

Take Charge Corvallis, save energy and money —pg. 10

First Alternative

NATURAL FOODS CO-OP

THYME'S

COMMUNITY MARKET MONTHLY
SEPTEMBER 2015 VOLUME 36 • ISSUE 9

Time overlaps itself. A breath breathed from a passing breeze is not the whole wind, neither is it just the last of what has passed and the first of what will come, but is more—let me see—more like a single point plucked on a single strand of a vast spider web of winds, setting the whole scene a tingling. That way; it overlaps... As prehistoric ferns grow from bathtub planters. As a shiny new axe, taking a swing at somebody's next year's split-level pinewood pad, bites all the way to the Civil War. As proposed highways break down through the stacked strata of centuries.

—Ken Kesey, excerpt from *Sometimes a Great Notion*

PEPPER COMPARISON PICTURE ROUNDUP TAKING A TRIP TO HUMMINGBIRD WHOLESALE SCHOOLHOUSE WRAPS



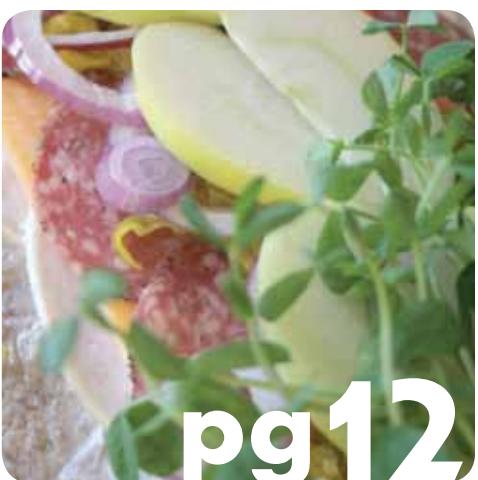
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pg5



pg7



pg12



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North Corvallis: 2855 NW Grant Ave. | South Corvallis: 1007 SE 3rd St. | Open daily 7am-10pm

board & manager reports



Cinnee Lolik
General Manager



Frank Worrell
NCG



Susan Hyne
Board of Directors

from the Managers

I want to thank and congratulate all Co-op staff on the relatively seamless transition from our old to new POS (Point Of Sale—our cash register system.) We went live at both stores the second week of August and there was a great deal of work that went on behind the scenes to make it happen. Our IT Administrator, Michael Viliardos and our POS Assistant, Lisa Millbank worked particularly long and hard to make the switch possible. Other staff members who were instrumental in the implementation were Mark Tarasawa, our Finance Manager; Brian Peat, our South Store Manager and Bill Genne, our North Store Manager. Our Front End Management Team also did an incredible job—Paige Merritt and Phil Hocheiser at the North store and Amy Bassett and Donna Pezzullo at the South store and the cashiers who had to learn a new system while still using the old one for two weeks...that's a lot of information to keep in your brain!



Meet Catapult, our brand new POS

We also appreciated the assistance of Chris Von Rabenau, NCG Centralized Services IT Manager and John Kidney from ECRS Catapult (the folks we purchased the system from) who was our installer and also trained many of our staff members. Last, but certainly not least, we would like to thank our sister cooperatives who have the same system and provided us with their practical experience as we set our new system in motion. It was truly a cooperative experience!

One small feature that is winning applause is the fact that we have been able to turn off the automatic printing of receipts. A majority of our shoppers don't want their receipts so we used to recycle a lot of them with the old

system, which printed them regardless. With this new system we have the option to print a receipt only if the customer wants one. Not only will this lower the cost of receipt tape, it will also save trees—a real win-win!

As I write this, we've only had the new system installed for a week. By the time you read this, though, we will be experts on the Front End of the system and be hard at work mastering the Back Office advantages it gives us. These include more accessible reporting of sales, item movement reports, tracking and adjusting prices, better tracking of ordering and inventory and much more. We're excited about being able to provide our staff with the technology and tools that they need to make our Co-op fiscally stronger.

In the midst of all the excitement over the new POS, we have also been working on some smaller projects around the Co-op. Our Maintenance Manager, Anthony Mattos and a member of his crew, Jason Dutra, overhauled the roof of our Annex (the building behind the store at the South Co-op that serves as our Commissary Kitchen, warehouse, offices and break room space.) They secured loose fasteners, taped seams and used a great product to literally paint a new membrane on the roof.

We are also gearing up for the return of the OSU students, staff and faculty from their vacation season and looking forward to the fall harvests in the Valley so we can continue to bring you the best of local products and produce. We don't feel like fall is the time to fall back—we are pushing forward and looking toward the future, both near and distant, as one that has limitless possibilities for all of us to seize and celebrate. ☺



And we can all swipe our own cards again

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

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

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STORE LOCATIONS & HOURS

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SOUTH STORE: 1007 SE 3rd St., Corvallis, OR 97333 • (541) 753-3115

HOURS: Open 7 days a week, 7am-10pm

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from the Board of Directors

Board members and Owner Relations Committee (ORC) team members kept the root beer floats coming. Owners enjoyed Coconut Bliss, Lochmead Ice Cream, and Virgil's root beer (several Owners commented on the kegs of root beer and asked how to buy them).

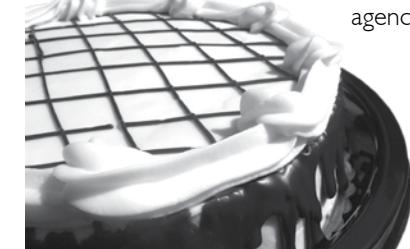
At the ORC meeting following the Rendezvous, we debriefed the event and looked ahead to options for next year. The change in format and venue meant a less time- and staff-intensive event than Avery Park barbecues and the higher attendance was noted. ORC brainstormed ideas for even more Owner engagement at future Owner Rendezvous gatherings, including activities that could include kids.

Members of the Owner Relations Committee (ORC) are "foodies" who enjoy preparing, serving, and eating food. They often volunteer to prep and serve food at Co-op events. In late July, ORC members took part in the Older Americans Day event at Mennonite Village in Albany. As usual, there was a large, cheerful crowd (1,000+) who enjoyed sampling a variety of snacks, including prunes (a perennial favorite) plus veggies, hummus, crackers, peanuts, and mango lemonade. The big hit was the Chocolate Buttermilk Cake made in our very own Co-op Kitchen. Literally every crumb of a very large sheet cake was devoured. Staff displayed their usual expertise in judging how much food to bring.

Look for ORC members at the Co-op's food booth at Fall Festival. We are looking forward to more connection with our Owners and the rest of the community.

