

rethinking the dog: 3 new ways to dress your frank

First Alternative
NATURAL FOODS CO-OP



JULY 2013

VOLUME 34 • ISSUE 7
Community Monthly

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THYMES

the co-op owner rendezvous

GOOD TIMES 
GREAT PEOPLE! 



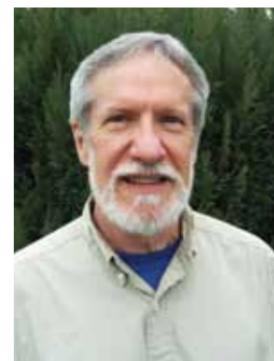
leading us into the future...

2013 ELECTION RESULTS!

Susan Hyne and Jim Mitchell join incumbent Joel Hirsch for 3-year board terms!

595 owners voted in the 2013-2014 election...a whopping 7% of co-op voters (it's been as low as 3% in past years, good for you!). In contrast, 80% of staff who are owners voted.

The proposed bylaws change passed 462 to 86.



Susan Hyne, Jim Mitchell and Joel Hirsch will begin their three year terms at the July Board meeting.

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'Owner Spec 10%' soft key & return coupon to owner



FA THYMES

First Alternative Co-op
Community Monthly

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

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

Editors: Donna Tarasawa & Emily Stimac

Design/layout: Emily Stimac & Jessica Brothers

Photographers: Emily Stimac & Jessica Brothers

STORE LOCATIONS & HOURS

SOUTH STORE:

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

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Open 7 days a week, 7am-9pm

Web site: www.firstalt.coop

Email address: firstalt@firstalt.coop

Editor's email: thymes@firstalt.coop

FA Board's email: faboard@peak.org

VISION STATEMENT

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

MISSION STATEMENT

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

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

THE INTERNATIONAL COOPERATIVE PRINCIPLES

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



Claire Pate,
Board Member

the board's month in review

Greetings from the Board!

I love this time of year. Berries in abundance. Beans and corn happily reaching up towards the sun, but zucchini not yet overwhelming the garden. And

the promise of delicious, ripe tomatoes soon ready for plucking and pairing with basil and some fresh mozzarella. How lucky we are to live where we do! To have community garden spaces, and wonderful local farmers growing sustainable, tasty produce. To have gleaners who can help get that produce to families who do not have garden spaces and cannot afford to buy produce. And to have a Co-op dedicated to sustainability and supporting those local farmers and programs such as the gleaners.

Now for Board business. June is when we have our Board Appreciation dinner. We bid farewell to members leaving the Board, and learn whom Co-op owners have voted in to be their replacements. Chris Bentley and Bettina Schempf have put in 13 years of exemplary and dedicated board service between the two of them - or about 1600 hours of volunteer time - and they will be missed. Susan Hyne and Jim Mitchell will take their places, and we look forward to getting to know them. Meanwhile, the whole board was feted with a very tasty Hawaiian-themed dinner cooked up by Marketing Manager Donna Tarasawa (see recipes on page 16). Dessert was a Banana Coconut Luau Cake - need I say more?

After having a "circle of appreciation" for Chris and Bettina, we held our business meeting. Financial reports are always a part of our discussion, and the Board very much appreciates the care and feeding that goes into those reports which are first scrutinized by our Finance Committee then forwarded on to the Board. Sales growth has been good though measured, and we believe that management is taking the right actions to steer this ship through what have been some turbulent times with the recession and competition. We are still carrying debt from our expansion. Debt is not a bad thing, as most of us know if you own a home and have a mortgage. But it is important to have a strategy for paying it down while building some capital for other necessary expenses on the horizon.

At its last meeting, the Board formed an ad hoc committee to look at possible strategies for generating additional capital. Along with retiring debt, the Co-op has some large ticket needs. We need a new Point of Sale (POS) system, which is a fancy way of saying we need to update the software for our computerized cash registers. This system is what records transactions, accepts credit and debit card data, tracks inventory and records employee time on the register. Right now

we have a system that is inefficient in providing us with the data we need to do good financial analyses. It is a nuts and bolts type of expense, and not something that generates a lot of owner excitement. Another future need will be to replace the roof on the South Store. It is enough of an expense that it will certainly involve a more holistic conversation around whether it makes sense to simply replace the roof or do a more major renovation to the store. We need to build capital so we have more adequate cash reserves to see us through any unforeseen crises, and to have the flexibility to take advantage of opportunities that forward our mission. So, the ad hoc committee will be meeting again, and we will be having on-going discussions with our owners about how best to raise that capital.

One thing we ALL can do right away: pay for our goods using either cash or a check. The Co-op pays out approximately \$190,000 in bank fees each year for transactions using a credit or debit card. This is a HUGE amount of money that leaves the Co-op's pockets and goes into a multi-national banking system. It sure would be nice to keep those dollars local.

The Board performs its serious business with a lot of camaraderie and good feeling. As we were being "appreciated," I was also appreciating the great job that Dan Shapiro, our Board President, does at keeping us focused while encouraging us to be passionate, respectful and good-humored. Let us know your thoughts, by filling out those Board comment slips. Or come to a meeting!



Bike Winners Ride away with smiles

The Honest Tea foldable bike drawing took place on June 1 and the winners were Kenneth Philbrick and Barb Cowlshaw (Barb's husband, Ric, posed for our picture). Congratulations and enjoy your rides!



WELCOME, NEW CO-OP OWNERS!

In May, 61 new people became Co-op owners, totaling 8496 active owners.*

Thank you for supporting the Co-op by purchasing a share!



The Benefits of Ownership

- 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.

*Most inactive owners are those not current on their payments.



Cindee Lolik,
General Manager

the co-operative: inspiration for co-ops worldwide general manager report

This past April I attended a National Cooperative Grocers Association (NCGA) meeting in Minnesota. The first day was a joint meeting of Co-op General Managers or Designated Representatives to the

NCGA and one Board representative from each co-op. Board member Robert Williams attended with me and enjoyed an enthralling keynote address from a visionary of one of the most successful co-ops in our modern world. The address was delivered by Bob Burlton, co-founder and Chair of The Energy Saving Co-operative, located in the UK (see www.energysaving.coop for more information). Bob is the former Chief Executive of the Oxford, Swindon & Gloucester Co-operative. He assisted in completing the merger of that co-operative with the West Midlands Co-operative Society in 2006 to form The Midlands Co-operative, which is changing the way people do business in England. The primary focus areas of the Co-operative are food, funeral care, travel, pharmacy, post office, childcare, flexible benefits and energy. Bob has over 30+ years of senior co-op experience.

Bob talked about the co-operative movement in the UK realizing the need for change and working together in the middle of the last decade. "Success today does not ensure success tomorrow."

With the merger of the two largest co-operatives there was a need to address the competition and the branding of the new co-operative. For over a year the organization worked on the brand in order to launch it in 2007. Their basic plan involved: "improve

what we do (by a lot) and then tell people about it." This has been highly successful for the Midcounties Co-operative.

He described several programs that the Co-operative has been investing in and rolling out that revolve around the creation of standards to use the Co-op brand in the UK. These standards are enforced by mystery shoppers who assess a co-operative's compliance and readiness to be a good operator and competitor. These include:

- Better shops
- Better products
- Better service
- Better methods

He talked about growth and how that it is a necessary part of success. Emphasizing that without growth and profit co-ops cannot provide benefits to anyone. Growth creates new jobs, fuels the local economy, gives the organization more impact in the community, and supports the cooperative model as a solution for other businesses.

Bob went on to suggest possible additional areas for cooperation amongst the NCGA group of cooperatives:

- More combined purchasing
- IT services
- Sustainability initiatives

He concluded by talking about two programs that Midcounties has been involved with, spurred by their growth and ability to fund them—the energy saving co-operative that he chairs and the expansion of

the child care arm of the co-op.

This keynote was inspiring to me. It got me thinking about more collaboration and cooperation with our sister co-ops across the country and how we can also leverage our strengths with our local businesses right here at home. We are stronger together.

