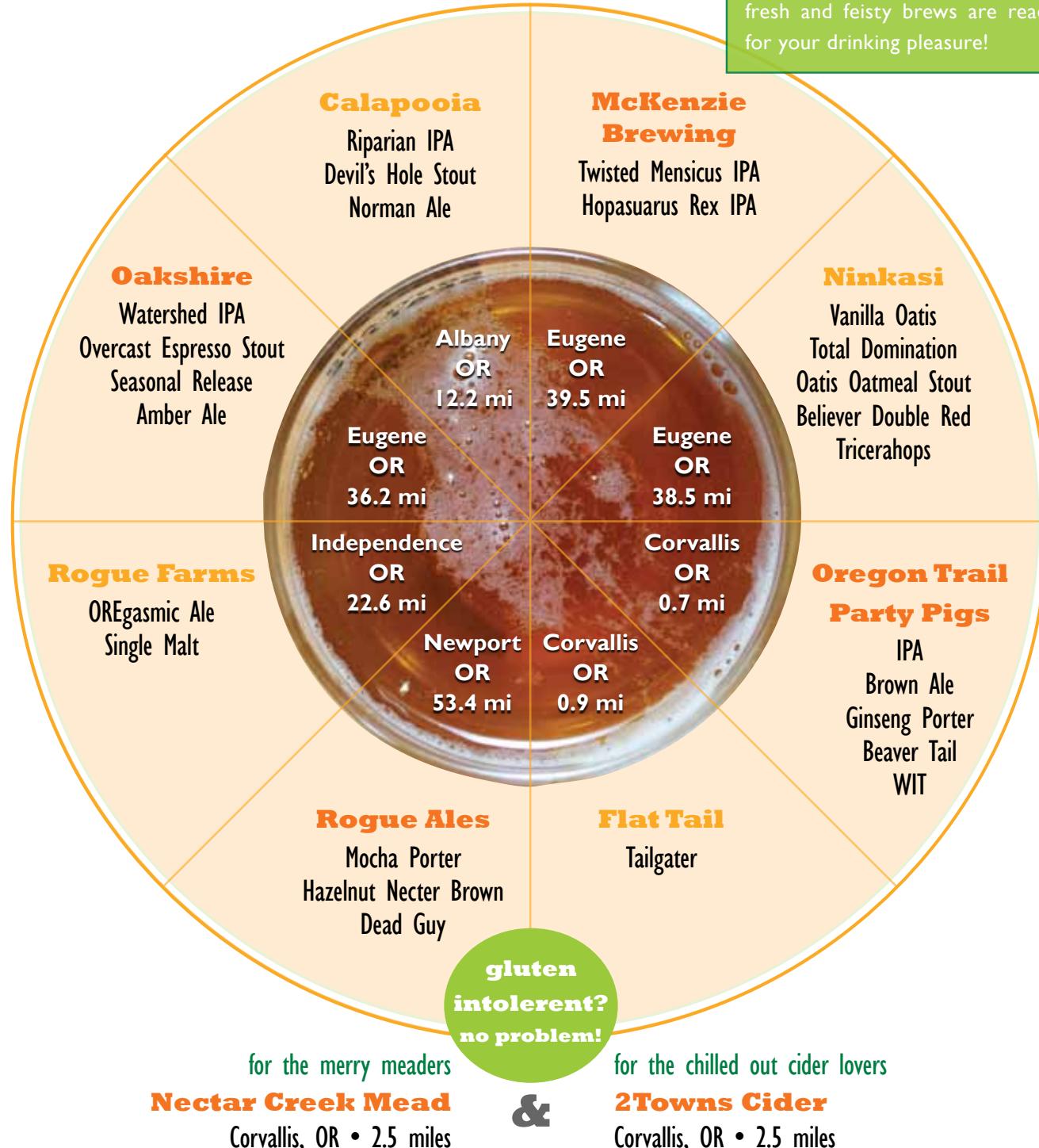
**A**

# BEER

The Willamette Valley is hoppin' with good breweries and the Co-op is the place to discover local favorites! See how far (or better, not-so-far!) some of our favorite regional brews travel! Fresher is always better and these fresh and feisty brews are ready for your drinking pleasure!



## Beer, Hops, & Health



### Brew talk with beer specialist & North Store Grocery Assistant, Kristana Burt

#### What is your favorite beer and why?

This is a tough one to answer, but I'd have to say Goodlife Descender IPA from Bend. This brew is fantastically balanced, with hoppy notes of pine and citrus. It finishes nice and crisp. Find it in a 22oz or 12oz cans.

#### What do you pair with it?

A nice hard, aged cheese like Beecher's Flagship. It's also a nice accompaniment to curry.

What is the most interesting beer you've ever had and where were you when you had it? Years ago I made my very first home brew and used a recipe for a Scottish style red ale. It was unique... but happy it was drinkable. Not only was it fun, I am glad I now have some inside knowledge of the brewing process.

You run the North Store's beer section. What makes it special?

An abundance of local and regional craft beers and ciders. Did you know, you don't have to buy a whole 6 pack? Mix and match to your liking at no extra cost!

#### What is most popular?

2 Towns Ciders, Oregon Trail Party Pigs, Ninkasi Brewing, Hop Valley Brewing, Laurelwood 6-packs Lagunitas, Hopworks Urban Brewing just to name a few.