The Owner Relations Committee was also recently tasked with designing a more effective system for following up with Owners who contact the Board. Our Board Scribes will now send an initial response so Owners know their communication was received and forward issues needing follow-up to the Board Secretary. Scribes will track Owner communications in a spreadsheet on the Board's internal database.

As a cooperative, we value a strong connection with our Owners and customers, and ORC plays a role in building those relationships. We encourage you to share your questions, concerns, and ideas with the Board via email, comment cards in the stores, at Co-op events, or at our meetings on the 4th Tuesday of every month (there is a 10-minute Owner comment period at the beginning of our agenda). ☺



A Co-op Kitchen Chocolate Buttermilk Cake

Owner Relations Committee

Tuesday, Sept. 1st - 12:15pm
South Store meeting room

Board Recruitment & Elections Committee

Thursday, Sept. 17th - 6pm
North Store meeting room

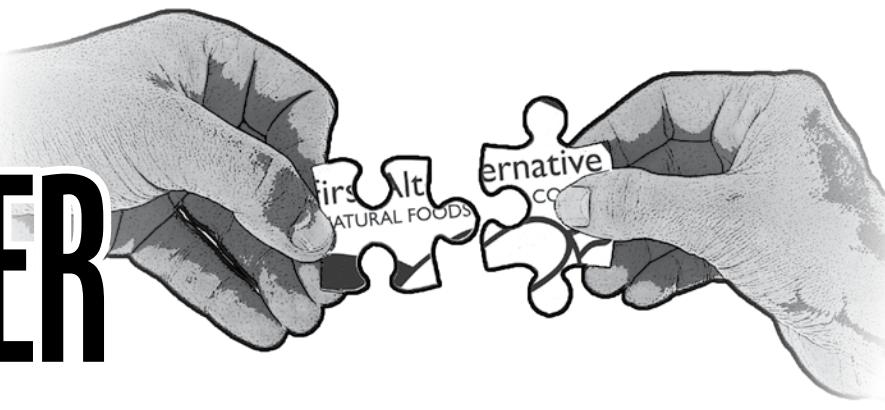
Finance Committee

Wednesday, Sept. 9th - 5pm
North Store meeting room

Board of Directors

Tuesday, Sept. 22nd - 6pm
South Store meeting room
Owner comments welcomed in first 10 minutes.

STRONGER + TOGETHER



- The Seven Cooperative Principles:**
- 1.....Voluntary and open membership
 - 2.....Democratic member control
 - 3.....Member economic participation
 - 4.....Autonomy and independence
 - 5.....Education, training, information
 - 6.....Cooperation among co-ops
 - 7.....Concern for community

THE SEVENTH PRINCIPLE: CONCERN FOR COMMUNITY

For this final principle we turn our cooperative gaze to the community at large

This is it, dear readers, the seventh and final cooperative principle, Concern for Community, defined thusly: "While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members."

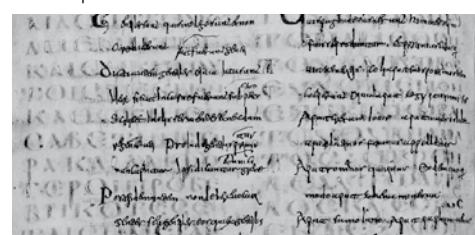
Though it may sound basic, and downright foundational, this principle is actually a recent addition to the list.

The Numbers Game

The principle itself is new, but it isn't the first time the list has gone up to seven. In its first formal iteration as the Rochdale Principles adopted by the International Cooperative Alliance (ICA) in 1937, the seventh principle was Promotion of Education.

A 1966 revision of the list that topped out at six principles saw the original number five—Political and Religious Neutrality—cede its space to a slightly reformatted version of that call for education.

Another revision in 1995 brought the number of principles (now commonly being referred to as the Cooperative Principles) back up to seven.



Rules, written and re-written

Concern for Our Community

Codified just twenty years ago, the notion itself is not new to the cooperative enterprise. After all, it was forty-five years ago that a group of Corvallisites (apparently Corvallian in the preferred demonym, but I'm not having that) began a bulk buying club called First Alternative. I imagine if you were to ask one of them they'd tell you a large part of why was out of concern for their community.



The original First Alternative building

It was always there, between the lines. What the ICA did was to at last put pen to paper. Why hadn't they before? Perhaps because of a philosophical blindspot.

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Progress As The Natural Order?

The nineteenth century European philosophy, in which the cooperative movement is intellectually rooted was, to put it mildly, wildly optimistic. Don't take it from me, but from Herbert Spencer (1820-1903), English philosopher, beard enthusiast and mustache disfavorer.



See what I mean?

"Progress," says Spencer, "is not an accident, but a necessity. What we call evil and immorality must disappear. It is certain that man must become perfect" Like how a ball dropped through thin air must, before long, meet the ground, the eventual perfection of the species was a foregone conclusion.

A Fish In Water

Those caught up in the machinery of the industrial revolution rarely had the luxury of time to philosophize. They were too busy fighting hard to bring about the sorts of change that others considered inevitable.

Through this, their communities of concern were so tightly knit and the oppression they faced so immediate and thorough that there was no room for the broad picture. Still, concern for community animated everything these pioneers did and wove its way through every principle. But as the saying goes, a fish would hardly have been the one to have discovered water.

The Movement Takes Hold

Time for reflection came later, permitted by innovations such as the weekend, and what we found was a world scarred by progress and in severe need of both help and healing. This is when the necessity of a codified concern for community became apparent.

With everyone's heads at last above water, there was time to reflect on our progress-scarred world. Before long it became apparent just how many communities there were, and just how little space we all shared on this earth.

It was time for the cooperative movement to focus on helping and healing, and that's where the seventh principle comes in.

It's of great importance, going forward, that when we speak of community we're speaking not just of our immediate community—of Owners or members or shoppers—but of the community at large—county-wide, state-wide, nation-wide, and world-wide. It's all one community now.

Healthy Communities Thrive

At its outset, much of what the cooperative movement was about was food—not being forced to buy it from the company store; not being gouged on the price; getting the full weight paid for. As the cooperative movement grew it branched out to nearly every other aspect of life, but food always remained an important facet.

Eventually, after governments stepped in to ensure that prices were stable and measures standardized, the concerns surrounding it began to change.

Making healthful foods available to communities is now one of the primary concerns of the food co-op. Healthy communities thrive, and you can't have a healthy community without healthful food.



Fresh, local, organic carrots at your Co-op

At First Alternative, we were thinking about organic and sustainably grown foods before it was the business savvy thing to do. Our concern grew out of a rising tide of fast, cheap, and nutritionally-lacking food that began to flood the nation and the world.