Choose Your Own Owner Sale Day

All day, any day each month, both stores
Owners save 10% on all purchases!

1. Scan your owner card at the register.
2. Let the cashier know you are doing your owner shop.
3. Save 10% on all purchases, the remainder of the day!

Receive a 10% case discount in addition to your owner discount when you special order a product by the case in advance, then pick it up and purchase it when you use your OSD coupon. **Case discounts are not applicable on sale prices.**



One OSD Discount per Owner Share

The change to welcoming owners to choose their own Owner Sale Day has been a rousing success and everyone loves it - owners and staff alike. Thanks so much for your tremendous response!

We would like to remind everyone that you may choose only one Owner Sale Day per month for each owner share number. If one person in your household owns a share, you may request your 10% discount one day each month. If more than one member of your household owns a share, then each owner share number is entitled to a 10% discount **once each month**. The numbers are not interchangeable, so please make sure and use each number only once.

If you would like help tracking this (because we know it really can be difficult to remember if you claimed the discount this month or last month) we have provided Owner Sale Day Personal Tracker cards just for you. Ask your cashier for one next time you're in. You can then track your own use of your discount or ask your cashier fill it out for you.

Thanks for shopping your local Co-op!



change remains the only constant north store manager report

This summer will be a time of transition at your Co-op.

Last time I wrote to you I was saying a fond farewell to our former South Store Manager, Jason. This month I am excited to share with you how enthusiastic we are about our new South Store Manager, Brian Pete. Brian joined the First Alternative family in early 2012 as Grocery Manager. Brian has made wonderful contributions to our Retail Management Team. He is a skilled retailer, a hard working leader and a fun guy to be around. Our team couldn't be happier with him as our South Store Manager.

Brian and I will be working together this summer to plan a major reset of the South Store. We are excited to have the opportunity to improve the lay out like we did at the North Store in 2012. Our vision includes moving Wellness into one aisle and moving Household products out of the nook behind Produce and out onto the retail floor. The Reset is going to give us the opportunity to improve components of our shelving units as well. I won't bore you with the nitty gritty of grocery shelves but I will tell you that spring loaded feet are more important than one

might think. We are planning to move products and replace the shelving feet the week of August 26th. We are confident that when the new shiny feet are supporting our new and improved layout, customer shopping experience will be improved.

At the North Store I will be working with the North Store team to make some major repairs to our backstock space. I hope to complete this work in late July or early August. The repairs will disrupt our employee work space and our ability to merchandise items that are currently sold out of the cooler at the back of the store: dairy and beer. I will be working very hard to ensure that our staff and customers are taken care of during the work.

I greatly appreciate all the love and support you give the Co-op and the Co-op's staff each time you choose to shop in one of our two wonderful stores. As always, if you have a question, suggestion, or would like to share your Co-op experience please email me, evelyn@firstalt.coop.



Evelyn Hall
North Store Manager

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head outside for LOCAL grilling delight



Quality ingredients make such a difference! Let our deli staff help you choose pick the perfect cut for your BBQ.

Summertime is the perfect time for cooking outdoors! Stop by the Meat Department and check out all the amazing local products we have available to wow your BBQ guest with.

- Choose from Cattail Creek Lamb, or Lonely Lane Pork or Beef in a kabob cut!
- If steaks are more your style, check out the **"Rancher's Cut" extra thick New York Strips** and Rib Eyes from McK Ranch, or a juicy Lamb Chop from Cattail Creek.
- We also have **local chicken available from Walker Farms**, in convenient packages of thighs and legs, ready to be marinated and thrown on a hot grill.
- Don't skip the freezer section, where you can find **Bison burgers and Salmon fillets.**

Whether its charcoal or propane that you are using, we have what you need to satisfy your carnivorous cravings! Enjoy!

-Makenzie Kaiser, North Deli Assistant



ready for a berry good time

I can't lie to you. You're smart. Educated. Caring individuals, and you deserve the truth...I am addicted to berries. Blue, or red, or the precious gold, I would swim in a pool filled with Oregon berries, if such a thing existed. We, as a community, and as Oregonians, are blessed with this fertile soil. This is the time of the year where we are drowning ourselves in every imaginable shade of color our eyes can witness.

So many wonderful, progressive, inspirational people in the valley dedicate their lives to growing amazing food for our society. So many of them care immensely how they affect the earth and the community itself. I can't even begin to tell you how grateful I am that so many individuals take the responsibility to sustain civilization with vegetables and fruits and other various crops.

I wish I could list here every tantalizing piece of produce we get, and the farms that grow them... alas, I have not nearly enough room to show my gratitude. So I'll spare you with a short list of a few of my favorite fruits and veggies coming to us this month.

This month we should be seeing the most talked about summer berry, blueberries, brought to us yearly by Good Foot Farm.

We'll also be getting strawberries from various farms throughout the summer. So don't stress, we'll have plenty.

Get ready, for we'll have an abundance of gorgeous tomatoes. Both big and small, coming from Denison Farm.

We'll also see various types of summer squashes rolling in. Turnips and beets and more green things. Our shelves will be bursting with life—our store, a center for joy. We're here to help you enjoy the sun and the moon and whatever else you fancy. So come on in, make your self at home, and don't hesitate to have a laugh.

-Shane McFarland, Produce



Fresh blueberries will be coming from Good Foot Farm... buy them by the pint or get a flat for preserving!

celebrate with bulk in july



Celebrate Independence with red, white & blueberry pancakes!

Ahhh yeah, July in Corvallis. Beautiful days in the sunshine, National Blueberry Month, major league baseball is in full swing, Independence Day, heaps of good reasons to shop the Co-op's bulk section.

Show off your patriotism by getting some multi-grain pancake mix, frozen blueberries, and strawberries from the bulk section and some whipped cream or crème fraiche and make some red white and blue pancakes.

Before heading out to the ball field, stock up on some tasty snacks like Higher Power's **Salted Nut Mix**, Grizzlies **Organic Curry Cashew Trail Mix**, or my favorite: **salted pistachios**, and don't miss one pitch of the All Star Game.

Impress your friends on July 12th with a nutty, caramelly pie for National Pecan Pie Day, or just keep it simple and enjoy National Milk Chocolate Day on the 28th and gobble down some bulk milk chocolate straight out of the serving dish.

Need more reasons to shop bulk? Come take a look at our extensive selection and create your own food holiday.

- Gabe Pallastrini, Bulk Manager

DONNA'S KITCHEN easy, money-saving tips

Clever uses for coconut milk!

Once you have opened a can of coconut milk and used 1/2 of it in a recipe, you need ideas for using the rest. Try these!

- Freeze it in an ice-cube tray then drop 3-4 cubes into chai tea for a delicious treat.
- Mix with minced garlic, grated ginger, lime juice and crushed red pepper flakes and use as a marinade for chicken or fish.
- Dilute with a bit of water and substitute for liquid in pancake or waffle batter.



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BRAND SPANKIN' NEW

RISING STARS ON THE CO-OP SHELVES



FROZEN DELIGHTS

- Don't miss the new Coconut Bliss **Organic Salted Caramel & Chocolate** in pints...it is my new favorite! There's a new bar too, Cafe Latte.
- Mark Tarasawa, Finance
- Try the delicious **Live Food Organics Vegan & Raw Ice Cream Sandwiches** (formerly Ratatouille). They're made with raw almonds and cashews that nourish your body, and have quickly become a staff favorite. Also available by the pint!
- Emily Stimac, Marketing



JULY WELLNESS PICKS

- Is **pain a drain** on your summer activities? Ease your pain with the following July sale items:
- Enzymedica's Repair Gold and Serragold is on sale at 20% off.
 - Topricin Creams are on sale at 25% off and select Boiron Arnicare products are on sale at 30% off.
- Protect and sooth your skin from the summer sun. **Garden Goddess sunscreen** is on sale at 20% off and select **Boiron Calendula Skin Care** is on sale at 30% off.
- Smooth Skin Decadence! **Acure Skin Care** is featuring their Body Wash and Body Lotions this month at 20% off. Treat yourself!
- Jen Luck, Wellness Assistant Manager



co-op community garage sale coming in August!

