



AUGUST CLASSES

Fridays, 5:30 - 6:30pm • South Store Meeting Room

Chen Style Taijiquan

Cost: \$50/month. Register on Eventbrite or at Customer Service.

Members of the Corvallis community now have the rare opportunity to learn the original style of Tai Chi - Chen Style Taijiquan. This ongoing course will provide instruction in the complete First Form of the Old Frame (laojia yilu) at a pace suitable for mastering the intricacies of this authentic Chinese Martial Art. Chen Style is a harmonious balance between slow and fast and soft and hard movements. It is both a healthy form of exercise and an effective martial art. Often called a form of "moving meditation", practice of Chen Style Taijiquan can reduce stress and improve health. Don't miss this chance to learn authentic Chen Style Taijiquan from a qualified teacher who was trained at the ancestral Chen Village.

Chief Instructor Jeffrey J. Kelly has a Master's Degree in Traditional Chinese Medicine and has been studying and teaching Chen Style for over 30 years.

Tuesday, August 7th 9am - 1pm • South Store Meeting Room

NW Wellness Health Screenings

NW Wellness is a federal and state licensed CLIA Waived Laboratory offering low- and no-cost lab tests. Visit www.nwwellness.com for more information on what is offered, and their prices. Many screenings are free.

Thursday, August 16th 9 - 1pm • North Store Meeting Room

NW Wellness Health Screenings

NW Wellness is a federal and state licensed CLIA Waived Laboratory offering low- and no-cost lab tests. Visit www.nwwellness.com for more information on what is offered, and their prices. Many screenings are free. 🍌



from your Board of Directors
Rebekah Fowler

Your Co-op's success is largely due to the support of our Owners and shoppers as well as the tremendous work of Co-op management and staff. There are a great many factors involved in ensuring that our business remains robust through economic fluctuations, increasing competition, and other challenges.

The deft leadership of our Co-op's General Manager, Cindee Lolik, is a key factor. Cindee is responsible for overseeing all aspects of business operations for both stores. A strong Board of Directors is another factor in successfully navigating challenges over the years.

Some of the most important Board responsibilities are to:

- Guide the Co-op's long-term vision
- Plan for the Co-op's future on a short- and long-term basis
- Establish overall policies and objectives
- Review and develop the Co-op's mission and goals on an annual basis
- Evaluate the Co-op's programs and operations
- Decide and plan projects and programs
- Oversee an ongoing process of budget development, approval, and review
- Set financial goals and approve major financial transactions
- Select the General Manager and evaluate performance
- Ensure proper management and maintenance of properties and investments
- Ensure that the Co-op and its Directors meet all applicable legal requirements
- Ensure that Board operations and its organizational and legal structures are adequate and appropriate

Such responsibility requires diverse Board membership, ongoing Board development, good communication, and a strong commitment from each Director.

In May, several of your Board Directors and Co-op managers attended the 2018 Consumer Cooperative Management Association's national conference. Since it was held in Portland this year, many of us were able to participate. There were 425 conference attendees representing more than 80 cooperatives (the majority of which were consumer-owned grocery co-ops). In true cooperative spirit, presenters openly discussed mistakes made, lessons learned, barriers overcome, and hard won successes.

I attended governance-related panel presentations on the topics of budgets, strategic planning, navigating change, and building a strong board. Other First Alternative attendees heard presentations on topics related to being the best grocer, building a co-op from within, diversity as a strength, innovative strategies for competition, and outreach and owner engagement.

At the June Board meeting, after attending to other business, we shared some of our personal conference takeaways. My own takeaway was that other Co-ops' success through time and adversity was due to strong relationships with, and appropriate communications between, the Board, the General Manager, the staff, and the community. The Board then celebrated two of your longest serving Board Directors, Blanche Sommers and Robert Williams, who stepped down after nine years. We are grateful for their tenure and service.

In the June election, Owners re-elected Richard Cunard and me; and Demian Hommel was newly elected. As your Board of Directors, we thank you for entrusting us with this responsibility. We are fully committed to serving our Co-op and the community.