Now big business has caught on, as evidenced by the nationally flourishing health foods market, but these newcomers lack what we have in spades—a true concern for our community and global chain of communities that feed into and out of it. They can never be what we are, and what we continue to be—pioneers.

That's Not Quite All, Folks

Next month we'll take one final look back at the Principles. After that, who knows? What would you like to see?

—Adam Payson, Thymes Editor



Our Recycling Center helps keep the community clean and sustainable



Our Beans for Bags program reduces bag waste and helps supports local charities



And you can always find the Co-op at local events like the Sustainability Town Hall

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cheese feature, pepper comparison



cheese please

Holly Smith
South Store Deli
Assistant Manager

Drunken Goat

This is a sort of gateway cheese, one that can help take one's timid curiosity about cheese to the next level.

Mildly tangy with a semi-firm texture, this goat's milk cheese from Spain goes with almost everything. A few days soaking in red wine gives the cheese an edible rind of deep violet while retaining its stark white interior. Its gentle flavor complements the saltiness of olives or smoked almonds, and the sweetness of fresh grapes and figs. Or enjoy it thinly shaved on fresh **Big River bread** with a dollop of fruit jam. This versatile cheese pairs wonderfully with almost any wine, but goes especially nicely with medium fruity reds like **Lumos Five Blocks Pinot Noir**. A great choice for young epicures or anyone unsure whether they like goat cheeses.



Two Sisters Isabella Aged Gouda

Usher in autumn with this mature Gouda from Holland. Dense and dotted with salt crystals, Isabella is similar in texture to a sharp cheddar, but with a buttery, nutty sweetness that unrolls on your tongue. Bring out this cheese's depth of flavor by pairing it with honey, walnuts, dates, and cured meats such as **La Quercia's Prosciutto Americano**. The bold flavor of this cheese stands up well to heavier Zinfandels like **Peachy Canyon's Incredible Red** and dark beers like **Lost Coast Brewery's Downtown Brown**.



Roussel Bleu d'Auvergne

This French, entry level blue cheese is smooth and creamy. Although produced in a fashion similar to strong Roquefort, this cheese is made from cow's milk and aged only 4 weeks, giving it a milder, more buttery flavor than most blues.

Its well-balanced spiciness is lovely with sweeter pairings. Try it drizzled with local honey on a slice of apple, or crumbled over a salad of tender mixed greens, juicy pears, and toasted pecans. Serve alongside a sweeter wine like **Territorial Vineyards' Riesling**, or an American-style Porter like **Black Butte Porter** from **Deschutes Brewery**.



SIDE BY SIDE

The Hot Peppers, AKA Chili Peppers or Chiles

Listed in order of mild to hot. Gloves are recommended for handling all of these peppers. The oil penetrates the skin and can burn for hours after handling.

Jalapeño: small to medium sized with green to red color variations. It has thicker flesh than all other hot peppers. Heat will range from mild to medium. Delicious fresh and often the choice for hot pickled peppers.



Serrano: small slender green-yellow, packs a bigger punch than Jalapeños. The smaller the pepper, the hotter it will be. This pepper is meant for fresh food preparations.

The Sweet Peppers, AKA Peppers or Capsicum

Bell: Round and squat, thick flesh that comes in a wide range of colors. The orange, red and yellow versions are sweeter than the green, purple and "chocolate" ones. Best for fresh use.



Italian/Marconi: A general term for a long sweet pepper with a medium flesh thickness also comes in a range of eye-catching colors. Great for frying, stuffing, roasting and freezing.



Nardello: A long slender heirloom version of the Italian pepper that is often dried and fried. Freezes well. Best when bright red.



Anaheim: The "Chili of the South". This lime-green long pepper is often used for roasting, stuffing and for making green chili salsa.



Hot Enough For You?

When talking peppers, people often refer to something called the Scoville Scale which expresses hotness in terms of Scoville heat units. How do our peppers measure up? Jalapeño, the least spicy in our list, falls between 1,000-4,000 Scovilles, while a Habañero comes in at 100,000-350,000.

What's the hottest? Right now it's the Carolina Reaper at around 1-2 million Scovilles! Pepper breeding is akin to an arms race, so expect something hotter to come along.

Read more at: en.wikipedia.org/wiki/Scoville_scale

Autumn is knocking on the door as apple and pear trees ripen across Corvallis. This month it's Back to Cheese School with a selection of delicious, but not-too-adventurous cheeses. It's hard to go wrong with this trio. Each is easy to love and versatile, pairing nicely with early autumn flavors of apples, honey, figs, and olives, and accompanied by crisp ciders (hard or soft), dark beers, and fruity wines. These cheeses make an excellent entry-level cheese plate for the nervous or novice cheese lover.



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took for us at your Co-op

photo roundup, staff anniversaries

PICTURE SUMMERTIME FUN WITH YOUR CO-OP

A pictoral roundup of our North and South Block Parties and the Owner Rendezvous Pool Party

North Store's Summer Block Party



Owner Rendezvous Pool Party



South Store's Summer Block Party



September Anniversaries

Staff Anniversaries:

- 1 year:** Christina Lanpheare, Chad Lucero, Sophie Thompson,
- 3 years:** Travis Chellman, Clayton Marion, Cara White
- 4 years:** Marcy Monasky
- 5 years:** Maria Herrera Barrera
- 6 years:** Jessica Brothers
- 7 years:** Carli Landucci, Darlene Santich, Susie Willis

Paid Sub Anniversaries:

- 1 year:** Holden Goetzinger
- 2 years:** Kendl Leichty
- 3 years:** Samm Newton

Owner-Worker Anniversaries:

- 12 years:** Juanita Gomez

Staff: Staff Members work 8-40 hours per week on a regular schedule.

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

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

THANK YOU ALL

for helping make this such a fantastic place to work and shop

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More summer fun pics throughout the issue

An enormous thank you is in order to everyone who helped make these fantastic summer events happen—from the hardworking staff that organized, promoted, and executed them, to the friendly, locally-minded vendors that kept our plates full and our cups running over, and of course to all the dedicated Owners and shoppers without whom we simply wouldn't be here. It's all of you who, for 45 years, have made First Alternative a thriving community.

Viva la Co-op!



new products

IN THE KNOW ON THE NEW



Badger Badger Balms

Because you asked for it, we went out and rounded up some Badgers! New to the Co-op, but an old favorite, Badger Balm is certified organic and always sustainably and botanically made. There's a balm for whatever ails you—Keep yourself smooth and your muscles relaxed with classic Badger Balm and Badger Sore Muscle Rub. Keep bugs at bay with Anti-Bug Balm, and get ready for bed with Sleep Balm.