Start collecting items you want to sell and join us for our 2nd annual Community Garage Sale on Saturday, August 3 from 8am-4pm. This event will be held in the parking lot at the South Store. For \$15 you may rent a 10' x 10' space – you supply a canopy if you desire and your own table, you run your sale and collect your money as if it were your very own and you keep your profits.

The Co-op will be advertising in the newspaper, online and in our store and the event is bound to be a festive and well attended event.

Last year's sale was a great success, so join us this year to sell your own items or to buy someone else's treasures! Contact Donna Tarasawa at donnax@firstalt.coop or call 541-753-3115 Ext. 328 by July 22 to reserve your spot.

-Donna Tarasawa, Marketing Manager

rawkin' raw food

the perfect fuel for summer fun

- Kiki Love, Grocery

Check out these new raw food arrivals we're excited about!

Satisfy your sweet tooth with sprouted, raw, vegan, gluten-and corn-free treats from **Peace Love Raw**, a family owned and operated business located in Olympia Washington: "We believe there is healing through whole organic foods."

RawNaimo Bar, chocolate layered bar with sprouted almonds, coconuts, macadamia nuts, agave, dates, and vanilla beans, 2.4oz, \$4.79.

Raw Cinnamon Roll, 2.3oz \$3.99

Raw Macaroon, 1.6oz, \$2.89



What is 'raw' food?

Raw food is uncooked or not cooked above 115° F (or 46°C). The benefits of raw foods are believed to include greater retention of naturally occurring enzymes to aid digestion as well as higher nutritional value.

exclusive raw selections at North Store

Visit our North store to discover an array of products from **Bright Earth Foods** of Ashland, Oregon. Their mission statement: "Bright Earth Foods is committed to the full spectrum of sustainable living on the planet earth. Working with indigenous peoples & organic farmers to deliver high quality nutritional & medicinal foods to the market place coupled with effective education to empower people on their paths to optimum wellness."



Energize your summer with perfect snacks from Bright Earth Foods. Simply delicious and packed with nutrition, these treats are ready to go on the road with you to supplement all your active adventures this season.

- **Choco'Raw!**, raw chocolate brownie containing Maca and Cordyceps, a neutracuetical mushroom, 1oz, \$2.89.

- **Raw Trail Bar**, nut and seed bar containing gluten-free and non-GMO rolled oats, honey, Golden Berries, Maca and Cordyceps, 2 oz, \$2.79.

- **Raw cacao nibs**, 8oz, \$11.99.

- **Golden berries**, organically grown and raw dried, "They make a delicious, tart, and highly nutritious and exotic 'raisin.'", 4oz, \$10.39.

Enjoy the sunshine!



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Soul Collage

Thursdays, July 4 & 18th • 6:30-8:30pm

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

Cost: \$8 Co-op owners, \$10 general public

FMI: Lucy, (541)704-0135 or lucyjjohnson@comcast.net.

will go to a non-profit that helps impoverished communities start a co-op in their area.

Cost: Free



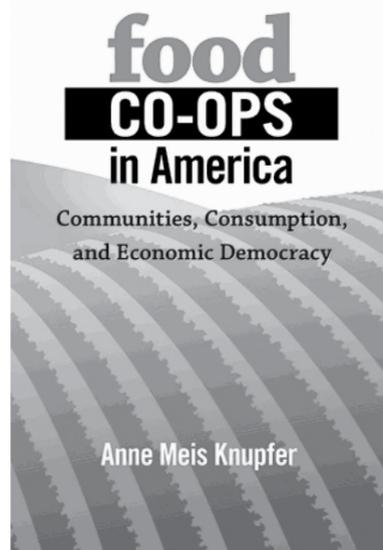
Hypnobirthing Series

Tuesdays, July 23, 30 and August 6, 13 • 6:00-8:30pm

Join Mongan Method certified teacher, Kristen Dentinger (formerly Gorman) for a four week course on Hypnobirthing. This class offers a natural approach to birthing by teaching expectant families how to use their own natural rhythms to birth in a calm and natural manner. Families will need to commit to all of the classes for full impact but can make arrangements with the instructor in the event that a class is missed. Advance registration and payment is required.

Cost: Co-op owners \$175, general public \$200

FMI: Kristen, 480-249-4701



Food Co-ops in America

with author Anne Meis Knupfer

Monday, July 22 • 6-7pm

Author Anne Meis Knupfer will discuss her book "Food Co-ops in America" during a 30 minute presentation. Q&A time to follow. Books will be available for purchase, 50% of proceeds

Past Life Regressions and Other Interesting Phenomena with Howard Hamilton

Sunday, July 21 • 1-4pm

Explore past lives with one on one regressions. Move into higher levels of consciousness. Explore psychic abilities. Hypnosis will be used in class. Includes higher-self audio, past life regression audio and handouts. Mr. Hamilton has over 60 years of experience as a hypnotist and is National Guild of Hypnotists Board Certified.

Cost: \$40 Co-op owners, \$45 general public

Beekeeping Fundamentals: Prepping for Winter

Saturday July 27, 2:30-6:00pm

Karessa Torgerson of Nectar Bee Supply will teach participants the basics of prepping their home hives for the winter. This is the last class in the series.



co-op donations

MAY 2013

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

GLEANERS

Linn-Benton Food Share\$2448.39

SMALL DONATIONS

Corvallis Montessori Spring Roll Event..... \$30.00
 Hoover Elem. PTO \$30.00
 Friends of Corvallis Police Dept..... \$47.96
 OSU Alumni Assoc..... \$30.00
 OSU student sustainability initiative..... \$30.00
 Corvallis Foursquare..... \$30.00
 Monroe High School Honor Society-Fun Run..... \$30.00
 Lincoln Elem. PTO \$30.00
 Oregon Equestrian Trails..... \$30.00
 OSU Foundation \$30.00

May's total donations: \$2766.35



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.

July-September Recipients

Linn-Benton Furniture Share Parent Enhancement Program
 Old Mill Center Local 6 Connection

Blood Drive

Thursday, July 11th, 12:30-5:30 South Store



Held in January, March, May, July, September and November. To schedule, call Customer Service, 541-753-3115.

Alternative Transporters of the Month

Cassie & Garrett Meigs

"We love being able to bike all around Corvallis, especially cruising home with fresh carrots from the Co-op!!" -Cassie & Garrett Meigs



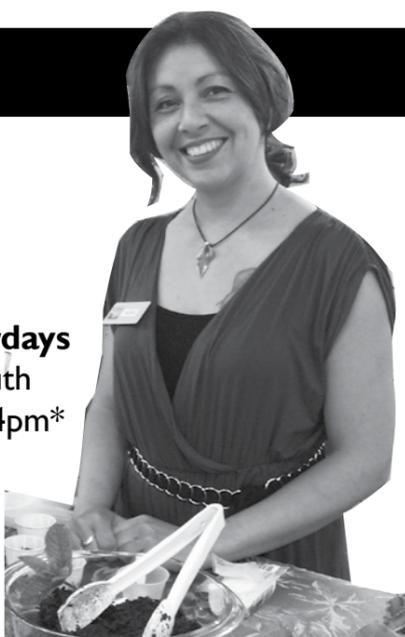
stop by for a sample!

We have demos lined up for you all month, so stop by and have a taste! Our demo diva Yadira Ruiz will be sampling out a variety of delicious recipes & comparatives every week, so stop by and enjoy a taste while you shop.

Wednesdays South 3:30-5pm	Thursdays North 2:30-4pm	Fridays North 2:30-4pm*	Saturdays South 2:30-4pm*
--	---------------------------------------	--------------------------------------	--

Exceptions to the rule...

* July's no demo dates: July 4, 20, 26, 27
 ** July 6 demo time is 11am-1pm at South



celebrate independent business

Come in during the week of July 1-7th for demos highlighting local ingredients and specials on Local 6 goods!