The Board meets at 6pm the last Tuesday of each month. Please, consider dropping in for all or part of a meeting. 🍌



Co-op Owners and their families are invited to
First Alternative Natural Foods Co-op
Owner Rendezvous
POOL PARTY
at Osborn Aquatic Center
Sunday, August 5th
4:30 - 8 pm

4:30pm
Co-op budget presentation, plus a special presentation on closed-loop recycling by: **EcNow Tech**

5:30pm
Pool Party • Live Music
Hot Dogs • Cookie Potluck*
* Participating Owners, bring 2-3 dozen cookies & ingredients list

Owners, attend the Rendezvous and be the first to see a special presentation by EcNowTech on their exciting Closed Loop Recycling program, currently being piloted with the Co-op!
Space at the talk is limited so RSVP at <http://ow.ly/J7XU3017zd3>

EcNow Tech First Alternative NATURAL FOODS CO-OP

CLOSED LOOP RECYCLING

Please place your used compostable utensils in the special recycling kiosks in our stores.

August Board Committee Meetings Schedule

Owner Relations Committee: The primary conduit for communications and relations between Owners and Board.
Tues. Aug. 14th, 3pm South Store meeting room

Board Recruitment & Elections Committee: Working to recruit qualified Board candidates. There will be no BREC meeting in August. Meetings will resume in September at new date/time/location: 1st Tuesday of every month at 6pm in the South Store Meeting room. (September 3rd)

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.
Wed. Aug. 18th, 4:30pm North Store meeting room

First Alternative Board of Directors: Elected Owners putting the cooperative principles into action.
Tues. Aug. 28th, 6pm South Store meeting room

New Owners in June

26 interested in becoming an Owner or just want to learn more?
Ask us!
Community Calendar on reverse

Co-op Community Events Calendar August 2018

FREE or by-donation listings only • To submit your free or by-donation event go to: firstalt.coop/publications/the-scoop-newsletter/

UPCOMING EVENTS

SAGE Garden Work Parties

Tuesdays, through September 25th, 3 - 6 pm at Bruce Starker Arts Park (4485 SW Country Club Dr.)

Everyone is welcome to join members of the Corvallis Environmental Center at the SAGE Garden on Tuesdays, from 3 - 6 pm. Volunteers will learn about production gardening and help grow food for families in our community who cannot afford fresh vegetables. No gardening experience is necessary and all skill levels are appreciated! Show up when you can and leave when you need to! For more info, contact Kyler: sage@corvallisenvironmentalcenter.org, or (541) 753-9211.

Corvallis Environmental Center's SAGE Summer Concerts

Thursdays, August 9th & 23rd, 6 - 9 pm at Bruce Starker Arts Park (4485 SW Country Club Dr.)

Join the Corvallis Environmental Center for a free outdoor summer concert series co-sponsored by Oregon State Credit Union! There is a suggested donation of \$10 per family, with all proceeds helping SAGE Garden, where 3 tons of food are grown annually for hunger relief

organizations in Corvallis! There will be local beer, mead, and cider for sale, and local food carts serving fresh, delicious dinner and treats. Free parking is available, plus the park is easily accessible by bike. Come celebrate music and community outside this summer! August 9th: performances by The Mondegreens and Olivia Awbrey. August 23rd: Performances by Hillstomp and Adam Larson. For more info contact Jennah Stillman at engage@corvallisenvironmentalcenter.org or (541) 753-9211.

OSUsed Store Clearances

Tuesdays, August 7th, 14th, & 21st, 5:30-7:30 pm and Fridays, August 10th, 17th, and 24th, noon - 3pm at the OSUsed Store (644 SW 13th St.)

Specially marked items will be 25% off in first week, 50% the following, and 75% the final week. The OSUsed Store carries used furniture, computers, household items, office supplies, and more. FMI: <http://fa.oregonstate.edu/surplus>, surplus@oregonstate.edu, (541) 737-7347.

Arts Alive 2018 at The Arts Center

Friday, August 31st, 5:30-8:30 pm at The Arts Center Plaza (700 SW Madison Ave)

Arts Alive 2018 is a fun new event that promotes intimate interactions and collaborations with the arts and public.

You're invited to stretch your creative skills and watch, make, and participate alongside professional and emerging artists during this community event! Featuring artists working in the visual, literary and performing arts fields. Local food & drink available for purchase at this family friendly event, Suggested Donation: \$10. FMI: Claire Elam, claire@theartscenter.net, (541) 754-1551, ext 661.