Wellness

Salus Red Beet Crystals

Have beets in all the things with these cool, nutritionally-packed soluble beet crystals made from fresh organic beets. Supports blood and circulatory health.



Beans for Bags

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

Recipients for July-September 2015

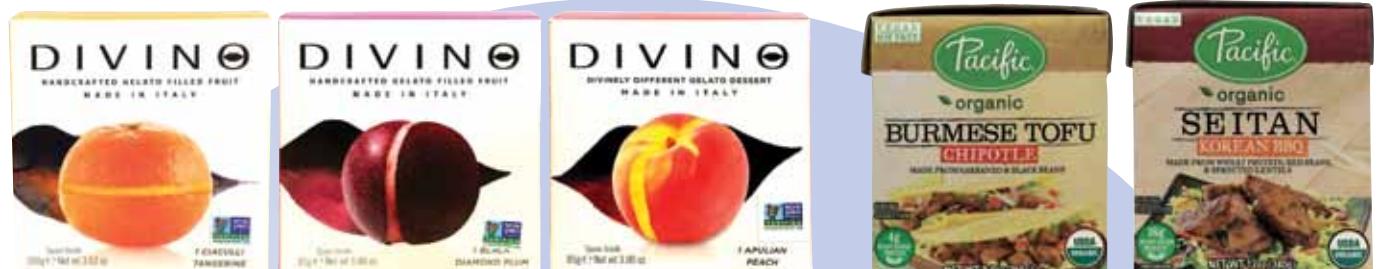
Benton Hospice

CASA (Court Appointed Special Advocates)

Homeless Education Program

Senior Dog Rescue of Oregon

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



Divino Gelato Filled Fruit

Each of these fancy little treats is handcrafted from a delicate Italian-grown fruit whose insides are scooped out and turned into an exquisite gelato that gets packaged back into its own edible skin. They're gluten-free, vegan, non-GMO verified, and all the rage with our staff right now. Find them in the freezer.



Mary's Gone Crackers Thins

Everything you love about Mary's Gone Crackers in a brand new form—light and crispy thins! Like everything from Mary, these new thins are gluten-free, vegan, and loaded with super nutritional ingredients like chia seeds and sprouted flours. They're great for dips and spreads, and we've got a flavor to go with just about everything: Kale, Ancient Spice, Italian Herb, Garlic & Onion, and Lightly Salted.



Pitaya Plus Dragon Fruit Smoothie Packs

Pitaya or Dragon fruit, as it's now commonly called, is a unique-looking and flavorful cactus fruit native to Central America. These serving-sized frozen smoothie pouches are raw, vegan, organic, and dairy- and gluten-free. Add a pouch to your next smoothie and taste the Dragon! Find them in the freezer.



Aubrey Chia Haircare

Chia is so hot right now. This new line of chia-based haircare products will help you control your hair while you nourish and protect it. Try the mineral-rich Salt Spray, frizz-beating Detangler, and vitamin-packed Hair Gel. Ch-ch-ch-chia hair!



Health Force Myco-Immunity

Get a fire-enhanced, mushroom-powered immunity boost courtesy of Health Force. Their special fiery extraction process breaks down the tough fibrous cell walls in mushrooms, rendering all their good stuff more bioavailable. Maximum strength, gluten-free, vegan, and made with nothing but mushroom extracts. This is mushroom immune support at its peak potential.

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PAYING A VISIT TO HUMMINGBIRD

"A 100% organic Oregon." It's something we heard several times on our recent tour of Hummingbird Wholesale's beautiful and sustainable warehouse in the heart of Eugene, at the foot of Skinner's Butte. It's an enormous task, but if anyone can make it happen, it's these folks. They just need our help.

Meeting And Greeting

We were joined on our tour by fellow cooperators and natural foods purveyors from as far north as Bellingham, Washington and as far south as Sonoma, California. There were restaurateurs from Portland, and representatives from local school boards and family buying groups. We were all amazed by the products, the offices, and the warehouse, but none of us were surprised. Anyone with any experience dealing with Hummingbird Wholesale knows to always expect the best quality.

The Magical Sustainability Tour

Hummingbird is located in the ultra-modern and sustainable Stellaria business park. Rooftop solar panels supply hot water for the entire building and fulfill a third of its energy needs. A waste abatement program recovers, recycles, or reuses everything possible.

Our tour began in their cob-walled storefront. First and foremost a wholesaler and distributor, retail sales aren't one of Hummingbird's top priorities but education is, and that's a large part of why they open their doors to the public twice a week. We saw lots of familiar products on their shelves, and some exciting new ones.

Next it was into the warehouse where we saw that the warm and welcoming tone of the storefront and our hosts was the standard. Light tubes pull a sunny glow into interior spaces, and good old Sol powers their room-sized honey warmer.

Reusable plastic containers were everywhere (neatly so, of course.) Charlie explained to us that these containers—and their container return program—helped save over 28,000lbs. of plastic last year.

Further in we met Ponce, the friendly bike delivery guy. With no gas wasted, no pollution, and minuscule repair costs, Ponce and the rest of the team distributed 134,000 lbs. of goods to Eugene businesses the first six months of this year. That's a lot of pedaling, but no worries, says Ponce, "Everything's pretty close, and mostly downhill." In fact, their location was chosen with this in mind.

We took a quick detour into the Incubator Kitchen, a fully sanitized and certified gluten-free kitchen facility available to small local bakers and food producers looking to get started, as well as non-profits cooking for charitable distribution. Then it was through an empty storeroom, primed to hold the coming harvests, and upstairs for quick tour of their beautiful offices.

A Small Company Meeting Large Needs

Then it was presentation time. Farm Liason, James Henderson told us about the challenges in finding Oregon and northwest farmers, many of whom have never used organic practices or grown food crops, willing to do something different—work to create a vibrant and sustainable local food system.

The work is hard. Foods labeled transitional are harder to sell than organic ones, the soil has a difficult time adjusting at first to different amendments, temporarily reducing yields, and new crops need to be rotated into a field at regular intervals. One solution to all these problems is to find unique new (and old) crops that people will find intriguing and enticing.