Group Re-Files Petition to Protect Local Food System

Members of What's In Our Future Benton County resubmitted a sustainable food system ordinance to the Benton County Clerk for approval to circulate a petition to residents in early June.

The group submitted a similar version of the ordinance back in October 2012. Based on the judge's findings in February, the group has made the necessary corrections to meet the single subject requirement for a local citizens' initiative.

The Sustainable Food System Ordinance of Benton County establishes a right to a sustainable food system, seed heritage, clean air, water and soil for sustainable agriculture in Benton County, and prohibits unsustainable practices - like the planting of GMO's - that would violate those rights.

The issue of corporate led agriculture and the threat to rural communities and family farmers in Oregon is not new. Recent events, including the ODA's decision to expand canola production in the Willamette Valley at the expense of the local specialty seed industry, SB 633 - aimed at completely eliminating any local control of agricultural seed, and the introduction

of unauthorized GMO wheat in eastern Oregon - threatening multimillion dollar grain contracts, have made it clear that deep change is needed in order to protect the local farm and food system.

"It's time that we reclaim what has always been rightfully ours, that is our right to grow and produce food in a manner that protects the health and safety of this county and strengthens our local economy," says Clint Lindsey, farmer and chief petitioner of What's In Our Future Benton County. "Big agribusiness has one goal in mind, that is to control the entire food system no matter the cost to people and the environment, nor how indentured farmers and the public become to that corporate system. We cannot afford to wait for the federal and state governments to save us. In fact they have been more than happy to authorize and protect the corporate assaults to our local farm and food systems."

The group is aiming to gather the needed signatures to qualify for the May 2014 ballot. To volunteer and find out more information visit www.BentonCCRC.org



70+ bikes collected at Alaffia Bike Drive

On Saturday, June 22nd the South Co-op teamed up with Alaffia body care to host a bike drive from 11-3pm.

Alaffia Founder Olowo-n'djo Tchala, his wife Rose, and their two daughters drove a trailer down from Olympia, WA to help us collect the bikes and bring them back. The results were stunning.

"I just got the final count - 71!" wrote Lanessa Inman in a follow up email, "This is SO amazing, definitely one of our most successful drives in a single location. That's a LOT of bikes in 4 hours!!!"

We want to thank you, Corvallis community, for helping us make this event a success. 95% of the young adults who receive bikes through the Alaffia program go on to graduate. You are making a difference!



local pilot program for healthy food

- Cassie Peters, TRFW Executive Director

An innovative program implemented by Ten Rivers Food Web to aid diabetes patients in their quest for healthier lifestyles has been awarded a \$7,500 grant by a group of students in the Portland State University Hands-On Philanthropy class, a part of the Chiron program. The new program is an extension of the existing That's My Farmer SNAP program which offers an incentive to recipients to purchase food at local farmers' markets with their SNAP benefits (formerly Food Stamps).

Ten Rivers Food Web's That's My Farmer Fresh Fruit and Vegetable Prescription Program (TMF Rx) promotes the treatment of diet-related health conditions through increased consumption of locally grown fruits and vegetables. TMF Rx is working with health care providers and Albany InReach Services to link patients who suffer from diet-related illnesses with local fruit and vegetable farmers. TMF Rx pilot participants will receive regular nutrition education as well as doctors' prescriptions that are redeemable exclusively at the Albany Farmers' Market. These prescriptions provide participants with access to a

variety of fresh, healthy, and locally grown produce at no cost.

While similar initiatives are successfully operating in a few other markets around the country—including the San Francisco Bay Area and Bridgeport, Connecticut—this is groundbreaking territory in Oregon. "It is a natural progression in the linkage between the bounty from our local farmers, and healthy food alternatives that can have a lasting positive impact on patients' preventative health care," said Cassie Peters, Ten Rivers Food Web's Executive Director.

"Beginning in late June, each patient will receive roughly \$25.00 worth of fresh fruits and vegetables prescribed by Dr. Kyle Homertgen, who will carefully monitor select medical data for each patient. Patients will complement their healthy food choices with related educational and hands-on preparation opportunities. We hope to see this program expand significantly in the next year; with additional support, it has enormous potential both for patients and for our farmers," said Peters.

For more information: Contact: Cassie Peters, cassie@tenriversfoodweb.org, 541-224-6735

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LOCAL COLOR

JUNE SPECIALS

SALE DATES:

Special Order Deadline

July 26th

Sale Periods & Special Order Deadlines



Flyer A: July 3rd - July 16th
S.O. deadline: July 12th

Flyer B: July 17th - July 30th
S.O. deadline: July 26th



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Local Goat Milk Goodness

BULK FOODS

EVONUK OREGON
HAZELNUTS

Dry Roasted Hazelnuts
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NON GMO LUNDBERG

Organic Arborio Rice
reg. \$3.89 **SALE \$3.19**



BULK NON GMO

Organic Bulghar,
Whole Grain

reg. \$1.99 /lb. **SALE \$1.59**



NON GMO MARIN FOODS

Whole Wheat Fig Bars

Honey, Honey Apple, Berry

reg. \$5.29-5.39/lb.

SALE \$4.69-4.79



BULK NON GMO

Organic Date Pieces

reg. \$4.49 /lb.

SALE \$3.99



COFFEE

ZAIDALIA

NON GMO



Organic Coffee

Firenze, Breakfast Blend,

Summer in the City, French Roast

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PACIFICA

NON GMO



Organic Timor
Coffee

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8 The First Alternative Co-op Thymes

July 2013

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ROGUE CREAMERY

Smoked Blue Cheese
per lb. reg. \$20.79 **SALE \$18.69**
Grilling bacon cheeseburgers?
Top them with this Oregon smoky blue!

ROGUE CREAMERY

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cow's milk



DENMARK'S FINEST

Fontina
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Makes the creamiest mac & cheese
or grilled cheese sandwich

MURRAY BRIDGE

Australian 9 Month Cheddar
per lb. reg. \$7.29 **SALE \$6.59**
The perfect picnic cheese



FINLANDIA

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Sandwich cheese pleaser!



BELLA CAPRA

Raw Goat Cheddar
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This cheddar showcases the sweetness
of pure, raw goat's milk

BELLA CAPRA

Raw Goat Monterey Jacques
8 oz. reg. \$9.99 **SALE \$8.99**
Mild, semi-soft goat cheese with
a remarkably creamy texture



FRESH FROM THE CO-OP KITCHEN

Black Bean & Corn Salsa
reg. \$7.99/lb.

Sale **\$7.49/lb.**

MEATS



DECK FAMILY FARM

Organic Ground Beef
reg. \$8.59/lb. **SALE \$8.19/lb.**
Certified organic beef, the newest
addition to our freezer case—from
Junction City, Oregon!

DRAPER VALLEY FARMS

Ranger Boneless Chicken
reg. \$8.99/lb. **SALE \$7.69/lb.**
Just in time for grilling season!

 Like us on Facebook for a chance to win prizes and goodies!

GROCERY & CHILL

TOFURKY

Jumbo Hot Dogs
14 oz reg. \$4.99 **SALE \$3.49**
Make way for the **BIG DOG**. Just right for
grilling season, you can dress this dog with
garden veggies for a most satisfying meal.
Great for kids of all ages!



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Sauerkraut
25 oz reg. \$6.89 **SALE \$4.99**
One of the few, old-fashioned,
naturally fermented krauts available!

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8 oz 2.49 **SALE \$1.79**
Tempeh is high in fiber and protein and
can be utilized as a steak or cutlet, and is
wonderful marinated and grilled.

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Made from freshly squeezed USA grown
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goodies you
need for
the perfect
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BBQ!

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NON-GMO = Certified Organic NON-GMO



= NON-GMO project



= Gluten Free Product

Find more specials in our Co-op Deals flyer insert and throughout the store. We have many more specials than we can list here!

