

DECEMBER 2016  
VOLUME 37 • ISSUE 12



First Alternative  
NATURAL FOODS CO-OP

# THYMES

COMMUNITY MARKET MONTHLY



**DONATE TO  
GIVING TREES  
AT THE CO-OP**

**3**



**SIDE BY SIDE:  
SPARKLING  
WATERS**

**4**



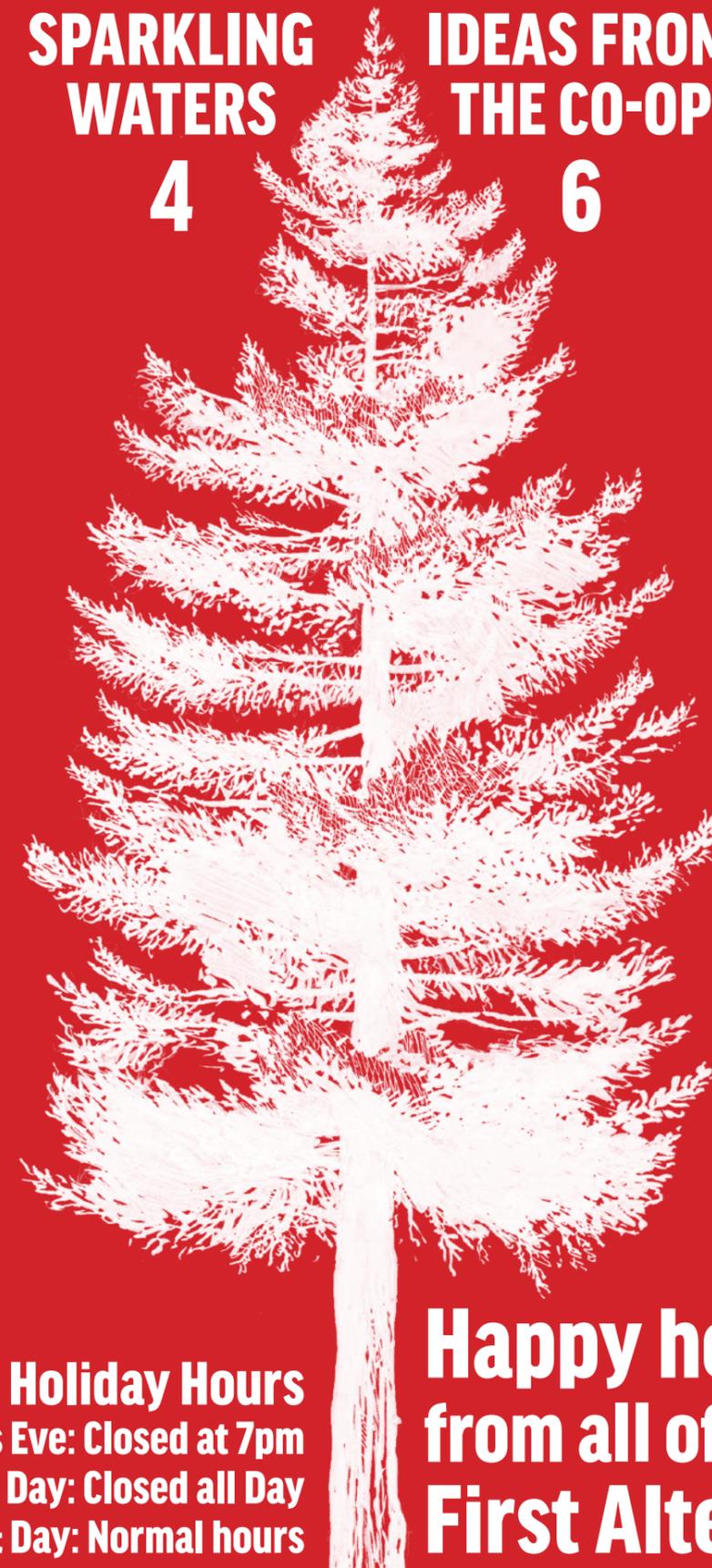
**HOLIDAY GIFT  
IDEAS FROM  
THE CO-OP**

**6**



**TRADITIONAL  
HOLIDAY  
RECIPES**

**12**



**Holiday Hours**  
Christmas Eve: Closed at 7pm  
Christmas Day: Closed all Day  
New Year's Eve & Day: Normal hours

**Happy holidays  
from all of us here at  
First Alternative Co-op**



## from the GENERAL MANAGER

Cindee Lolik  
General Manager

Ah, the diversity of December! We are all gearing up for the myriad holidays that will be upon us in just a short time, and this year they are all bunched together for easy celebration. Kwanzaa begins on December 26th and runs through January 1st, Hanukkah begins December 24th and runs through January 1st, and Christmas is December 25th. So, we can all celebrate from the 24th of December right on through New Year's Day!

It is the time of year we all think about giving gifts—to those we love and to those who are in need. We are grateful for the wealth of small, locally-owned and independent businesses here in Corvallis and the surrounding area that can help us fulfill all those holiday wishes.

This year Buy Local First Day is December 3rd. Look for posters at your favorite local businesses that celebrate buying local and then enter for a chance to win a prize from that business and to be entered into a grand prize drawing for gift certificates from Big River Restaurant, Majestic Theatre, and a bottle of bubbly from the First Alternative Co-op. Wouldn't it be grand to get the call that you are the lucky winner!

Supporting neighborhood businesses is a way to support Corvallis and Benton County, and since this time of year is when many retailers move from red to black on their balance sheet, it's especially crucial.

Our small, locally-owned businesses are an integral part of our community—they provide unique shopping experiences, and their profits stay largely in the community we love.

Each dollar that remains in the local economy makes us stronger and more resilient. Each relationship we build with our local business owners brings us together in a way that transcends our individual holiday celebrations into a celebration of community.

That celebration of community also extends to those of us who are in need or causes that give us reason to celebrate. There are ample opportunities this time of year, actually any



### 6th Annual Buy Local First Day

Saturday, December 3, 2016

- Visit a participating business for special treats, sales or discounts
- To find local businesses: [www.communityiba.org](http://www.communityiba.org) or [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org)

### Buy Local First Holiday Contest

December 3 - December 10, 2016

- Visit/shop at participating businesses
- Enter to win gift cards or great prizes from CIBA businesses



time of year, to give back to your community. Whether it is a donation to the food bank, or taking the time to pull a tag off a giving tree and make a Christmas wish come true (see page 3 for details), or donating to the Community Food Land Trust to keep our valuable farm lands growing in perpetuity—it is the season of giving.

Wishing you all warm and happy holidays and a happy and healthy 2017! 🍷

Who Owns the Co-op?  
**58** new Owners  
in October!  
You!