That's part of what Hummingbird is striving to do, with our help, and yours. Working together, we can make Oregon's food system strong and independent, an example to the world. ☺



Almond butter; sunflower seed butter; chocolate hazelnut butter; and unrefined coconut oil, in jars at the Co-op



Hummingbird products in our bulk section: **Chocolate Chips • Black Beans • Red Lentils • Garbanzo Beans • Granolas • Almonds • Cashews • Brazil Nuts • Sunflower Oil • Sesame Oil • Coconut Oil • Dried Fruit (Apples, Apricots, Dates, Mangos, Cherries, Peaches, Pears, Pineapples) • Wild Rice • Molasses • Palm Sugar • Poppy Seeds • Pumpkin Seeds • Sprouting Seeds • Almond Much • Hazelnut Munch • Almond Butter • Tahini and more!**

The Hummingbird Team



September 2015 Community Calendar

UPCOMING EVENTS

Rethink, Recycle, Refuse, Reduce, Reuse September, Mon. Wed. Sat. 10am-4:30pm; Tue. Thu. 2-8pm at Alsea Library, 19192 Alsea Hwy A hands-on display of useful items you can make, from common discards, such as a berry picker, fly trap, "finding" fobs, cord, rope, mittens, and much more. You are encouraged to add your favorite reuse to the display. FMI: (541) 487-5061

EZ Bluegrass Jam Sundays in September and beyond, 2-4pm Jam with other beginning and intermediate-level players. Traditional bluegrass and other acoustic songs. We meet in a private home. FMI: Christine, (541) 738-2610

Memory Loss Support Group September 8, 1:30-3pm This group is for caregivers and family members of persons with Alzheimer's disease or a related disorder. Another group for people with memory loss is held at the same time so both the caregivers and those with, can attend. Free, but registration is required. To register, call (541) 766-6959. FMI: Gene Dannen, (541) 753-1342

An Evening with Permaculture Expert Toby Hemenway September 10, 7pm at the Corvallis-Benton

County Public Library, 645 NW Monroe Ave Author of the bestselling permaculture book in the world, Toby Hemenway, will visit the Corvallis-Benton County Public Library to discuss his latest book. Toby is the author of *Gaia's Garden: A Guide to Home-Scale Permaculture*. His latest book on urban permaculture, *The Permaculture City*, was released July 2015. FMI: bonnie.brzozowski@corvallisoregon.gov, (541) 766-6793

Cuban Salsa Dancing in the Street September 12, 11am-1pm at Corvallis Saturday Market, 1st and Monroe. Join Rumbanana Salsa Group for Cuban salsa dancing outdoors. There will be dancing, mingling, and playing the best Timba music around. All are welcome. FMI: Jaime Fuller, jmfuller19@gmail.com

J.A. Jance Presents "Dance of the Bones" September 14, 1:30pm at The Monroe Community Library, 380 N 5th St. in Monroe The Monroe Community Library is excited to welcome New York Times bestselling author J.A. Jance. She will discuss and answer questions about her most suspenseful novel yet, *Dance of the Bones*. Books will be available for sale through Grass Roots Books & Music and a book signing will follow. FMI: kyra.cardella@corvallisoregon.gov

Pedalpalooza: A Car Free Festival September 20, 12-3pm at Riverfront Park, 1st at Monroe and Jackson Come and check out pedal-powered gizmos brought to you by Sustainability Coalition Transportation Action Team and more than 18 co-sponsors. Enjoy music, food, games, exhibits, bike parade—and more. See www.sustainablecorvallis.org for details. FMI: info@sustainablecorvallis.org, (541) 230-1237

Car Free Day In Corvallis September 22, all day at various locations Car Free Day is your call to action. Be part of a community and global challenge! Stop by a Commuter Appreciation Site from 7-9am for free breakfast snacks, bike safety check, and more on your way to work or school. Take the pledge and find the site nearest you at www.sustainablecorvallis.org or call (541) 230-1237

New Hikes in Eastern Oregon October 1, 7pm at the Corvallis-Benton County Public Library Bill Sullivan, Oregon's hiking guru, takes us on a slide show tour of a dozen new trails he discovered while researching the new edition of his guidebook to Eastern Oregon. Co-sponsored by the Marys Peak Group of the Sierra Club and the Corvallis-Benton County Public Library, this event is free, and is open to all. FMI: (541) 758-5255



ONGOING EVENTS

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

FOOD

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

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

GLUTEN FREE SUPPORT GROUP 1st Saturdays, 10am-12pm, First Presbyterian Church, Dennis Hall, 9th & Monroe. Learn more about gluten intolerance, share ideas and sample products. FMI: (541) 602-1065

SPIRITUAL

PLACE OF TARA Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. Tibetan Buddhist Meditation, meditation instruction on request, and readings from all Buddhist traditions. FMI: salvesonvideos@gmail.com

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

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

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

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

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

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

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

Sunday 10-10:45am, Meditation & 11am-12pm Inspirational Service; Thursday 7-8 pm, Meditation, Study Kriya Yoga through Paramahansa Yogananda's teachings. Author of the spiritual classic, Autobiography of a Yogi. FMI: corvallismeditation.org

FALUN DAFA GROUP 9-11am. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong (541) 754-9938

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

WELLNESS

COMPASSIONATE COMMUNICATION PRACTICE GROUP Every first and third Monday, 7-9 pm, at 2255 NW 25th Street Support in living the model taught by Marshall Rosenberg. Led by Tina Taylor, CC trainer and counselor. Donations appreciated RSVP and FMI: Tina@tinataylor.co, (541)753-2255

AIKIDO OPEN MAT Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. We invite anyone with an interest to try a class. Wear loose, comfortable clothing. FMI: Joe Canon, dojo@corvallisaikikai.com

TAI CHI CLASSES 5:30-6:30pm, Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: (541) 760-9328

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

FREE TEEN YOGA Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. Stretch, move, wiggle, strengthen and then free and relax your body. It's fun and it's good for you too. All teens welcome. FMI: Theresa McLaren, frontdesk@livewellstudio.com, (541) 224-6566

CHAIR YOGA Tuesdays, 3pm, Live Well Studio, 971 NW Spruce Ave. ChairYoga provides the benefits of yoga to everyone regardless of injuries, health limitations, or mobility. It is well suited for individuals living with M.S., Parkinson's, Cancer, A.L.S., and physical limitations. Sliding scale donation. FMI: (541) 224-6566

TRADITIONAL SHOTOKAN KARATE Tuesdays and Thursdays, 7-9pm, Fingerboard

Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

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

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

YOGA FOR RECOVERY Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. \$5 suggested donation. FMI: livewellstudio.com

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

PEACE

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

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

COMPASSION COMMUNICATION PRACTICE GROUP Every 1st & 3rd Monday, 7-9pm, 2255 NW 25th St. Support in living the model taught by Marshall Rosenberg, in our daily lives. Led by Tina Taylor, CC trainer and counselor. RSVP & donation appreciated. FMI: Tina@tinataylor.co, (541) 753-2255.