#### What's new and exciting?

In the past few months, the beer set underwent a reset. We've expanded our cider selection due to growing popularity. You'll find all the 22oz beers conveniently stocked in 2 doors. And if you haven't noticed, aluminium cans are making a comeback! You may see your favorite micro brew stocked in a can soon.

#### What do you recommend for novice beer drinkers?

Mix and match bottles that look interesting to you and find out if you like it. You'll soon discover what varieties are better suited to your taste buds.

Long used as medication, mixed with plants and a variety of ingredients, beer was thought to cure ailments of all types: from skin disease to stomach problems, not to mention insomnia and strong fever. Today, studies prove that double- or triple-fermentation beer is good for the health, particularly given the vitamin B present in the yeast. Its beneficial effects are linked to its dietary, diuretic and sedative properties. Moderation is important, however, to avoid negative effects.

Though beer has the reputation of causing weight gain, its calorific value is better than some of your other favorite fruit drinks (approximate values):

#### calories:

- stout beer: 126 calories/12 oz. bottle
- apple juice: 180 calories/12 oz glass
- white wine: 224 calories/12 oz. (2 glasses)
- red wine: 300 calories/12 oz. (2 glasses)



#### looking for some added nutrients?

Moreover, thanks to the amino-acids, vitamin B and the iron it contains, beer is an energizing beverage recommended for anemic and convalescent persons, as well as those who have lost a lot of weight.

#### beer can help rid your body of toxins!

The diuretic action of beer is due to the hops resin, which stimulates the kidneys, thereby contributing to the elimination not only of excess water in the body, but also of wastes and toxins.

#### need to relax?

The sedative action of the hops joined with the calorific effect of the alcohol make beer a light and pleasant sleep-inducing beverage.

So next time you are unsure whether you should reach for a delicious beer, consider some of the nutritious advantages. If you are looking for something a bit more healthy, though, we always recommend a tall, refreshing glass of water!

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# If you're lucky enough to be Irish, you're lucky enough!

You may not be Irish, but March still brings thoughts of St. Patrick's Day, shamrocks, Irish culture and BEER! Beer is a surprisingly flavorful addition to many dishes, and of course you can't skip having a potato dish on your menu when you have Ireland on your mind.



## Irish Stout Beef Stew

Serves 4-6

### Ingredients:

- 2 Tbsp olive oil
- 3 bay leaves
- 2 lb. stew meat, cut into bite-sized pieces
- 1 large yellow onion, peeled and cut into  $\frac{1}{4}$ " slices
- 2 cloves garlic, peeled and chopped
- 1 Tbsp fresh thyme leaves
- 1 Tbsp fresh rosemary
- 3 Tbsp Sans Gluten SVP flour
- $\frac{3}{4}$  cup beef stock
- $\frac{1}{2}$  cup Harvester Brewery Gluten Free Dark Ale
- 1 Tbsp chopped parsley
- $\frac{1}{2}$  lb. carrots, sliced
- Salt and freshly ground black pepper to taste

**Stew Directions:** In a large oven proof pot, heat oil; add bay leaves and cook for 1 minute. Add meat and brown on all sides on high heat. Add sliced onion and cook until it is transparent. Reduce heat to low and add garlic, thyme, rosemary and flour; stir well until smooth.

Add beef stock and beer; simmer, stirring, until the stew thickens a bit. Add the remaining ingredients and cover. Place the pot in a 275° oven for 3 hours, stirring every 45 minutes.

To make a vegetarian stew substitute  $\frac{1}{2}$ # crimini mushrooms and  $\frac{1}{4}$ # shiitake mushrooms, sliced, tofu cut into cubes and browned in oil, and vegetable stock, following similar directions as the beef version.



## Colcannon

Serves 6  
Ingredients:

- 1  $\frac{1}{4}$  lb. kale, stemmed and roughly chopped
- 1 Tbsp olive oil
- 2  $\frac{1}{2}$  lb. pound potatoes peeled & quartered
- 1 cup leeks, chopped, white & light green parts only
- 1 cup milk or soymilk
- Pinch of ground mace
- Salt & pepper to taste
- $\frac{1}{2}$  cup butter cut into slices
- 1 Tbsp chopped parsley



### Colcannon Directions:

In a large pot simmer kale with olive oil in 2 cups water, for 10 minutes. Drain and set aside. In a small pot bring potatoes and water to a boil and simmer until fork tender. Drain potatoes and mash, using a mixer, adding butter when potatoes are smooth; place into the large pot. In another small pot, simmer the leeks in the milk for 1 minute; add leeks with their milk, and the cooked kale to the potatoes. Beat with a wooden spoon until fluffy; season with mace, salt & pepper.

## Beer Spread

### Ingredients:

- 1 lb. Tillamook Vintage extra sharp cheddar cheese
- 8 oz. cream cheese, softened
- $\frac{1}{2}$  cup Gluten Free Omission Pale Ale
- 2 garlic cloves, minced
- 1/8 tsp. Worcestershire sauce
- 1 dash hot sauce
- $\frac{1}{4}$  tsp cayenne

### Spread Directions:

Grate cheddar cheese into mixing bowl. Add cream cheese and mix well. Add remaining ingredients and mix until smooth. Serve with pretzel sticks or crackers.



## Beer Milkshake

### Ingredients:

- 1 cup Straus Coffee Ice Cream
- 1 cup whole milk
- 1 cup Deschutes Brewery Black Butte Porter

**Directions:** Blend all ingredients until smooth. Share with a friend or drink it up!

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