### Several Products Being Discontinued:

Cheerios, Stacy's Pita Chips, Back to Nature Crispy Cheddar Crackers

### Statement from the General Manager:

After learning of the high levels of glyphosate found in several items on the Co-op's shelves, with information coming from both our customers and watchdog organizations who monitor pesticide and herbicide levels, we have decided to pull those products from sale. We are determined to make sure our customers are educated about pesticides and herbicides in their food supply and also to uphold our principles which include: "Providing high quality products, goods, and services to our customers by marketing wholesome, natural and organic foods and other products". Look for more information in an upcoming edition of the Thymes



## from the BOARD OF DIRECTORS

Richard Cunard  
Board of Directors

This past October the Board met with Art Sherwood once again for our annual retreat. This year we decided to focus on long-term planning, with regards to both existing and potentially new operations and business ideas.

The primary focus of the retreat was looking forward at what we could do now that our attention is no longer focused squarely on maintaining our financial stability. Art encouraged us to brainstorm any ideas we had for potential uses of the Co-op's resources, ranging from opening entirely new businesses, to simply focusing on maintenance for the existing stores.

Over the course of the retreat, we slowly began filtering out various ideas based on a variety of criteria we compiled. After

removing what seemed impractical or simply not achievable in a reasonable timeline, we began looking primarily at the prospects of either expanding our existing business, moving to a more suitable location, or focusing on repairs to our current South Store.

At the moment, we have yet to make a specific decision as to which of these ideas we will follow up on, but it seems to be agreed upon by both the Board and the General Manager that at least one of these choices must be made, and soon. Another option that we discussed as a possible long-term strategy was the idea of opening smaller stores in the more densely packed parts of Corvallis, such as downtown or in a major shopping area. This would be a way for

us to expand the Co-op in a shorter time-frame, and at less cost. Ideas for such shops included anything, from small grocers to a coffee shop or even a tavern, all of which would sell organic and locally-grown foods.

All of this, of course, leads to the problem of opportunity cost. We currently have the means to accomplish one general plan of action. Right now, we are in the process of determining the financial practicality of making necessary repairs to our South Store versus moving the store to a new location. At the moment, we are awaiting analysis of the associated costs for both of these options, so as to make a more informed decision.

Regardless of the choice we make, I am very satisfied coming out of our retreat. Not only with how productive the meeting was, but with the general tone. This time last year, we were focusing on how to keep the Co-op from going under. Much of the first year of my time on the Board was spent listening to how we were repairing our financial state. However, recent meetings have focused

## Local Designations



### Local Six

Groceries from the counties closest to home: Benton, Linn, Lane, Marion, and Polk



### Local Direct

Groceries that are delivered direct to us by their grower or producer.



### Local Oregon

Groceries that are born and raised right here in the great state of Oregon

on discussions of how we can grow our business. The general tone seems to have shifted in a very positive direction. I, for one, would love to see our business expand out, possibly even into new cities, or types of businesses. The idea of our business model and mission statement being applied to new places is something that I think would have a wonderful effect wherever we decide to grow it. 🍷

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

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

Editors . . . . . Adam Payson, Joel Gustafson

Design/layout . . . . . Adam Payson

Photography . . . . . Adam Payson, Emily Stimac

Illustrations . . . . . Julia Lont, Stev Ominski, Adam Payson

## STORE LOCATIONS & HOURS

**NORTH STORE** 2855 NW Grant Ave., Corvallis, OR 97330 • (541) 452-3115

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

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

**Web site:** [www.firstalt.coop](http://www.firstalt.coop) • **Email address:** [firstalt@firstalt.coop](mailto:firstalt@firstalt.coop)

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## Board of Directors Committee Meetings Schedule

### Owner Relations Committee

The primary conduit for communications and relations between Owners and Board.

Wednesday, Dec 7th at 11:30am  
in the South Store meeting room

### Board Recruitment & Elections Committee

Works to enhance Board performance and recruit qualified candidates.

No Meeting in December.

Meetings will resume in January

### Finance Committee

Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, Dec. 14th at 5:30pm  
in the North Store meeting room

### First Alternative Board of Directors

Comprised of elected Owners, the Board puts cooperative principles into action.

No Meeting in December.

Meetings will resume in January

## THE SEVEN COOPERATIVE PRINCIPLES

- 1 Voluntary and Open Membership
- 2 Democratic Member Control
- 3 Member Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training, and Information
- 6 Cooperation Among Co-ops
- 7 Concern for Community

# GIVING TREES ARE AT FIRST ALTERNATIVE UNTIL DECEMBER 13TH

## Help Make Dreams Come True for the Less Fortunate This Year

In a perfect world every child would know the magic of waking up on Christmas morning to find presents piled beneath a glittering tree, but for many families in our community who are struggling just to make ends meet, this magical Christmas morning is only a dream. Dreams can come true, though, and you can help by making a donation to one of the Co-op's Giving Trees.

### North Store will have a Giving Tree from Vina Moses Center

Vina Moses provides free clothing and household items to low income families in Benton County. They accept donations at their location on Garfield and allow low income families to come in and shop, without charge, for items they need.



Each month about 1,000 people come to the Vina Moses Center and select clothing, toys, and household goods for their families.

Tags on the Giving Tree suggest gift ideas. Just grab a tag, purchase the item it mentions, and return to place it in the provided donation boxes. Parents then choose appropriate gifts and clothing for their children at the Vina Moses store.

These generous donations provide approximately 1,200 families with food and/or gifts every Christmas season.

### South Store will have a Giving Tree from Furniture Share

The Linn-Benton Furniture Share is a nonprofit agency that collects and redistributes donated furniture and household items at no cost to children, families and individuals in need.



Donations of gently used furniture and household items are redistributed to individuals and

families within their multi-county service area. Their newest campaign, Feeding Our Future, brings families together by providing a dining room table and chairs to share family meals. Many families in our communities do not have family meals, and studies have shown children who eat meals with their family eat more fruits and vegetables, making them healthier. It also brings families closer together so that children are less likely to experiment with drugs and alcohol.

A donation of \$50 provides a dining room table and chairs to a family in need. The Furniture Share Giving Tree will have tags with gift ideas, or cards that give you the opportunity to donate to Feeding Our Future or their Beds for Kids program where a \$40 donation provides a child with a donated bed, sheets and blankets.



A Giving Tree from a Co-op Christmas Past Stop by one of First Alternative Co-op's Giving Trees before December 13th, grab a donation suggestion card, and help make the Christmas dreams of a family in need come true.

## December Anniversaries

### Staff Anniversaries

#### 2 Years:

- Zak Kezer
- Donna Pezzullo
- Monica Jacobson Tennesen
- Laurel Thompson
- Dan Worden

#### 4 years:

- Brie Lee-Tharp

### Owner-Worker Anniversaries

#### 1 year

- Jeremy Johnson

#### Staff:

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

#### Owner-Worker:

Co-op Owners who work a 2-hour shift per week in various capacities

## Thank you all

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

## BEANS FOR BAGS 2017

### The Votes Have 'Bean' Tallied, Here Are Your 2017 Beans for Bags Recipients

Each October we ask Co-op Owners to vote for the sixteen local non-profit organizations who will receive donations over the next year of our Beans for Bags program.