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

MUSIC

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

FIRST SUNDAY VOCAL IMPROV JAM every first Sunday of month, 2-4pm, Riverfront Park, 1st & Monroe St. Singing in polyphonic

groove, for all ages and skill levels. FMI: (541) 760-3069.

EZ BLUEGRASS JAM, every Sunday 2-4pm, Jam with other beginning and intermediate-level players. Traditional bluegrass and other acoustic songs. We meet in a private home. FMI: Christine, (541) 738-2610

COMMUNITY SINGING LESSONS

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

PLANET BOOGIE July 18th and August 15th, 8-9:30pm, Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

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

ENVIRONMENT

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

OSUSED STORE PUBLIC SALES 5:30-7:30pm on 1st Wed. of the month; 12-3pm on all other Weds. 644 SW 13th St. FMI: <http://surplus.oregonstate.edu>, (541) 737-7347

AUDUBON FIELD TRIPS Every 2nd Saturday. Meet at 7:30am. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml

NATURALIST ADVENTURES Tracking wild edibles, native plants, and birding; 3rd Sundays, 9am-12pm. For meeting place, see website. FMI: www.neighborhood-naturalist.com, (541) 753-7689

SAGE WORK PARTIES Tuesdays, 3pm-dusk. SAGE Garden Starker Arts Park, SW Country Club and 45th St. Join us for gardening at SAGE! Drop in any Tuesday April-October. Gardening newbies and experts alike are welcome to join in! FMI: Laura Kleman (541) 753-9211, SAGE@CorvallisEnvironmentalCenter.org

Health Services Guide



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

ENCORE PHYSICAL THERAPY OFFERS COMPLEMENTARY THERAPIES AT ITS CORVALLIS OFFICE

With decades of experience, Lynn Kirschner, CPT(commonsensepilates.com) and Marybetts Sinclair, LMT (marybettssinclair.com) offer Pilates mat exercise classes and therapeutic massage, to help you stay healthy and free of musculoskeletal pain. Keep your progress going when your rehab is over! Call Encore for an appointment: (541) 758-2235

DR. VIRGINIA SHAPIRO, HOLISTIC CHIROPRACTOR

29 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

DOWNTOWN PILATES

Pilates from fundamental to advanced. Fully equipped studio featuring traditional apparatus. Private lessons, duets, small classes. Enroll now – Pilates Fundamentals Tu-Th 6-7pm. Gain strength, build confidence, tone & reshape your body. Call Shiikon for an appointment: (541) 207-1009

Un-classifieds

PROUD MAMA SUPPORT SERVICES

New baby? In-home professional doula care can make all the difference. proudmamasupportservices.com

DRIED SEAWEED \$40/lb. Kombucha, dried apples, suitcases, rugs. Ken (541) 929-4296

NORTHWEST REALTY CONSULTANTS

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

OVEREATERS ANONYMOUS

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

PARENTING SUPPORT

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

TIRED OF GUILT, BLAME, TENSION AND CONFUSION?

Maybe you're ready for a COMPASSIONATE COMMUNICATION INTRO WORKSHOP with Tina Taylor, RN, MS, in Corvallis, October 24-25, aka Nonviolent Communication (NVC), this model is used worldwide for transformational personal growth, relationship enrichment, conflict resolution, and community building. Details at www.tinataylor.co, or call Tina at (541) 753-2255. FREE preview Friday, September 18, at South Co-op Community Room, 7-9pm.

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

FOR A BEAUTIFUL BIRTH, HIRE A DOULA.

Mid-Valley Doula Network: www.midvalleydoulas.net.

TOTALLY UPDATED WHITEWATER OCEAN VIEW HOUSE IN LINCOLN

CITY. 2 master suites. 2 large decks. Sleeps 7. Fully stocked. \$195/night + tax, cleaning. 10% Co-op Owner discount. (541) 760-0604

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

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

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

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ERRANDS,

shopping, Ken, (541) 929-4296

SEEING WITHOUT STRAIN

Learn natural vision improvement methods to release chronic neck and shoulder tension, improve visual habits, increase circulation to the eyes, prevent eyestrain, decrease light sensitivity, and see in a more relaxed way. For group classes or private sessions, contact Marybetts Sinclair, LMT, certified vision improvement coach. (541) 753-8374 or www.marybettssinclair.com

PARENT COOPERATIVE PRESCHOOLS

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

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

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

Melon Sampling at the South Store Block Party



supper at sage, take charge corvallis

SUPPER AT SAGE IS SATURDAY, SEPTEMBER 12TH

A wonderful evening of food and art that benefits a great cause

Supper at SAGE is the Corvallis Environmental Center's evening of local food, music and art at SAGE, the Starker Arts Garden for Education. The event begins in the SAGE garden with live music, artists painting en plein air; tours of SAGE, tastes of wood-fired garden pizzas, samplings of farm-fresh produce, and complimentary drinks. A local, seasonal dinner prepared by celebrated Chefs JC Mersmann of Gathering Together Farm and Scottie Hurley of LBCC's Culinary Arts Program follows.

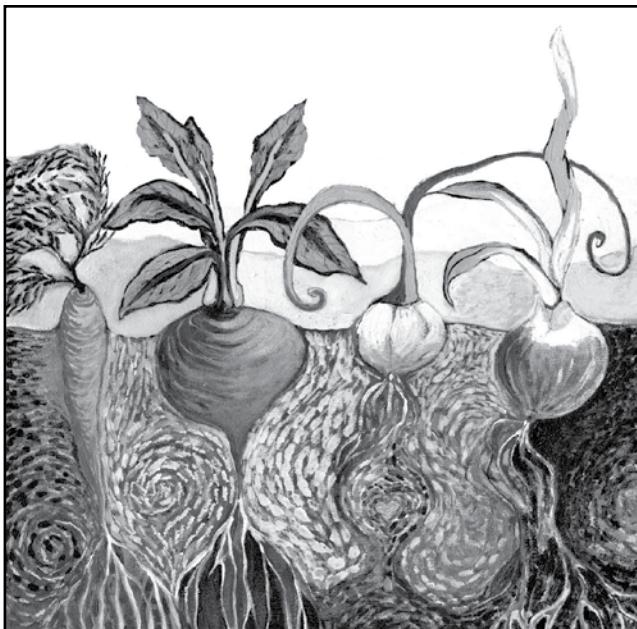
The silent art auction features works by celebrated local artists, including Jennifer Lommers, Anne Schuster, Carrie Tasman, Claudia Weintraub, Brittney West, Samm Newton and others.