BUDGET Bites

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

Eating on a shoestring doesn't have to mean ramen and hot dogs. With careful planning and seasonal veggies you can eat local, fresh and healthy... and we help you along with our monthly 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 on line at firstalt.coop

-Emily Stimac, Marketing

Rainbow Veggie Rolls

- 1 cup sushi rice
- 1 tsp sugar
- 2 tsp rice wine vinegar
- 1/2 red bell pepper, sliced thin
- 1/2 cup kim chee (bulk)
- 1/2 cucumber, sliced thin
- 1-2 slices red onion
- 1 avocado, sliced
- 4 sheets nori
- wasabi (optional)
- tamari

To prepare sushi rice: rinse 5 times in cold water. Combine in saucepan with

July Menu	
Rainbow Veggie Rolls	Veggie Kebabs
Soyrizo Corn Chili	Chili Melts
Falafel Wraps	Salad & Butter Baby Potatoes

1 cup water. Bring to a simmer, reduce heat, cover, and cook 15 minutes. Remove from heat and add sugar and vinegar.

Using dampened fingers, press 1/2 cup of cooked rice onto 3/4 of each nori sheet and top with fillings. Roll and seal with additional water. Cut into pieces and serve with wasabi and tamari.

Orange-tamari Salad

- 4 Tbsp fresh squeezed orange juice
 - 1 tsp orange zest
 - 1 tsp sesame oil
 - 2 tsp tamari
 - 1 tsp brown sugar
 - 1/2 head cabbage, shredded
 - 1 tsp sesame seeds
- Mix all ingredients except cabbage and sesame seeds in a medium bowl and whisk well. Toss with shredded cabbage and sprinkle with sesame seeds.



recipes • digital Thymes • news events • bulk lookup • and much more
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summertime shuffle at south store!



Look for exciting improvements to the organization of the South Store coming in late August of this year.

We will be reorganizing our products to help make things easier to find and even more enjoyable to shop.

Here are a few highlights:

- Reorganize wellness, household, and grocery aisles to improve continuity and usability
- Combine all of Wellness into aisle 2 and add a cooler similar to the one at North

- Move the Household items out of the little nook off of produce
 - Relocate the train set to a more visible, kid-friendly location near the South registers.
 - Drop the items that sell slowly (they will still be available by special order)
 - Hang new signage to help you find what you're looking for
- We look forward to sharing more details next month so please stay tuned!



Rendezvous a delicious event

- Donna Tarasawa, Marketing Manager

Saturday, June 22, turned out to be the best Owner Rendezvous ever with the highest attendance in history! Nearly 250 Co-op owners and their families turned out to enjoy an evening together at Avery Park.

Many thanks go to McK Ranch for donating 70+ pounds of short ribs, to Organically Grown Company for the great price on vegetables for grilling and to Luna and Larry's for the smokin' deal on Coconut Bliss. The Co-op's Chef Cameron Rudolph put his heart and soul into preparing ribs, shredded beef, baked beans and grilled tofu and veggies. Big thanks go to him for doing such a great job keeping up with feeding all those hungry Co-op families!

We enjoyed dinner and dessert, listened to music from the Hammered Brass Quintet, participated in a drum circle, played volleyball, chatted with friends, gave input to the board on ways to help capitalize the Co-op, met our Board of Directors, including newly elected Susan Hyne and Jim Mitchell, and voted on our favorite BBQ sauce. And the winners were...3rd place Pat Johnson, 2nd place Terry Dudley and 1st place Shawna Lewis! Congratulations to all BBQ sauce competitors - your creations were delicious!!

It takes a village to raise a child and it takes many hands to put on a successful Owner Rendezvous; heartfelt gratitude to everyone who helped to make the event possible. If you missed it this year, make sure and watch for next summer's event!!



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LEMONADE & SUMMERTIME LIME

64 OZ QUENCHERS SALE \$3.69 EACH REG. 4.99-6.29 JUN 30 - JUL 27

♥ staff favorites ♥



Alaffia Everyday Coconut

"I love the Everyday Coconut Line! From their new face care to their body care and hair care. I am Everyday Coconut in every way!"
- Jennifer Luck

Art at the South Store

Christian Jacob is a young artist who picked up a camera a couple years back and hasn't put it down. Finding a passion for the world around us, Christian has been using his camera to bring the world to us through his perspective. Come to the South Co-op to see this up-and-coming artist.



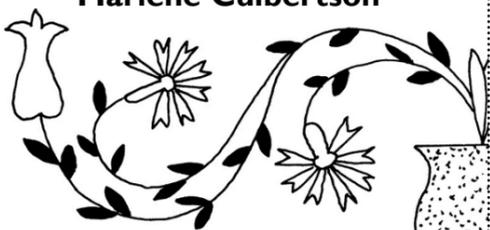
If you would like to display your art at the South Co-op, call Customer Service at 541-452-3115 x 300

Staff Anniversaries in July

Cherry, 3 years:
Philip Hochheiser

Apricot, 8 years:
Matt Finley & Judy Thatcher

Honeydew, 23 years:
Marlene Culbertson



ANNIVERSARY FRUITS

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

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

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

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Staff Spotlight

Mark Tarasawa



What do you do at the Co-op? I am the finance administrator and I've been working as staff at the Co-op for 14 1/2 years.

What brought you to the Co-op? I previously delivered produce to the Co-op while working at Denison Farms 25 years ago and I had worked on and off as a member worker. There was a job posting in October 1998 for four different positions and I was one of the lucky four to be hired.

What's the best part of your job? The staff here are wonderful to work with, and it is great to see regular customers and interact with so much of our great community. Probably the best indicator of this job is that I've been here for 14 1/2 years and have never dreaded coming to work.

How has working at the Co-op affected your life? Well, I met my wife at the Co-op so that has certainly had the biggest impact!

Tell us your Co-op favorites: There are so many great products...I love the bulk mango, and we just discovered Earth Balance Coconut & Peanut spread, delicious! I'm a meat eater and I'm so happy we have such a good selection of free range meats. I also have a bit of a sweet tooth, and everything from our bakery is great, but especially the chocolate buttermilk cake. Our local produce is always great, but I'm a huge fan of Satsuma mandarins when they arrive. Finally, I swear by Topricin in the Wellness section for helping my aches and pains. I think I got all the departments

How do you spend your free time? My number one outside passion is reading, as much as I can squeeze in. I like to play music (trombone, guitar, piano) and I'm also a sports fan, both playing and watching. Playing games, watching movies, fixing up the house...there just aren't enough hours in the day (or night).

Where have you lived? I grew up in Corvallis, moved to Beaverton for junior high & high school, then came back to attend OSU and have been here ever since.

Tell us something we don't know! I started the OSU Gymnastics Band in 1990 which is still going strong, and as it is an Alumni & Student combined group, I still play in it as well. If you haven't come to an OSU Gymnastics meet, I highly encourage you to check it out January - March.

If you had three wishes...

1. I wish that Nikola Tesla's idea of providing free electricity to anyone on the Earth was viable.
2. I wish that everyone had grown up in a family as wonderful and caring as mine.

3. I wish the Chocolate Factory from the original Willy Wonka & the Chocolate Factory was real and right here in Corvallis.

Where are some of your favorite travel destinations?

Hawaii is my #1 favorite. I also love the Oregon coast, and one of these days I would like to go back to Scotland.

You recently went to Hawaii! Were there any foods you tried there that you really loved? I had one of the best pineapples I have ever eaten there. We also got some dried coconut shavings that were unbelievably delicious.

Where do you see yourself in 10 years? I still see myself at the Co-op in some capacity, still in Corvallis because I love it here, maybe spending a little time with the grand kids to come.

What music is playing in your car, home, or head? In the car is Katherine Jenkins, at home is Hapa, and the last thing in my head was Flight of the Concorde. :)

What are your top 5 Corvallis favorites?