We had a great selection of candidates this year, all of them doing important work in the community. The Owners have spoken and these are the organization they've chosen to take a turn in the bean towers. At the end of each quarter they will receive a check proportionate to the amount of beans they received.

#### Quarter One January-March

- Benton Habitat for Humanity
- Senior Dog Rescue
- Philomath Community Gleaners
- Community Outreach, Inc.

#### Quarter Two April-June

- Marys River Watershed Council
- Benton Hospice Service
- Corvallis Environmental Center
- Coastal Range Food Bank

#### Quarter Three July-September

- Friends of Corvallis Parks & Rec.
- Grace Center Adult Day Services
- Corvallis Bicycle Collective
- Greenbelt Land Trust

#### Quarter Four October-December

- CARDV
- Co-op Recycling Center
- CASA
- Ten Rivers Food Web

#### What is Beans for Bags?

After checkout, customers take one bean for each shopping bag they brought from home and place it in one of four slots in the wooden towers near the exits. Each bean represents a 5¢ donation. This gives customers the chance to help local non-profit organizations and reduces waste by encouraging reusable bag use.

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## E-RECEIPTS Are Available to All Co-op Owners

One of the best features of our recently upgraded Point of Sale (POS) system is its ability to print receipts only upon request. This has already saved us reams upon reams of paper compared with the previous system which automatically printed them.

Co-op Owners can even elect to receive their receipts via email. These email receipts, which arrive within minutes of a purchase, have all of the same information as the printed receipts.

Any Co-op Owner (but not household members) may choose to enroll, we just need to know your email address.

If you're a Co-op Owner who would like to opt into receiving e-receipts just ask the cashier on your next visit. They will provide you with a small change of information form to fill out.

Paper copies remain available upon request. Email receipts are currently only available to Co-op Owners.

CHANGE OF OWNER INFO  
Only the Owner may change Owner Share info

Name \_\_\_\_\_

Owner # \_\_\_\_\_ Date \_\_\_\_\_

New Name/Address \_\_\_\_\_

New phone \_\_\_\_\_

Email \_\_\_\_\_

Check to join our email list. (We will not share your information)

Add email receipt:  Remove email receipt:

Name of person to add/delete  Add  Delete

Owner Signature \_\_\_\_\_

CS: Route to Outreach

Owners, just grab this form from a cashier (don't worry, it's not this small!)

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Yadira Ruiz  
Sunbow Produce, Thymes contributor

# BUBBLE BOGGLE

## Mixers, Fizzy Drinks, and Sodas... Oh My!

I've recently discovered that the choices for mixers are as varied and numerous as the bubbles inside each bottle. There's something for everyone, but how do you know which product is perfect for you?

This month's Side by Side is all about helping make sense of the various non-alcoholic components used to create traditional and non-traditional festive drinks. In order to get our taste buds wrapped around the nuances of each beverage (and to be able to remember the results) all of our testing was done without alcohol. Here's what we learned:

### Mineral Waters

The classic mineral water brands used to be a bit highfalutin but with the rise of educated and health-conscious consumers, they've become a common sugarless soda option. What makes mineral water special is its source, which is where the bubbles, minerals and natural salts come from. They aren't added in by the bottler, but already present in the water. Add some citrus for a little tart contrast and you've arrived at the simplest version of the mocktail.

- **Perrier:** The French version is bottled as is, nothing added to it.
- **San Pellegrino:** The Italian version has carbonation added to it but makes up for it by having a rich history and wide accessibility.

### Seltzers and Carbonated Waters

This beverage is a "dressed up for a night on the town" version of what comes out of your tap. There are countless versions of carbonated water on the market in a wide range of prices. If your brand is using filtered water you aren't going to find much of a difference between them.

### The Tonics

A carbonated water that always includes the addition of quinine and some sweetener to balance out the bitter. Quinine comes from the bark of a tree, and is used to treat various ailments but since it has medicinal properties and can have side effects it's regulated by the FDA. The amount added to carbonated beverages is pretty benign, but if you have certain medical concerns you should probably consult your physician before going on a daily tonic binge.

- **Fever Tree Elderflower Tonic Water:** Floral aroma, tastes like biting into an orange, in a good way. Distinctly different and lovely.
- **Fever Tree Mediterranean Tonic:** Super fizzy, very well rounded with sweet, bitter, and a slightly salty nuance.
- **Fever Tree Indian Tonic:** Initially mild on the tongue with a strong bitter finish.
- **Fentiman's Tonic:** Strong herbal aroma with a mild fizz and really mild bitterness compared to the other tonics that were tested. Recommended for folks who aren't used to tonic or bitter drinks.
- **Q Tonic:** Super fizzy and sharp with a mild sweetness from agave. Finishes with a strong bitterness. This is the only tonic we tested that isn't sweetened with sugar.

### The Clubs

This category takes seltzer water and adds things to it to enhance certain flavors. Think of it as "enriched" fizzy water.

- **Fever Tree Club Soda:** Super fizzy, leaves a distinct salty taste on your lips.
- **Q Club Soda:** Very fine bubbles equal a great and easy to stomach fizz. It's really mild but well rounded. A clean taste makes you want to keep filling your cup.

### The Gingers

The big difference between ginger beer and ginger ale is that the former is fermented while the latter is flavored soda. A complete ginger beverage comparison would require an article all to itself. Here we've brought you the lesser known versions because you've probably already tried the better known brands.

- **Q Ginger Ale:** If there was ever a ginger ale invented for formal, fancy occasions, this is it. Q Ginger Ale is really special. It has just the right amount of tiny bubbles to tickle your nose and make you want to sneeze with your first sip. The sweetener is agave (yep, it's sugar free) and it is well complemented by a host of herbs and spices including cardamom, rose oil, coriander and orange peel.
- **Fever Tree Ginger Beer:** EXTRA fizzy. Light ginger on the tongue, with a spicy hot kick in the throat.
- **Poc Poc Som Ginger:** Drinking vinegars like Poc Poc

Som should really have a category all to themselves, but we'd once again be in that conundrum of having to dedicate an entire separate article to it, so instead we're lumping the drinking vinegars in with the other ginger flavored drinks. What sets this aside from the others is that it has a sweet-tartness added to the ginger bite. Since it's a vinegar soda, it's perfect for your favorite shrub recipe. What's a shrub you ask? It's the fancy word used to describe cocktails made with vinegar—yes, that's a thing, and an old-timey one at that.

### The Citrus

Although adding fresh fruit to sparkling drinks is awesome, but sometimes you want citrus flavor without the fruit because fresh cut citrus will turn bitter if it sits in the carbonated water too long, and that's not always what you're going for.