Pre-Owned Art Sale

Friday, Aug. 10th, 12-6 pm; Saturday, Aug. 11th, 10 am - 3 pm at The Arts Center Plaza (700 SW Madison Avenue)

DONATE ART! August 10th., donate original art you are no longer using... It's tax deductible! BUY ART! August 11th is your chance to own original artwork, at prices for every budget. FEEL GOOD for cleaning out, exploring new art, and supporting vital creative programs of our community's Arts Center. FMI: Jen Bouton, JenB@theartscenter.net, (541) 754-1551, Ext 662.

Clean and Sustainable Water Technology Initiative workshop

Monday, August 6 at 7 pm in the LaSells Stewart Center Construction and Engineering Auditorium

The Oregon State University College of Engineering is organizing this inaugural Clean and Sustainable Water Technology Initiative workshop. The workshop will

kick off with the keynote address, "Urban Water Supply Re-invention for Dry Cities," given by Richard G. Luthy, Silas H. Palmer Professor in Department Civil and Environmental Engineering and Director of the Engineering Research Center for Re-inventing the Nation's Urban Water Infrastructure at Stanford University. Tuesday, August 7th will be a full day of events. Please see schedule at: CBEE.oregonstate.edu/water. There is no cost to attend this workshop but advance registration is required and can be done on the event website. For questions or accommodations, please contact University Events, (541) 737-4717 or visit events@oregonstate.edu.

Supper at SAGE

Saturday, September 8th, 6 - 10pm at Starker Arts Park (4485 SW Country Club Dr)

A farm to table fundraiser and evening of local food, music and art in the garden that benefits our SAGE Garden and Farm to School programs. With live music, appetizers and tours in the garden, wine from Spindrift Cellars, and a seasonal four course meal prepared by chef Danielle Lewis of Castor Club, to enjoy outdoors while celebrating community and a good cause. FMI: Jennah Stillman, engage@corvallisenvironmentalcenter.org, (541) 753-9211

ONGOING

Food

VEGAN AND VEGETARIAN

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

CORVALLIS VEGETARIAN

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

GLUTEN-FREE & PALEO SUPPORT GROUP

3rd Saturdays, 9-11am, Natural Grocers, 1235 NW 10th. Learn more about gluten intolerance, celiac disease, paleo lifestyle + how to eat healthy & heal. FMI: (541) 602-1065.

Spirituality

KIRTAN Second Friday of each month, 7-8:30pm at Unitarian Universalist Fellowship, 2945 NW Circle. We invites you to sing and chant with us! Kirtan is an easy yet powerful way to meditate. FMI: kitstern@gmail.com, or batmnp@centurylink.net.

SHAMANIC HEALING CIRCLE 3rd Sunday of month, 2-4pm, downtown Corvallis. Experienced Shamanic Practitioners welcome to volunteer healing skills. Space is limited so please RSVP for attendance and directions. Free, but donations graciously accepted. FMI: SkyYeager.shamanicsoulending@gmail.com

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP founded by Paramahansa Yogananda, author of the spiritual classic *Autobiography of a Yogi*. Join us Sundays for meditation 10-10:45am followed by an inspirational reading service 11am-noon; and Thursdays for meditation 7-8pm. 761 NW Harrison. FMI: corvallismeditation.org.

PLACE OF TARA Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. Calm Abiding Buddhist Meditation group: meditation, instruction on request, and readings from Buddhist traditions. FMI: <https://placeoftara.wixsite.com/website>

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 devotional gatherings throughout the county in English and 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](mailto:maryligh.burke@gmail.com).

MINDFULNESS MEDITATION 5:30-7 pm, Friends Meeting House, 33rd & Polk. 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) 929-3951.

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.

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM Sun. Aug 26th, 11am the Eckankar Center of Corvallis, now located at 875 Grant Street. ECK Light and Sound Service: "Keys to Living in the Present Moment" FMI: View www.Eckankar.org, www.MiraclesInYourLife.org, or call (503) 233-1595.