1. People. I like the people of Corvallis, a very high percentage of really nice folks here.
2. Environmentally aware. Corvallis as a whole is very aware and in tune with environmental issues.
3. Location. I like that Corvallis is 90 minutes away from the coast, the mountains, larger cities...whatever you like is easily within reach.
4. Co-op. Not only because I work here, but because it is such an important part of the community.
5. OSU. The university brings a lot of opportunities to a smaller town that wouldn't normally be available. Plus, I graduated from OSU.

What is one thing you would change at the Co-op? In an ideal world, I would swap properties with Corvallis Rental so that we were right on the intersection. It would be a more visible place with a better layout for parking and more people in south Corvallis would realize we had a full service grocery store.

health services guide

REBEKAH SHARPE AT BLESSED HALOS-CORVALLIS.

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unclassifieds

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COMPASSIONATE COMMUNICATION WEEKEND WORKSHOP

with Tina Taylor, RN, MS: Corvallis, July 27 & 28 (Saturday 9:00 - 1:00, Sunday 4:00 - 7:00). Intensive course in the Nonviolent Communication (NVC) model, used worldwide for transformational personal growth, conflict resolution, and community building. Details at www.tinataylor.co, or call Tina at 541-753-2255.

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Tina Taylor, RN, MS. Tired of tension, confusion and pain? Longing for peace, clarity, growth, connection? Specializing in guidance towards Compassionate Communication with yourself and others. Let's talk. LGBTQ comfy. Free phone consultation, 541-753-2255. More information at www.tinataylor.co.

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

NONVIOLENT / COMPASSIONATE COMMUNICATION (NVC)

Facilitated practice group classes: every first and third Monday, 7 - 9 pm. Deepening theory, and guidance for your real-life applications. Drop-in \$10, or 4 for \$35. Call to confirm, 541-753-2255; details at www.tinataylor.co.

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with Ibrahim Sory Sylla Monday 7:15pm-8:30pm at Oddfellows Hall, Corvallis. 541-513-1630

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shopping, help around the house, dishes done, cooking help, etc. 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.

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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/parentingeducation

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Ken, 541-929-4296.

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

FOR A BEAUTIFUL BIRTH, HIRE A DOULA.

Corvallis Doula Network. www.corvallisdoula.net.

I'VE GOT THE ALOE AND SEAWEED

you need... Experience what you've been missing. Creating Peace Within, for Peace on Earth. Traci Mc. Merritt, 541.760.8557 Upcoming events at www.radiatelifeorce.com

READINGS BY ANNIE

~ Questions or concerns regarding relationships, career, money... LIFE? A tarot reading can help guide you through troubled emotions and clouded thoughts by offering a reflection of your past, present and possible future and showing you a fresh perspective on your life. I have 30 years' experience assisting others with readings. Let me help you get in touch with your inner guidance, your best guide when making those difficult choices and decisions. Hour Reading \$40 ~ (816)506-4308.

YARDWORK, WEEDING, PRUNING, SCYTHING,

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

PARENTING SUPPORT

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

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

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

Guest Editorial: Three ways to keep your co-op strong

Dear Thymes Editor,

Seven years ago, when my husband (Dave Eckert) and I decided to move from a large East coast metropolitan area to a smaller community that had the potential to be sustainable, we made a list of the "Top 10" characteristics we were looking for in our ideal community. Right near the top of the list was a good natural foods co-op.

We were thrilled when we visited Corvallis and discovered First Alternative. Not only was it one of the most colorful and vibrant food co-ops we had ever seen, it appeared to be thriving. The shelves were well-stocked with a wide range of products, and there were clear signs of the Co-op's connection and commitment to the local community.

First Alternative has more than met our expectations, and we are dedicated to doing what we can to ensure that the Co-op continues to thrive as an essential part of what makes Corvallis a special place to live. Beyond making the Co-op our only grocery store, we've discovered three important ways that we can personally contribute to First Alternative's financial stability:

1. Use cash, not credit - Every purchase made with a credit card costs the Co-op money. Last year alone, First Alternative paid \$193,735 in credit and debit card fees. Paying cash at the checkout counter is best; paying by debit card is better than using a credit card, and paying by check or with a Co-op gift card is better still, though there are still some costs to the Co-op. Rather than burdening

the Co-op with a fee to a big credit card company each time we shop, we would much rather have our payment go directly to First Alternative.

2. Have more than one ownership share per household - I joined First Alternative as soon as we moved to Corvallis, but it didn't occur to us until just this year, when the Co-op initiated "Choose Your Own Owner Sale Day," that David and I could each have a Co-op share. Now that David has also paid for an ownership share (a bargain at just \$70), we look forward to two owner sale days each month.

Your Own Owner Sale Day," that David and I could each have a Co-op share. Now that David has also paid for an ownership share (a bargain at just \$70), we look forward to two owner sale days each month.

3. Max out your ownership - A few years ago, during the North Co-op's expansion celebration, I asked a board member whether I could make a donation to the Co-op. That's when I learned that owners can contribute up to \$230 in additional equity. If

just 10% of First Alternative's owners maxed out their ownership shares and additional equity (i.e., if they paid a total of \$300 to the Co-op for their ownership), that would bring in an additional \$194,000 that can be used toward improvements to our Co-op!

I hope that First Alternative will share these "tips" with every owner - whether by way of an insert in the new owner packet, or as a regular spot in the Thymes. It's up to all of us to do whatever we can to help the Co-op remain financially viable so it can continue to provide incredible products and services to our community.

Sincerely, Annette Mills

Help us help the community!

1. Use cash, not credit
2. Have more than one ownership per household
3. Max out your ownership



Your turn: serve on a board committee

The Board of Directors has an opening available on the Owner Relations Committee (ORC).

The ORC meets once per month on the first Tuesday from 12:00 to 1:00 p.m. in the South Store Meeting Room. Information about the ORC's mission is available at www.firstalt.coop.

Owners who are skilled in written and oral communication and who are eager to help First Alternative better serve the greater Corvallis community are encouraged to apply. Event planning skills are a plus! Committee members are compensated with one week's discount on groceries for every two hours worked. Your owner share must be active and in good standing in order to serve in this capacity.

For more information, or to apply, send an email to faboard@peak.org by August 15th.

Note: Committee members must be able to receive and send electronic communications.

The Board of Directors has an opening available on the Finance Committee.

The Finance Committee meets once per month on the first Wednesday from 5:30 to 7:00 p.m. in the South Store Meeting Room. Information about the Committee's mission is available at www.firstalt.coop. Owners who are skilled in accounting or financial matters and who possess good written and oral communication skills and who are eager to help First Alternative better serve the greater Corvallis community are encouraged to apply. Committee members are compensated with one week's discount on groceries for every two hours worked. Your owner share must be active and in good standing in order to serve in this capacity.

FMI: Committee Chair Blanche Sommers at 541-754-6151. Please call or email faboard@peak.org to express your interest in the position by June 30, 2013.

Note: Committee members must be willing to receive and send electronic communications.

Letters

LETTER TO THE EDITOR POLICY

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

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

RE: pasteurization, in general, and pasteurized milk in particular



Under the headline "hot topic," [June Thymes, p 7] an unnamed study blamed milk for 25% of foodborne illness in 1938.

While this may have been the case then - food production was going industrial and waste grain from the alcohol industry offered cheap feed for fly-by-night dairies serving urban markets.

80 years later the web reports foodborne illnesses linked to (industrially produced) leafy greens - at rates disturbingly close to the 1938 numbers.

Industrial ag says pasteurized milk is good. They also want to sterilize our salads via irradiation. Nuke the cukes! Is that what we want?

It takes a village to raise a cuke. We're all involved in the health of the soil. But "food safety" is an "issue" defined, largely, by corporate lobbies and (their?) paid government employees. It will take more than a short blurb or letter to the editor to address it.

The Co-op promotes raw-food products and probiotic "live" foods, as well as milk. The Co-op promotes fresh, local foods. We like such food because we can be reasonably certain that they spend less time in transit and on the shelf - which also means they bear less risk of being tainted by industrial production and shipping methods. Industrial Ag likes pasteurization because it covers the many sins required to make it profitable.