- **Hi-Ball Grapefruit:** Sugar-free, energizing and delightfully sparkly, this is an excellent alternative to other energy drink mixers.
- **Fentiman's Mandarin and Seville Orange Jigger:** Sparkly, lightly sweet, and delicious. Serve this as your non-alcoholic choice in place of mimosas.
- **Fever Tree Bitter lemon with Quinine:** This one delivers what it promises in its name...lemony and bitter but not overpowering. Probably not a great choice for novice drinkers, with or without the alcohol.

### The "Others"

Admittedly, this is the bastard category of drinks we sampled that just didn't fit into any of the other categories.

- **Hi-Ball Peach:** Unsweetened delicious peachiness. It's excellent all on its own but if you are a peach glutton, add it to peach juice or nectar with some of the Fentiman's Tangerine and Seville Orange Jigger for our citrus mocktail version of a Bellini. So good!
- **Poc Poc Som Thai Basil:** Thick mouth feel, sweet, with a flavor strangely reminiscent of ketchup, and sweet dipping sauce. Not for the faint of heart.
- **Poc Poc Som Turmeric:** Surprisingly great after eating some fried food, refreshing and lightly sweet with a subtle earthy tang. Might make a super interesting shrub version of a Moscow mule.

*There isn't room to picture every drink discussed here, but here's some! Shoppers take note that our South Store has a slightly wider selection of fizzy waters than the North Store*



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# PARTY SMART THIS HOLIDAY SEASON

Before the holiday parties start, prepare yourself by taking Party Smart. Just one capsule before or during your libational yuletide or New Year's Eve bash and you won't be mourning the night before on the morning after.

Each vegetarian capsule is packed with a combination of all natural ingredients formulated to bolster your body's defenses against over-consumption, including chicory, grapeseed, and Party Smart's own proprietary blend of herbal extracts.

Take one pill and call us in the morning (to let us know how great you feel!) ☺



# WAYS TO STAY WELL THROUGH THE WINTER

Our Wellness Managers Suggest Some Products to Manage Your Wellness

There's a lot to do this time of year, much of it as stress-inducing as it is fun. That, coupled with the plummeting temperatures and the persistent wetness, means your immune system will be put to the test in the coming days and months.

The question, then, is how to stay healthy? As always, First Alternative Co-op can help. Our huge selection of healthful, whole foods and fresh produce are a start, but when those germs are out in full force you may need reinforcements. That's when it's time to head for the Wellness aisle!

When Susie, our South Store Wellness Manager, is feeling under the weather she turns to **Oil of Oregano** from **Natural Factors**. Just four little drops a day keeps those pesky post-cold secondary infections away. Susie can breathe easy all winter long, too, thanks to **Gaia Herbs'** new **Bronchial Wellness Tea**.

Sara, our North Store Wellness Manager, reaches for **Wish Garden's Kick-Ass Immune Activator** or **Urban Moonshine's Clear Chest** at the first sign of internal trouble and they keep her in the clear.

And both Susie and Sara said their loving our new **Four Sigmatic Mushroom Cacao and Coffee Mixes**, a warm and delicious way to beat the winter wellness worries. ☺



# "YOU THERE, WHAT DRINKS ARE THESE?"

"Sir, Why They're Christmas Drinks!"

A gentle snow falls quietly upon empty streets while inside, the air rich with the aromatics of a feast and the sound of laughter; revelers gather around the table and raise their glasses in a toast to love, family, and friendship. Here is what's in some of those holiday cups:

## 2 Towns Ciderhouse - Nice & Naughty Imperial Cider

Crisp, locally-grown apples are combined with a festive blend of spices including nutmeg, cinnamon, and cloves to create a rich, imperial spiced apple cider that will have you hearing sleigh bells. This holiday season, buy local (cider) first with 2 Towns Ciderhouse!

## Barnard Griffin - Syrah Port

Traditionally a dessert wine, this elegant Washington-made Syrah Port has a full-bodied flavor buoyed by notes of cherry, orange, and just a hint of dark chocolate at the end. A flavor profile that make it pair just as well with savory entrées as it does with rich desserts.

## Ninkasi Brewing Company - Sleigh'r Winter Ale

Eugene's Ninkasi Brewing Company—celebrating a decade of aggressively great beer in 2016—show no mercy with this annual release. A toasty, malt-rich body perfectly complements that hop-tinged bitterness that Ninkasi has mastered. This holiday season, reign in beer, with Ninkasi's Sleigh'r Winter Ale.

## Lagunitas - Brown Shugga'

The annual 'sweet release' of this beer by Petaluma, CA's Lagunitas is becoming its very own sort of holiday tradition. Beer fans thirsty for its seemingly depthless malt flavor have trouble sleeping the night before its arrival, and a mad dash through the store—as if in pursuit of a Cabbage Patch Kid or Tickle Me Elmo—is not uncommon. Except this present, well, it's just for the grown ups. ☺



# WILLAMETTE WINES REGION WINS AWARD

We are proud to announce that the Wine Enthusiast Magazine, an esteemed and internationally-recognized publication has named the Willamette valley its "2016 Wine Region of the Year" for their annual Wine Star Awards. This is a spectacular achievement for our valley. The Wine Star awards are some of the most influential in the business.

The competition was fierce, with the Willamette valley coming out on top of Sonoma, California; Provence, France; and Champagne, France. Let that sink in for a moment—we were chosen over Champagne, the region known for, well, champagne. Wow. Go us! ☺



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CCB # 183405 Ted Wade - Owner

# YOUR FIRST ALTERNATIVE CO-OP HOLIDAY GIFT GUIDE

Make your list, check it twice, then head to the Co-op where we've got gifts for everyone, be they naughty or be they nice! Happy holidays!



## Co-op Gift Cards

The safest, easiest way to put gourmet food in a stocking or under the tree is with a versatile and non-perishable Co-op Gift Card, available in the amount of your choosing.



## Knit Drink Cozies

Hot chocolate too hot to handle? Cup not adorable enough? Worry no more. These fair trade knit cozies from Andes Gifts fit cozy and cute over handle-less cups and jars.



## Health & Wellness Supplies

Give the gift of health and wellness with fun and festive gift packages from Badger Balms, Dr. Bronner's, and other trusted names in health and bodycare.



## Matr Boomie Jewelry

Lovely fair trade jewelry from a network of artisans in an uplifting partnership across India. These are the sorts of gifts you give not just to one person, but to the world.



## Graymarket Designs

We have scarves, napkins, bags and more from this modern, ethically-focused textile company, a collaborative effort between artists from America and India.



## Finger Puppets

Check out our huge assortment of these fun finger puppets. They make great stocking stuffers and offer the chance to make all sorts of corny 'digital entertainment' jokes.