Supper at SAGE raises funds for the Corvallis Environmental Center's SAGE garden and its Corvallis Farm to School program.

SAGE produces three tons of organic produce each year that is donated to local hunger relief agencies, and offers garden-based workshops, camps, internships, field trips for school groups, and volunteer and service learning programs.

The Corvallis Farm to School program works with the Corvallis School District to bring more local, farm-fresh food into our school cafeterias, encourage our children to make healthy eating choices and support regional farmers.

Event sponsors include Starker Forests, Inc., HP, and CH2M. More info and tickets for Supper at SAGE are online at www.corvallisenvironmentalcenter.org and at the Corvallis Environmental Center at 214 SW Monroe Ave.



Garden With a Heart of Gold by Jennifer Lommers

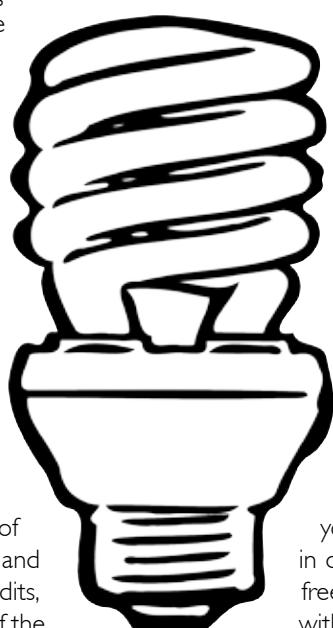
TIME TO "TAKE CHARGE" CORVALLIS

There's never been a better time—or better reason—to make your home more energy efficient. Whether you're interested in saving money, reducing your carbon footprint, or helping the whole community move toward a more sustainable future, now is the time to take advantage of energy-saving opportunities.

"Every action counts!" is the primary message of Take Charge Corvallis, the local initiative competing for the Georgetown University Energy Prize.

Corvallis is one of 50 small and medium-sized cities across the country striving to come in first by reducing their use of electricity and natural gas in homes and municipal buildings. The community that saves the most energy in 2015 and 2016 will win \$5 million to invest in community energy projects. The Corvallis initiative is being led by the Corvallis Sustainability Coalition's Energy Action Team and Energize Corvallis, a project of the Corvallis Environmental Center.

Take Charge Corvallis is offering a lot of support to everyone in Corvallis—renters and homeowners alike. Freebies, rebates, tax credits, and assistance with installing solar are all part of the mix. Choose one or more of the following resources:



Communities Take Charge: "Shop" on this website for energy-saving actions to do in your home. Enter a drawing for \$10,000 every time you register. (energizecorvallis.org/takecharge)

Direct Install: If you're a Pacific Power customer who rents



For back-to-school ideas

Consult your **MOM** MAGAZINE

Pick up your issue of MOM Magazine at First Alternative Co-op or find out more at www.mommag.com.

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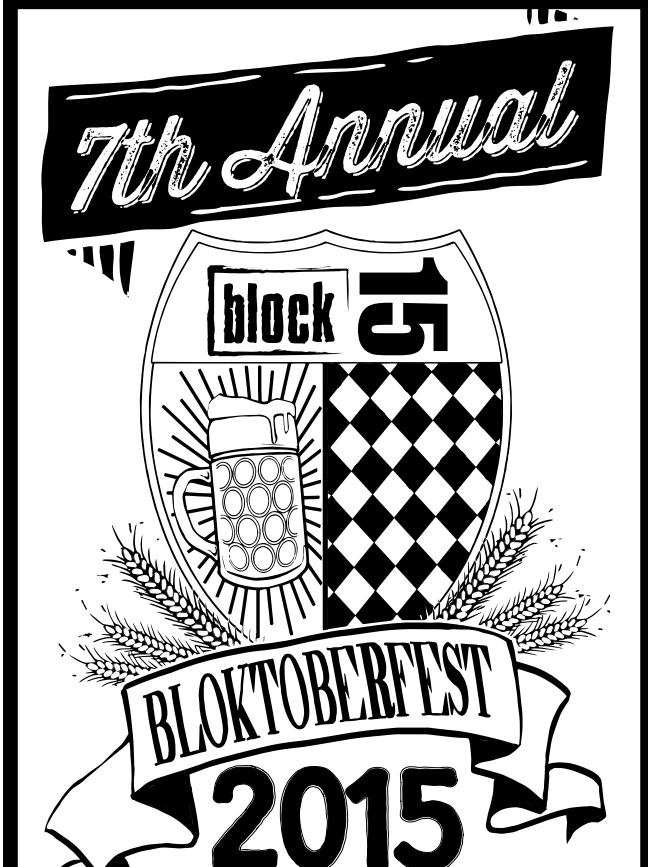
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CORVALLIS, OR
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Live Music All Day

OCT 9TH 4PM-11PM

BREWERY DINNER WITH AYINGER
RESERVATIONS REQUIRED: BLOCK15.COM/BLOKTOBERFEST

OCT 10TH 1PM-11PM

ALL AGES WELCOME UNTIL 8PM



CELEBRATING 15 YEARS OF GROWTH~
LABOR DAY WEEKEND
SEE THE NEW LAVENDER DECK
AT THE WREN VINEYARD BARN
SEPT 5, 6 AND 7 ~ 1 TO 6 PM
AND AT THE LITTLE TASTING ROOM
IN DOWNTOWN McMINNVILLE
-ALL CERTIFIED ORGANIC VINEYARDS-
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CO-OP CLASSES & EVENTS SEPTEMBER



Register for classes online at www.eventbrite.com

Tuesday, September 8th • 6:30pm-8pm

South Co-op Meeting Room

Prepared Hiker Toolbox, Part 3

Cost: \$15/free for JessBFit South Sisters team members

This comprehensive class focuses on staying safe and staying found in the great outdoors. Learn how to read a map and compass, how to track and plan for changing weather conditions, and how to make good choices when you're on the trail. Then, see how quickly a good day can turn into trouble. Practice your judgment skills in some realistic scenarios.

FMI: www.jessbfit.com/train-to-climb-south-sister/

Friday, September 18th • 6:30-9pm

South Co-op Meeting Room

Compassionate Nonviolent Communication

Cost: Free

FREE PEEK at Compassionate Nonviolent Communication (NVC). Need some help untangling, "What just happened between us?" This model is used worldwide for transformational personal and professional growth. Presented by Tina Taylor, RN, MS, counselor-mediator-trainer. More info at www.tinataylor.co, or call Tina at (541) 753-2255. Everyone welcome!