Traditionally, many cultures understood food as too sacred to sell. What would food policy look like if we applied those values instead of industrial "standards"?

- Kiko Denzer, Co-op Owner

Editor's note: the information for the article was from the United Dairy Council, www.nationaldairycouncil.org

Computer Problems?

I offer fast accommodating solutions for PC and Mac systems

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

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-Andy Dufner, Director, Nestucca Sanctuary

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-Louise Tippens, Director, Environmental Federation of Oregon

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Our business is family owned & operated.

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www.sweetcreekfoods.com 541-935-1615 look for us at your Co-op

JULY CALENDAR

**COME VISIT OUR BOOTH
AT GREEN TOWN DURING
DAVINCI DAYS!**

**Saturday, July 19-21
Green Town**

Join the fun as we celebrate a quarter century of DaVinci Days innovation and creativity!

Make your own butter and find out 25 creative ways to support local!

**CHOOSE YOUR OWN OSD!
MORE SAVINGS FOR CO-OP OWNERS!**

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

Case discount not applicable on sale prices

**CLASSES AT THE CO-OP!
WANT TO HOST A CLASS OR EVENT?**

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

**WINE & BEER TASTING
WITH LIGHT APPETIZERS**

1ST & 3RD THURSDAYS

NORTH STORE 5-7 P.M.

wine + cheese + crackers

2ND & 4TH THURSDAYS

NORTH STORE 5-7 P.M.

craft brew + cheese + crackers

EVERY FRIDAY

SOUTH STORE 5-7 P.M.

wine + cheese + crackers

**BOARD & COMMITTEE
MEETINGS**

BOARD RECRUITMENT & ELECTIONS COMMITTEE

Tuesday 2nd- 6-8 p.m.

North Store meeting room

FINANCE COMMITTEE

Wednesday 10th 5:30-7 p.m.

North Store meeting room

OWNER RELATIONS COMMITTEE

Tuesday 9th - Noon

South Store meeting room

BOARD OF DIRECTORS MEETING

Tuesday 16th - 6:30 p.m.

Owner comments welcomed in first 10 minutes.

South Store meeting room

****EVENTS THIS MONTH****

EDIBLE FRONT YARD GARDEN TOUR Wed. July 10, 6:30-8:30 p.m. A guided walking tour of food-producing front yard gardens, simple to complex! Sponsored by the Corvallis Sustainability Coalition's Food Action Team. FMI: www.sustainablecorvallis.org

IRON MOUNTAIN DAY HIKE Sat. July 13th, 8 a.m. Meet at the OSU parking lot, 26th and Monroe. Spectacular wildflowers with over 200 species of vascular plants recorded along this botanically rich trail west of Santiam Pass. The all-day hike will be 5 miles through moderately difficult terrain. Bring good boots, lunch, and water. FMI: Dan Luoma, 541-752-8860

11TH ANNUAL MODEL TRAIN SHOW July 19 & 20, 10 a.m.-5 p.m. Corvallis Public Library Meeting Room. The Oregon Electric O-Gaugers Train Club will turn the Meeting Room into a miniature world complete with three full tracks, cool trains, small shops, and even a fire station. Donations of canned or boxed goods go to the Linn-Benton Food Share. FMI: Bonnie, bonnie.brzozowski@corvallisoregon.gov

THE ART AND SCIENCE OF SPALTED WOOD Saturday, July 20, 2-3 p.m. OSU Kearney Hall, Room 112. The art of wood spalting dates back to 15th century Italy. Wood scientist Seri Robinson will talk about how it's done and give visitors a chance to make their own by applying fungi to wood veneer. This family-friendly event is part of OSU's da Vinci Days activities. FMI: nick.houtman@oregonstate.edu

OREGON SPLENDOR WITH STEVE AMEN Sunday, July 21, 4-5 p.m. OSU Kearney Hall, Room 112. Steve Amen, host of Oregon Public Broadcasting's popular Oregon Field Guide, will share some of his favorite spots in the state, from the high desert to the coast. FMI: nick.houtman@oregonstate.edu

SUSTAINABILITY COALITION QUARTERLY GATHERING Friday, July 26, noon-1:30 p.m. Corvallis Public Library. Sponsored by Corvallis Sustainability Coalition. FMI: info@sustainablecorvallis.org, 541-230-1237

****ONGOING EVENTS****

STARKER FORESTS TOURS Every Wednesday thru Sept. 18th. Meet at Comfort Suites Inn lobby, 12:45 to group ride to Starker Forests. The tour involves an optional 1/4-mile walk where you'll be educated on the different practices of forest management that Starker Forests applies. Dress appropriately for the weather and wear comfortable walking shoes! We'll be back in Corvallis at 4:30pm.

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

HEALTH AND HEALTHCARE FORUM TV Wed. @ 8 p.m., Thurs. @ 9 p.m., Sat. @ 1:30 p.m. & Sun. @ 5:30 p.m. 30-minute program series, Ch. 29. Guests discuss diverse health

issues. FMI: rhall@peak.org, 541-758-9340

INTRODUCTION TO THE ART OF BEING Healthy, Abundant, Playful & Peaceful You Workshops, with Traci Merritt FMI: 541.760.8557, www.radiatelifebefore.com

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

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

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

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

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

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

SUNDAY EVENTS

ALL BODIES DANCE Sundays, 6:30-8 p.m. Live Well Studio, 971 NW Spruce Ave. Ste 101. An exploration of dance for play, pleasure, sport, health, and transformation. Explore movement using different forms of dance. Donations gladly accepted. FMI: www.livewellstudio.com

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

SELF REALIZATION FELLOWSHIP MEDITATION CIRCLE 435 NW 4th St. 10 a.m.-12 p.m. All are welcome! FMI: Lynn, 541-602-8704, www.corvallismeditation.org

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

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

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

MONDAY EVENTS

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

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 a buddhist. All are welcome. FMI: Ken, ken.oefelein@gmail.com

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

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

TUESDAY EVENTS

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

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

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

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

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

WEDNESDAY EVENTS

OSUSED STORE PUBLIC SALES Every Wednesday 5:30-7:30 p.m. on 1st Wed.; 12-3 p.m. on all other Weds. OSUsed Store, 644 SW 13th St. We carry used, low-cost items including computers, furniture, household items, bikes and much more. Special Dot sale on May 22! FMI: surplus.oregonstate.edu, 541-737-7347

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

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

LA LECHE LEAGUE SUPPORT meetings for women who are breastfeeding or pregnant and interested in breastfeeding. Call for meeting times. First Congregational Church, 4515 West Hills, Rm 7. FMI: 541-766-0055

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

THURSDAY EVENTS

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, <http://www.drolmasamtenchuling.wordpress.com>

SELF REALIZATION FELLOWSHIP world wide prayer circle 435 NW 4th St. Thursdays, 7-8 p.m. All Are Welcome! FMI: 541-602-8704, www.corvallismeditation.org

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

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

SATURDAY EVENTS

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

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

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

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



LOCAL 6 SPOTLIGHT

Grateful Harvest Farm

Charles & Jessie Duryea
Junction City, Oregon

Crew size: 6-9

Region and area of operation: Western Oregon

How long have you been in the business? Since 1994

What do you produce? Certified Organic fruits and vegetables and value-added products including kimchi, sauerkraut and a variety of dried fruits

What does the Co-op buy from you? Kimchi (three kinds), Sauerkraut, Garlic Kraut & Fruit Rolls

How long have you sold to the Co-op? Six years

What sustainable practices does your business employ?

We are certified organic by Oregon Tilth.

"We grow nutritious and delicious fruits and vegetables that we direct market at Lane County Farmers' Markets in Eugene. The value-added products from our on-site commercial kitchen (kimchi, sauerkraut, fruit rolls & dried fruits) are made of the highest quality ingredients—the majority of which we grow here and harvest at the peak of ripeness."