## Mountain Candles

♪ "Fire on the mountain"/run wax run/ candles for the house of your mountain climbing son ♪ Individually made in Portland and uncanny in their accuracy.



## Disc Golf Supplies

Our South Store (located conveniently near to Willamette Park) has lots of great gifts for the disc golfer in your life, from discs, bags, even practice holes. Fore!



## Gift Bags

Reusable bags aren't just for grocery shopping. We have tons of fun, festive, and sturdy gift bags. Ditch the disposable wraps for a stylish bag that may return to you some holiday.



## Feelgoodz Slippers

These ultra-cozy, hand-knit slippers are made to travel. They're just as home nestled up on the couch as they are padding down the aisle of a plane. Have slippers will travel!



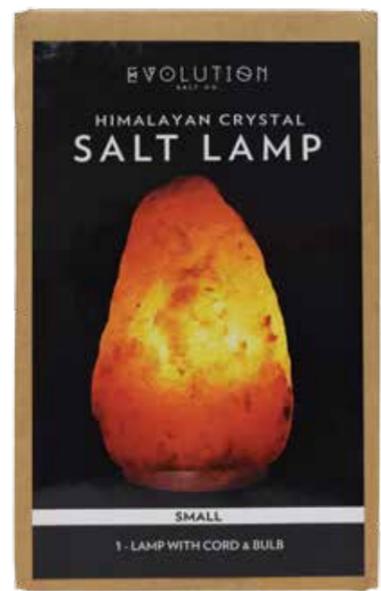
## Frequent Buyer Cards

These cards make great stocking stuffers. Prepay for ten of one item and get an eleventh free. Even better? They're all 10% off for the entire month of December!



## Cards

We've got every sort of card you'll need for before and after the holidays. Check out the cool new Timbergrams, they're postcards printed on sustainably-grown wood!



## Salt Lamps

A perfect accessory for desktops or side tables, these Himalayan Crystal Salt Lamps from Evolution Salt Co. cast a warm, inviting glow that will stave off the early darkness.



## La Mancha Hazelnuts

The fresh, local, organic hazelnuts come to us just once a year. Make like a squirrel and stock up before they're gone. They make great gifts for the out-of-state folks on your list.



## Co-op T-Shirts

Sure to be the hottest shirt of the coldest season, you may also want to give the person you're gifting one of these a scarf, because they're not going to want to wear a coat.



## Reusable Bags

We're all about reducing waste through reusable bags here at the Co-op. When you give the gift of a reusable bag, you're giving something to the earth as well—bit of relief.



## Socks

Now more than ever, you need some good socks. We've got 'em, from some top-names in footwear, like Maggie's Pact, and SOCK it to me from Portland.



## Satsuma Mandarins

It wouldn't be the holidays without the lovely citrus sweetness of these palm-sized treats. Put them in stockings or just serve them to your guests. Just don't forget them!



## Stockings

Talk about your gifts that keep on giving. These fair trade Andes Gifts stockings are as soft as they are voluminous, and they come in a variety of colors and patterns.

# DECEMBER 2016 COMMUNITY CALENDAR

## UPCOMING EVENTS

### The Friends of the Library Holiday Book Sale

December 2nd, 3:30-5:30pm (Friends of the Library only); 3rd, 10am-4:00pm; 4th, 11am-3pm at the Corvallis-Benton Public Library, (645 NW Monroe Ave.) Special hours for members on Friday, December 2nd. (Anyone may become a member for just \$10/year.) This sale features high-quality hardback and paperback books suitable for gift giving for both children and adults. Books are individually priced. The proceeds from this sale benefit all the branches of the Corvallis-Benton County Public Library: Alsea, Bookmobile, Corvallis, Monroe, and Philomath by funding many of the activities the libraries provide. FMI: Katherine Inman, (541) 753-0078, kinman90@gmail.com, <http://friendsofthebcclibrary.org/>.

### Buy Local First Day and Holiday Contest

December 3rd, all day at various local businesses

Visit or shop at participating independent local businesses on Buy Local First Day, and fill out entry forms for the Buy Local First Holiday Contest (Dec. 3-10). Prizes include gift cards and merchandise from CIBA businesses. FMI: [www.sustainablecorvallis.org](http://www.sustainablecorvallis.org).

### Meet the Author: Kathleen Dean Moore presents *Piano Tide*

December 5th, 7pm at the Corvallis-Benton Public Library  
Piano Tide has been called a "savagely funny and deeply thoughtful book," an "eco-thriller," an "action adventure," and a "natural history of SE Alaska." It is all these and more, the story of Nora Montgomery, who arrives with her upright piano in the tiny tidewater village of Good River Harbor. With the most affable and odd accomplices in SE Alaska, she decides to block a plan to sell and export the water from a salmon stream. The result is a splendid, splashing act of resistance. Piano Tide is the story of the clash between those who want to make a killing in a wild place and those who want to make a living there, the struggle of all beings to find an enduring way of life. FMI: bonnie.brzozowski@corvallisoregon.gov.

### Corvallis Bicycle Collective's Annual Banquet

December 8th, 6pm at Odd Fellows Hall (223 SW 2nd Street)  
Join the Corvallis Bicycle Collective as we celebrate cycling culture, share this year's accomplishments, enjoy a buffet dinner catered by Le Cafe D'el Jebal, participate in a pub trivia challenge, bid

on items at our silent auction, and discuss what's next for our organization and how you can help. Tickets: free-\$15; available at <http://cbcdinner.bpt.me>. Sponsored by the Corvallis Bicycle Collective and Corvallis Odd Fellows. Contact: [info@corvallisbikes.org](mailto:info@corvallisbikes.org) or (541) 224-6885 for questions or to RSVP.

### Showing up for Racial Justice: White After the Election

December 10th, 12:30-2pm at First Alternative South Meeting Room (1007 SE Third St.)  
Community meeting of Corvallis SURJ: Showing Up for Racial Justice. Read aloud and discuss an article recommended by the director of equity and inclusion at LBCC. Organize actions for families. Everyone is welcome, including children. Donation \$3 to \$5 (more if you can, less if you can't). [www.CorvallisSURJ.org](http://www.CorvallisSURJ.org).

### HOUR Exchange presents Winter Market Place

December 11th, 11-4pm at Old World Deli (341 SW 2nd St)  
Local goods and crafts for sale, right in time for the holidays. Everyone is welcome at this free event. HOURS and US dollars accepted. FMI: Cheryl Good [hourexchange@peak.org](mailto:hourexchange@peak.org).

### Corvallis Senior Co-Housing Project

December 12th, noon-1pm at Corvallis Chamber of Commerce (420 NW 2nd St)  
Presentation and discussion at the Corvallis Chamber of Commerce about a new housing option for Corvallis seniors. Sponsored by the Corvallis Sustainability Coalition Housing Action Team. Seating is limited, so please RSVP by contacting: [DebiFriedlander@gmail.com](mailto:DebiFriedlander@gmail.com).