Saturday, September 19th • 10am-12pm

South Co-op Meeting Room

Balancing Fire Workshop

Cost: Free

Learn specific ways to maintain a healthy whole body inflammatory response and a healthy stress response – two important keys to optimal healthy living, including the areas of lifestyle, nutrition and supplements. Discover and learn about strategies on inflammation and stress response in a community learning setting with content inspired by Dr. Andrew Weil. The workshop will be led by First Alternative's South Store Wellness Manager, Susie Willis.



Sampling at the North Store Block Party

Computer Problems?

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"We really appreciate your prompt and thorough service."

-Lisa Morrison, Sierra Club office manager

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-Andy Dufner, Director, Nestucca Sanctuary

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

-Louise Tippens, Director, Environmental Federation of Oregon

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FALL FEST FAST APPROACHING

Celebrate the coming of fall with music, art, and food

The annual Fall Festival is coming to Central Park in Corvallis, September 26th and 27th. This will be the 43rd year of the area's largest celebration of local art, food, and music.

The mission of this not-for-profit event is to help build and sustain a market for local arts and crafts while serving, supporting, and showcasing the Corvallis Community.

First Alternative will once again be joining in the festivities. We'll be serving up scrumptious food, delightful desserts, and refreshing beverages with the help and support of the Corvallis Sustainability Coalition.


Once your eyes are full of art and your ears are full of music, mosey on over to the First Alternative and Sustainability Coalition's food booth where we'll take care of the rest.
CORVALLIS FALL FESTIVAL
See you there! ☺



APPLY NOW FOR BCCC GRANTS

For organizations and individuals working to enhance our county

Since July of 2004, the Benton County Cultural Coalition (BCCC) has been giving away money through the Oregon Cultural Trust to organizations or individuals who have bright ideas for ways to enhance or promote the beauty, culture and heritage of the area within the Benton County borders.

Along with Corvallis, the rural communities of Monroe, Summit, Wren and Philomath have received grants for art, music and historical projects. Murals, concerts, film festivals, dances and quilt shows are just of few of the creative ideas that have come to fruition through BCCC grants in the past ten years.

Anyone with imagination and a desire to promote or sustain a cultural endeavor is invited to apply to the Benton County Cultural Coalition for a grant!

The BCCC will be accepting Letters of Intent through September 10th. We seek to fund the projects of non-profits, or individuals with a fiscal non-profit sponsor, who specialize in art, culture, and heritage projects in Benton County.

Please visit www.bentonculture.org for grant guidelines and to complete the on-line Letter of Intent. ☺



Mid-Valley Clogging Company American Country Clogging Lessons at Fairmount Grange

835 NW North Albany Road, Albany
Instructor: Mary Bray, (503) 931-4080
cloggerbray@msn.com

Starting Tuesday, September 8th

Tuesday evenings: 6:00pm-6:50pm (Beginners);
7:00pm-7:50pm (Intermediate/Advanced)

\$35 per month; \$10 drop-in

First class is FREE if you start on 9/8 or 9/15!

SCHOOL HOUSE WRAPS!

Make the night before for a relaxing morning

Great for taking in a cooler bag or lunchbox, you can easily make these wraps the night before. Keep moisture as low as possible by thoroughly drying lettuce after rinsing. (I roll mine up in a clean towel.) Juicy vegetables like tomatoes are best kept separate and added right before eating.

Stop by bulk to stock up on low waste snacks to round out your meal. Sesame snacks, raspberry fig bars, yogurt covered pretzels, veggie chips—they're all great alongside these wraps. Put them in reusable containers and skip the packaging!

—Emily Stimac, *Thyme Garden, Thymes Contributor*



PEANUT GALLERY

Makes 4 servings of 2 wraps each

These salad rolls are a yummy way to enjoy a healthy dose of local veggies with an irresistible peanut dipping sauce that is also perfect over noodles or with stir-fried veggies and rice.

- 8 spring roll rice wraps
- 3 cups lettuce, shredded
- 1 pkg. Wildwood Sprouted Tofu, sliced into 32 pieces
- 1/2 cup each: cilantro, basil and mint
- 4 cups carrots, shredded
- 2 cucumbers, peeled and sliced lengthwise

Peanut Sauce:

- 14 oz. coconut milk
- 1/2 cup peanut butter
- 2 Tbsp each: tamarind paste, tamari, fish sauce and brown sugar
- 1 clove garlic, pressed
- Crushed peppers to taste

Prepare peanut sauce. Combine ingredients in a small saucepan and bring to a simmer. Remove from heat. Portion into 4-oz containers and refrigerate.

To prepare wraps, soak papers in a shallow dish of water for 5-10 minutes. Remove one at a time, gently spreading on workspace and topping with cilantro, basil, mint, tofu, carrots, cucumber and lettuce. Fold in sides and roll tightly. Wrap or store in bundles of two in the refrigerator or your cooler; with sides of peanut sauce ready to go.



RAINBOW GATHERING

This delicious gluten-free and vegan wrap combines the colors of the rainbow for a nutritious lunch that tastes as good as it looks!

- 4 Rudi's Gluten-Free Spinach Tortillas
- 8 oz. Toby's Tofu Pate
- 2 small beets, shredded
- 2 carrots, shredded
- 1 red pepper, sliced
- 1 cup red lettuce, shredded
- 1 cup salted sunflower seeds
- 1 jar Yumm! sauce

Warm tortillas in a lightly oiled pan. Spread center with pate, leaving about 1" around the edges. Top with veggies and sauce and roll. Wrap tightly or transfer to containers and refrigerate until lunchtime.



TEACHER'S PET

Tangy pepperoncini and sweet apples make a winning combination in this pleasing wrap.

- 4 DeCasa burrito-size tortillas
- 8 oz. turkey
- 1 cup pea shoots
- 1/2 cup pepperoncini, sliced
- 1 pkg. sliced provolone
- 1 red pepper, sliced
- 1/2 cup red onion, sliced
- 1 apple, thinly sliced
- 8 oz. cream cheese

Warm tortillas in a lightly oiled pan. Spread with cream cheese and layer with turkey, salami, red pepper, red onion, pepperoncini, apple slices and shoots. Wrap tightly or transfer to containers and refrigerate until lunchtime. 



Mead

noun [mi:d]

1. A craft beverage defined by the fermentation of honey.

Naturally Gluten Free



100% Pure Raw Willmette Valley Honey



Drink local mead.
Save local bees.



No Artificial Additives