The fresh fruit from the farm is preserved in delicious fruit rolls, a great on the go snack for festivals, backpacking, or day camp...and it's totally local!



the grateful harvest story »

Charles graduated with a degree in agriculture from OSU in 1976. He lived in Corvallis for fifteen years, and remembers shopping at First Alternative Co-op when it was still two small rooms with one spring scale.

The last five years that Charles lived in Corvallis, he got hands-on farming experience working with Tom Denison at Denison Farms.

In 1994 Charles started Grateful Harvest Farm on 26 acres near Junction City. Charles and Jessie were married at their farm, where they live with their cat, Mama. Farming has been a joy and a challenge for Jessie and Charles.

They thank you for your support and hope you enjoy their delicious, nourishing products.



Left: Francisca Varela transfers spicy kimchi to a jar. Right: Charles Duryea packs up the product for refrigeration.

MOM MAGAZINE™

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

www.mommag.com

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Fax : 541-343-7866

**Rethinking the dog:
3 new ways to dress
your franks**

Frankly speaking...there's a lot more you can do with a hot dog than smother it with ketchup and mustard. This summer, branch out into the world of sausage without borders and discover a taste sensation that takes your bbq to new levels.

The Bibimbap Brat

Take a quick trip to Seoul for with this sensational combination that plays off the traditional Korean Bibimbap.

- Deck Family Farm Smoked Bratwurst
- Grateful Harvest Kimchi
- Sirachee Hot Sauce
- Fried Egg
- Seaweed



THE EASTWOOD

Rich and smoky, with just the right amount of tang.



- Niman Ranch Apple Gouda Sausage
- Crispy Bacon
- BBQ Sauce
- Caramelized Onions
- Grated Cheddar

THE GREEK

Sink your teeth into this delightful combination of herbed lamb sausage, crisp cabbage and creamy tzatziki sauce.

- Garlic Lamb Sausage*
- Sheep's Milk Feta
- Tzatziki Sauce
- Shredded Cabbage
- Kalamata Olives
- Sliced Bell Peppers

*available at North, by special order at South)



Art & Wine in the Garden

Sat. July 27 & Sun. July 28
10:00 a.m. – 4:00 p.m.

Our beautiful gardens provide an amazing backdrop to wander through as you enjoy all the wonderful art and crafts from **more than 25 local artisans** and partake in great wine or enjoy sips of Vivacity Spirits. Wares include watercolors, fused glass, unique jewelry, sculptures, mosaics and much more. Free to public. Wine, food, art and crafts for purchase.

Garland NURSERY
Since 1937

5470 NE Hwy 20, Corvallis, OR 97330
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a taste of Kaua'i



- Donna Tarasawa, Marketing Manager
I just had the amazing pleasure of spending three weeks on the island of Kaua'i and that vacation inspired this tropical meal. All the fresh, Hawaiian flavors enjoyed right here in Oregon took me back to the Islands. With Hawaiian music playing in the background and fresh flowers on the table, I felt like I was on vacation all over again.



Macadamia Crusted Ahi

Nutty, crunchy, and irresistible!
4-6 servings
2# ahi
2 cups macadamia nuts, roughly chopped
Sea salt & black pepper, to taste
Olive oil
Lay the fish on a clean work surface.
Season each piece with the salt and

pepper. Using a brush, spread a thin layer of olive oil on top of the fish then press chopped macadamia nuts onto the surface. Turn fish over and repeat the process. Heat oil in large skillet, place fish carefully in oil, cook 2-3 minutes; flip the fish and cook another 3 minutes or until fish reaches desired finish.

Tempeh Musubi

A veggie entree that's simple and satisfying.
8-10 servings
1 pkg. Multi-grain tempeh
1 bottle Annie's gluten-free teriyaki sauce
3 sheets Nori
Sushi rice (cook 1 part rice to 2 parts water until water is absorbed)

Cut tempeh into 6 equal pieces. Heat teriyaki sauce in large skillet. Place tempeh slices in sauce. Saute' until browned, turn and cook on 2nd side until browned. Cut or tear Nori into widths large enough to cover the tempeh end to end. Place 1 piece Nori shiny side down on a clean work surface. Place 1/3 cup cooked rice on Nori in a rectangular shape the same shape as the tempeh slices. Place 1 tempeh slice on top. Wrap Nori around rice and tempeh, using water to seal edges together. Cut in half and serve with tamari and wasabi.

Cucumber~Mango Salad

Fast, fresh and a wonderful addition to the summer table.
4-6 servings
1 large cucumber, peeled and thinly sliced
1/2 tsp. salt
1/4 cup rice vinegar
4 tsp. sugar
1 Tbsp. peanut oil
2 tsp. minced fresh ginger

1 large mango, peeled and cut into 1/2-inch dice
1/4 cup chopped fresh cilantro
6 lettuce leaves
Sprinkle the cucumber with salt and let drain in a colander for 20 minutes. In a bowl, which together the vinegar, sugar, oil and ginger. Add the cucumber and mango and toss. Let marinate several hours or overnight. Add cilantro and toss. Line a serving platter or individual plates with lettuce leaves and top with salad.



Banana Coconut Luau Cake

Enjoy layer upon layer of deliciousness with this island-inspired dessert.

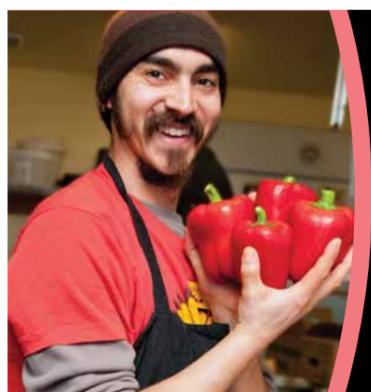
8 servings
Cake:
1 cup baker's choice flour
2 tsp. baking powder
1 tsp. ground ginger
1 pinch salt
1/4 cup butter, softened
1/4 cup sugar
1/4 cup packed brown sugar
1 large egg
1/2 cup heavy cream
1 ripe banana, mashed
1/2 tsp. vanilla extract
Preheat oven to 350°. In a medium bowl, combine flour, baking powder, ginger and salt. In a large bowl of a stand mixer, cream the butter and sugars until the mixture is light and fluffy. Mix in the egg until incorporated. While the mixer is running, add in the dry ingredients and then the cream. Beat in the mashed banana and vanilla. Place cupcake papers into muffin tin and fill each cup 2/3 of the way with batter. Bake the muffins until a toothpick inserted in the center comes out clean, 15- 20 minutes. Remove the tin from the oven and when cool enough to handle, transfer the muffins to a cooling rack. When cool, remove the papers. Serve with Macadamia Brittle, Coconut Bliss and Coconut Caramel Sauce.

Macadamia Brittle and Coconut Carmel Sauce

1/4 cup macadamia nuts, roughly chopped
2 Tbsp. butter, softened
1 cup sugar
1/4 cup water
1 pinch cream of tartar
1/4 cup coconut milk
For serving:
8 canned pineapple rings
1 pt. Vanilla Island Coconut Bliss
1/2 bunch mint, optional
Line a sheet pan with a Silpat or aluminum foil that has been generously buttered. Toss the macadamia nuts with the butter in a medium bowl. In a heavy-bottomed saucepan, combine the sugar with the water and cream of tartar. Bring the mixture to a boil over medium-high heat. When the syrup reaches a medium golden-amber color, switch off the heat and stir half of the syrup into the bowl with the macadamia nuts. Pour the mixture onto the prepared sheet pan and let the brittle cool. To the remaining caramelized sugar, carefully stir in the coconut milk. Cool the sauce completely before using. When the brittle has cooled, chop it roughly with a knife.

To serve:

Arrange a pineapple ring on a small plate. Invert a cake onto the ring. Top with a small scoop of Coconut Bliss and a sprinkling of the chopped macadamia brittle. Drizzle the dessert with 2 Tbsp. of the caramel sauce and garnish with some mint. Repeat with remaining ingredients and serve.



take the stress out of entertaining
with the **co+op** kitchen