### Games Day at the Library

December 17th, 2-5pm at the Corvallis-Benton Public Library  
Play games at the library every 3rd Saturday of the month (2nd Sat. in March) in the Main Meeting Room. Tons of games including board games, card games, and video games for all ages will be available. Drop in anytime between 2-5pm. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov).

### OSUsed End-of- Year Clearances

December 20th, 5:30-7:30pm; Fri, December 23rd, 12-3pm at OSUsed Store (644 SW 13th St.)  
Clearance prices on specially marked items. The OSUsed Store carries used, low-cost furniture, computers, household items, office supplies and more. FMI: [surplus@oregonstate.edu](mailto:surplus@oregonstate.edu) or (541) 737-7347.

## ONGOING EVENTS

FREE or by-donation listings only • To submit your free or by-donation event, visit [firstalt.coop/community/community-calendar/](http://firstalt.coop/community/community-calendar/)

## FOOD

### VEGAN AND VEGETARIAN OSU STUDENTS

Monthly potluck style meeting for vegans, vegetarians, and anyone considering a plant-based lifestyle. Come eat, share recipes, plan campus events, and talk with like-minded people! FMI: [vegansandvegetarians@gmail.com](mailto:vegansandvegetarians@gmail.com) to join the listserv or for more info.

### CORVALLIS VEG EDUCATION GROUP

Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: [Corvallisveg.org](http://Corvallisveg.org)

### GLUTEN FREE SUPPORT GROUP

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

## SPIRITUAL

### 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](mailto:corvallismeditation.org) or email [srfcorvallismeditation@gmail.com](mailto:srfcorvallismeditation@gmail.com)

### ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD

425 SW Madison, Suite N. December 4th, 10am, join us as we sing HU, an ancient name for God. December 18th, 10am, ECK Worship Service. FMI: [www.Eckankar-Oregon.org](http://www.Eckankar-Oregon.org)

### PLACE OF TARA

Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. This is a Tibetan Buddhist Meditation group. We offer meditation, instruction on request, and readings from all Buddhist traditions. FMI: <https://placeoftara.wordpress.com/>

### BUDDHIST PRACTICE SGI-USA

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

### BAHA'I DEVOTIONAL PROGRAMS

The Baha'i communities offer many devotional gatherings throughout the county in English & Spanish. Locations vary. FMI: (541) 745-7916, [linnbenton.local.bahai.us](mailto: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:maryleigh.burke@gmail.com)

**MINDFULNESS MEDITATION** 5:30-7 pm, Friends Meeting House, 33rd & Polk. Taught in the tradition of Zen Buddhist Master Thich Nhat

Hanh. FMI: [ken.oefelein@gmail.com](mailto: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, [RASALI2@yahoo.com](mailto:RASALI2@yahoo.com)

### A COURSE IN MIRACLES

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

### FALUN DAFU 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](http://www.corvalliszencircle.com)

## WELLNESS

**COMMUNITY YOGA** Saturdays from 4-5pm at Live Well Studios (971 NW Spruce Ave #101) Community Yoga is for everyone! A yoga practice of posture, breathing, and relaxation that improves overall health and well being. Rotating teachers, often from the Live Well Studio teacher training program. \$5, no one turned away for lack of funds.

**AIKIDO OPEN MAT** Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido, or "the way of harmonious spirit," is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Wear loose, comfortable clothing. More info at [CorvallisAikikai.com](http://CorvallisAikikai.com)

### TAI CHI CLASSES

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

### FREE TEEN YOGA

Tuesdays, 4pm, Live Well Studio, 971 Spruce Ave. Yoga just for teens. It's fun and it's good for you too. All teens welcome. FMI: Theresa McLaren, [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com), (541) 224-6566

### CHAIR YOGA

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

### TRADITIONAL SHOTOKAN KARATE

Tuesdays and Thursdays, 7-9pm, Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254

### REIKI HEALING CIRCLE

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

### WEEKLY LAUGHTER YOGA IN LABYRINTHS

**FOR HEALING & PEACE** Wednesdays, 7-7:45pm all summer! Hosted by Traci Mc. Merritt, LYL (541) 760-8557 [www.Laugh-in-Labyrinth.com](http://www.Laugh-in-Labyrinth.com)

### YOGA FOR RECOVERY

Sundays 12:30-1:45pm, Live Well Studio, 971 NW Spruce St. focused on helping those who are recovering from substance abuse and addiction. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. \$5 suggested donation. FMI: (541) 224-6566

### 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](http://www.valleybirthnetwork.org) [google.com/site/wutantaichi](http://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 now 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](http://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](mailto:revbonnie@hotmail.com)

## ENTERTAINMENT

### CORVALLIS BELLY DANCE PERFORMANCE

**GUILD** Third Saturdays, 7pm at Old World Deli. 341 SW Second St. Corvallis. \$5 suggested donation. FMI: [www.corvallisbellydance.org](http://www.corvallisbellydance.org), (541) 497-4419.

### PLANET BOOGIE

September 17th, 8-9:30pm, Downtown Dance, 223 NW 2nd St. A freestyle dance event, featuring eclectic and world beat

music. \$5-10 donation appreciated. Facebook: Planet Boogie Corvallis

### GRAPHIC NOVEL BOOK CLUB

first Tuesday of every month at New Morning Bakery, 219 SW 2nd. New members always welcome. Check out a copy of the month's reading selection from the 2nd floor reference desk of the Library. FMI: [bonnie.brzozowski@corvallisoregon.gov](mailto:bonnie.brzozowski@corvallisoregon.gov) (541) 766-6965

### CORVALLIS UKULELE CABARET

First Fridays (except July & November) 7-9pm South Co-op Meeting Room, 1007 SE 3rd St. Open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or [CorvUkeCab@gmail.com](mailto:CorvUkeCab@gmail.com)

### CELTIC JAM

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

### COMMUNITY SINGING LESSONS

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

### 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](mailto:drumcircleconnection@gmail.com)

## ENVIRONMENT

### MARYS RIVER WATERSHED COUNCIL

**MEETING** Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: [coordinator@mrwc.net](mailto:coordinator@mrwc.net)

### 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](mailto:surplus@oregonstate.edu), (541) 737-7347.

### AUDUBON FIELD TRIPS

Every 2nd Saturday. Meet at 7:30am. The trips are great for beginners and birders new to the mid-valley area. We visit local refuges and birding areas. FMI: [www.audubon.corvallis.or.us/field\\_trips.shtml](http://www.audubon.corvallis.or.us/field_trips.shtml)

### NATURALIST ADVENTURES

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



# Staff Spotlight **Kendal**

**What do you do at the Co-op and how long have you been working here?**

I have been a member of the Front End team for about six months now, and I'm loving every minute of it! Both the clientele and my co-workers make my job extremely enjoyable. They're all just so nice, far nicer than any other job I've ever had.