Help & Wellbeing

KORI THE SPOILER - OVERNIGHT PET SITTING Kurinaleslie@gmail.com or (541) 750-0006 voice mail for free estimate

ARE YOU A GIRAFFE? Do you know, practice, and enjoy NonViolent Communication (NVC)? The Oregon Prison Project is welcoming new volunteers in bringing NVC to Oregon's incarcerated men and women. FMI, please call Tina Taylor at 541-753-2255, or email tina@tinataylor.co. Web: oregonprisonproject.org. "We transform lives and create safer communities by teaching empathy and Nonviolent Communication to inmates." FMI: Tina Taylor, tina@tinataylor.co, (541) 753-2255.

COMMUNITY YOGA Saturdays, 5 pm at Live Well Studio, 971 NW Spruce Street, Suite 101 Corvallis, OR 97330 Yoga for all levels, all bodies. The teacher changes from week to week so you'll always have something new to experience. Suggested Donation \$7. No one turned away for lack of funds. FMI: jocelyn.darshana.frontdesk@livewellstudio.com

AIKIDO FOR ALL Tues & Friday, 6-7:30 pm at 6735 SW Country Club Dr (fitness over 50) Aikido, is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Visitors always welcome to watch a class for free. Membership is very affordable. More info at CorvallisAikikai.com. FMI: kiko denzer, (541) 740-7243, potlatch@cmug.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.

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

WEEKLY LAUGHTER YOGA IN LABYRINTHS FOR HEALING & PEACE Wed. 7-7:45pm. Hosted by Traci Mc. Merritt, LYL (541) 760-8557 www.Laugh-in-Labyrinth.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.

MEMORY LOSS SUPPORT GROUP Every 2nd Tues. 1:30-3pm, for caregivers and family of persons with Alzheimer's or a related disorder. Another group for people with memory loss is held at the same time. Free, but registration is required. To register, call (541) 766-6959. FMI: Gene Dannen, (541) 753-1342.

Peace

DAILY PEACE VIGIL Daily, 5-6 PM at the Benton County Courthouse (120 NW 4th st.) The Daily Peace Vigil is in its 16th year. All welcome, for the hour or a few minutes. FMI: Carolyn at (541) 829-3254.

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.

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: Bonnie Parr Philipson, revbonnie@hotmail.com.

Entertainment

SHAPE NOTE SINGING GROUP 2nd Sunday of the month at Co-op South Meeting Room. An American musical tradition. We sing for enjoyment not performance. All voices welcome. We sing from The Sacred Harp and Northern Harmony books. No religious belief/affiliation required. Drop-ins welcome, no

experience required. Second Sunday of every month. FMI: Hannah Field, (541) 929-4301.

CORVALLIS UKULELE CABARET

First Fridays 7-9pm South Co-op Meeting Room, Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or CorvUkeCab@gmail.com.

CORVALLIS BELLY DANCE

PERFORMANCE GUILD 3rd Saturdays, 7pm at Old World Deli, 341 SW Second St. Donations appreciated. FMI: www.corvallisbellydance.org or (541) 497-4419.

PLANET BOOGIE Most 2nd Saturday nights. Downtown Dance. 223 NW 2nd St. Freestyle dance event, with eclectic and world beat music. Family friendly. Set your own intention and find your joy. Requires bare feet or shoes that are clean soled. Monthly dances, \$5-10 donation.

GRAPHIC NOVEL BOOK CLUB first Tuesday of every month in the library's board room. New members always welcome. Check out a copy of the month's selection from 2nd floor reference desk of the Library. FMI: bonnie.brzozowski@corvallisoregon.gov (541) 766-6965.

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

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.

CORVALLIS COMMUNITY

DRUM CIRCLE 1st Saturdays 7-8pm, 101 NW 23rd St. (park and enter through the rear, corner of 23rd and Monroe.) FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich. FMI: drumcircleconnection@gmail.com.

Environment

OSUSED STORE PUBLIC SALES Tuesdays 5:30-7:30pm and Fridays 12-3pm. 644 SW 13th St. FMI: <http://fa.oregonstate.edu/surplus>, surplus@oregonstate.edu, (541) 737-7347.

MARYS RIVER WATERSHED

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

AUDUBON FIELD TRIPS 2nd Saturdays. Meet at 7:30am. Great for beginners and birders new to the mid-valley. 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-noon. FMI: www.neighborhood-naturalist.com, (541) 753-7689. 