**What other work have you done, or do you do?**

Oh man, so many different jobs. I'll just tell you about the fun ones. [Laughs] I used to work at a comic store, but more often than working in the store I would travel around and manage booths at different conventions across the country. I enjoyed selling games and comics, but my favorite part of the conventions were all the people dressed up in wild outfits. They really get into it! I also worked at the International Gem and Mineral Shows down in Arizona. People from all over the world gather there and bring with them the most amazing variety of stones you've ever seen from their home countries. I have seen some awe inspiring specimens. Crystal quartz larger than a car! Ammonite fossils bigger than your dog! The Tucson show boasts every mineral you can think of from the common agate to the rarest tanzanite. It always is so amazing. Last time I walked away with kilos of this raw, black light reactive blue amber from Indonesia. The stuff is crazy. Under the sun it looks like amber with a smoky blue hue, but once you get it under the black light it turns these crazy shades of green.



*Kendal, ready to hit the slopes*

**Where are you from, where have you lived, been?**

In the words of Johnny Cash, "I've been everywhere, man, I've been everywhere." I was born in Bury St. Edmunds, England. From there I have hit Germany, Jamaica, the Virgin Islands, Mexico, Canada, the Bahamas, and about forty of the fifty states, including Alaska, but not Hawaii. I think I might be missing a few destinations in there, but that's cool. Those were the most fun. My favorite state is Oregon, of course, but a close second is Colorado. I've spent the most time out of my life there, and I try to go back every ski season. I have gypsy blood and every time the seasons change I get the strongest urge to hit the road and pursue fresh and beautiful horizons.

**What interested you about working at the Co-op?**

I have been an avid shopper here since I discovered the Co-op, and the wonderful world-minded ideals that it stands for have always been the same in my own heart. I am a warrior for the world, trying my hardest to save it from getting trashed by the empty-headed individuals pumping poison into the land we survive off of. I believe whole-heartedly in the ideals expressed by the Co-op and am just so proud to be part of the solution and not the problem.

**What are some of your hobbies or things you like to do away from work?**

What do you mean...by..."away from work"...? [Laughs] When

I am not within the wonderful walls of the Co-op, I do my best to spend every moment in the beautiful outdoors. Oregon has some of the best backwoods, miles upon miles of winding paths to traverse. I have a fun little pup that I take with me everywhere. Well...little isn't really the right word. She is a Black Lab and Great Pyrenees mix, sized about halfway between the two breeds. She gives me so much life and energy, every morning she reminds me what it is to wake up with enthusiasm. I also greatly enjoy reading a wonderful book, whatever grabs my attention and holds it with a steel fingered grip. Cooking is one of my favorite past-times, but beyond cooking, I love eating. That's why I love my job here so much. I'm surrounded by such great food!

**What are some of your favorite products here at the Co-op?**

Honey Mama's chocolate bars. Oh. My. Goodness. They make the most amazing and decadent chocolate I have ever tasted. The Lavender Red Rose bar, a lavender infused bar with dried red rose petals on top is the best one. Every time I crunch into one of those delightful petals I feel like royalty. They make amazing gifts, and that's what I planned on giving people this year. Past tense because I kind of already ate all the bars I bought for my family. Beyond the decadence of Honey Mama, I also greatly enjoy the Epic Bars, specifically the Lamb and Mint Currant variety. The mixture of tender lamb and slightly sweet tangy currants makes for a perfect snack when you need the energy, or if you present it right, it could act as the main course at the next black-tie event you plan on throwing.

It is that good. Oh! Also the Field Roast Veggie burgers. I would probably starve if it weren't for those wonderful hand-formed patties. With a challah bun and a little Tillamook Aged White Cheddar, they create the perfect easy meal that satisfies every taste on my palette. Same with the Miso Ginger Salmon over the mesclun salad mix, drizzled with Amy's Sesame Vinaigrette. That's another one that's quick, painless, and delectable. There are so many other great things at the Co-op, it's almost impossible to pick favorites!

**If you could go anywhere, where would it be?**

I've always wanted to go to Nepal. I would tuck myself away on a backpacking trail in the snowy mountains, visit all the small towns and take hot tea at the base of Mt. Everest. I also have always wanted to travel to Tanzania and see Mt. Kilimanjaro and all the wonderful caverns of crystals and gems that hide beneath its base. The rarest specimens in the world can be found there. I long to ride on the backs of elephants in Thailand and to wander the tight and brightly colored alleys of India.

**Any pop-culture recommendations for our readers?**

Hmm. I'm more of a rock and leaf kind of guy, less of a TV screen kind. But I like Bob's Burgers so much I guess I should give that a nice shout out. 🍷

## JOIN THE 5TH ANNUAL SOUTH TOWN ART WALK

Visit Corvallis Artists in a Neighborhood Setting, Dec. 4th

The fifth annual SouthTown Art Walk will take place Sunday, December 4th from 11am-4pm. A variety of artists residing in South Corvallis will open up their homes and studios for the day to share the projects they've been working on, to sell handmade gifts, and to nurture community among neighbors.



*Barred Rock Hen Card by Julia Lont*

This year's Art Walk includes 15 different locations in walking distance of each other in South Corvallis. At these 15 locations, 35 different artists' work will be on display and for sale. The artwork includes ceramics, jewelry, fiber arts, painting, drawing, printmaking, letterpress, wood-working, metalwork, mixed media, and upcycled artwork.



*Pottery by Diana Ryan*



*Tiles by Dana Monroe*

The event is free and open to the public. For more information and to find a map of locations, visit the South Town Art Walk Facebook event page. 🍷



Moms make 82% of household buying decisions. Promote your business directly to your target market — local moms. Contact us about advertising, 541-231-7250.

**MOM** MAGAZINE REAL | LOCAL | MOMS



**COMMUNITY FOOD LAND TRUST**

**Seeking to preserve the future of local food**

Ask your cashier to "Add it Up" after your next purchase at the Co-op. It will be rounded to the nearest dollar, and that additional amount donated to the Ten Rivers Food Web Community Food Land Trust program. Help secure a future for local food and farmers.

**CommunityFoodLandTrust.org**

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



*We Love It When You Read!*

**Local Fun! Local Resources!**

**Valley Parent**  
Linn & Benton Counties

# CO-OP CLASSES

# DECEMBER

## AND BEYOND

**Saturdays, December 3rd**  
**10:30-11:30am, South Store Meeting Room**  
**Mahasiddah Buddhist Meditation**

Cost: \$10 per week general public; \$8 per week for seniors and Co-op Owners. Register at [www.eventbrite.com](http://www.eventbrite.com)

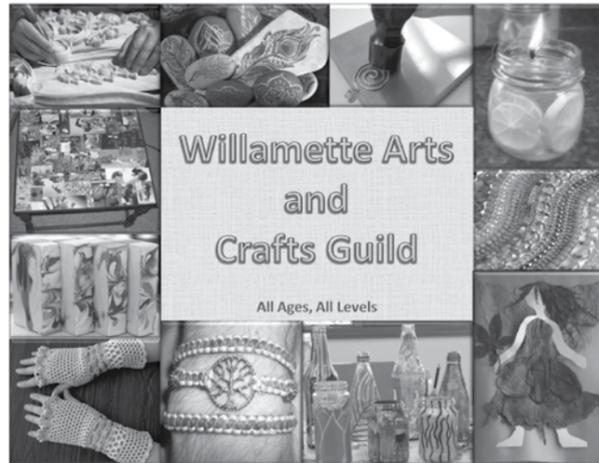
Enjoy teachings and guided meditations to improve your concentration, mindfulness, and good heart. Classes led by Kadampa Buddhist nun Kelsang Milob. Everyone welcome.



**Saturday, December 3rd and 17th**  
**2-4pm, North Store Meeting Room**  
**Willamette Arts and Crafts Guild**

Cost: Free and open to the public

A bring your own art project event, the Willamette Arts and Crafts Guild meets every first and third Saturday in the Co-op's North Store Meeting Room. Come meet artistic people, chat, and discuss possible group projects. For more information find us on Facebook or MeetUp or contact Summer at [WACGuild2@gmail.com](mailto:WACGuild2@gmail.com).



**Saturday, December 10th**  
**12:30-2pm, South Store Meeting Room**  
**Showing Up for Racial Justice: White After the Election**

Cost: Donation of \$3-5 (more if you can, less if you can't)

Community meeting of Corvallis SURJ: Showing Up for Racial Justice. Read aloud and discuss an article recommended by the director of equity and inclusion at LBCC. Organize actions for families. Everyone is welcome, including children. More info at: [www.CorvallisSURJ.org](http://www.CorvallisSURJ.org)



**Saturday, January 28th**  
**6:30-9pm, South Store Meeting Room**  
**MidValley Birth Network: Intimacy in Pregnancy and Postpartum**

Cost: \$10 for non-MidValley Birth Network members; \$5 for members. Register at [www.eventbrite.com](http://www.eventbrite.com) or at Customer Service

Join the MidValley Birth Network for an informative evening of food, fun and fashion, including 50 gift bags with cards, coupons and samples being given away! A discussion on "Pelvic Floor Health and Intimacy during Pregnancy and Postpartum" will be led by Kerry Boysen from Restore Physical Therapy. And Sara Thomson will lead a fashion show featuring local moms and their comfy yet fashionable pregnancy and breastfeeding attire from LuLaRoe. Women only; lap babies only, please.



YOU'RE INVITED TO

COME CAROLING AT THE NORTH CO-OP

WITH THE

HAMMERED BRASS QUINTET

SUNDAY, DECEMBER 11TH

2:30-3:30 PM

AT THE NORTH STORE

WARM YOURSELF BY THE FIRE AS YOU ENJOY HOLIDAY SNACKS AND SING SEASONAL FAVORITES

COFFEE AND HOT COCOA PROVIDED BY SCHMIDT'S GARDEN CENTER



The Hammered Brass Quintet plays some holiday favorites at the North Store in 2015

**Beans for Bags**

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

**Recipients for October-December 2016**

- Center Against Rape and Domestic Violence (CARDV)
- Co-op Recycling Center
- Court Appointed Special Advocates (CASA)
- Ten Rivers Food Web

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

# December Recipes: The Light in the Center

December is the close of the year, and a month full of wonderful traditions from cultures across the globe. It seems that no matter where you live, there's always something to celebrate during the darkest days. And it does feel pretty darn dark out there right now. With that in mind, I've chosen three delicious, traditional dishes to share with you for this last recipe page of the year. Each one has a special memory for me and I hope they will for you, too; and that you make them your own.

As this year draws to a close, so does my tenure as the recipe page writer. I'm making this my last article, and I do so with love and gratitude. My time with the Co-op has been a wonderful experience and a great opportunity to explore the world of food as I never thought I could. Thank you, dear readers, for your support and great feedback over the years. I hope you continue to use my recipes in the years to come, good times and bad. Sometimes a good meal is all you need to feel better about the state of things! When things are their darkest, remember the light in the center—friends, family, home, and hope.

I love you all, and wish you the very best holiday and even better times in the new year. Prost!

## African Peanut Soup

Kwanzaa was started in the 1966 by Dr. Maulana Karenga. This year marks 50 years of celebrating African Heritage. A big part of it is the Karamu, or feast. This African peanut soup is delicious for any occasion and was one of my favorites when I worked as a barista at the downtown Beanery. I've added cilantro and pineapple for a bit of a new twist. Enjoy!

- ★ 2 Tbsp. coconut oil
- ★ 2 medium onions, chopped
- ★ 1/2 tsp. each: chili flakes, salt and pepper
- ★ 2 large red bell peppers, chopped
- ★ 4 cloves garlic, minced
- ★ 1 (28 ounce) can crushed tomatoes, with liquid
- ★ 7 cups water
- ★ 3 Rapunzel bouillon cubes
- ★ 2/3 cup uncooked brown rice
- ★ 1 small can pineapple chunks with juice
- ★ 2/3 cup extra crunchy peanut butter
- ★ 3 Tbsp. brown sugar
- ★ Cilantro for garnish

Melt oil in large soup pot and add onions. Sprinkle with chili flakes, salt and pepper. When onions begin to soften, add the bell peppers. Cook another few minutes then add garlic. When garlic is lightly browned add tomatoes, water, bouillon, rice, and pineapple. Simmer for 50 minutes, stirring occasionally, until the rice begins to break and the soup has reduced. Remove from heat and add peanut butter and brown sugar. Adjust flavors to taste and serve garnished with cilantro.



## Sweet Potato & Sage Latkes

Latkes are a part of Hanukkah that observe the oil from the synagogue that lasted for eight days instead of just one, and are traditionally cooked in oil for just that reason. This version combines colorful garnet yams and earthy sage to take your latkes to a new level. These make a great appetizer or a side dish.

- ★ 1 large russet potato
- ★ 1 large garnet yam
- ★ 1/2 onion
- ★ 3 Tbsp. flour\*
- ★ 1 Tbsp. nutritional yeast
- ★ 3 Tbsp. sage, additional leaves for garnish
- ★ 2 eggs
- ★ Oil for frying
- ★ 1 tsp. coarse salt, plus more for sprinkling
- ★ Applesauce and sour cream for topping

Peel and grate the potato, yam, and onion and spread them out evenly on a clean kitchen towel. Roll up the towel and squeeze to remove excess moisture. Meanwhile, mix remaining ingredients except applesauce and sour cream. Add the vegetables and mix well.

Heat oil in a skillet and drop the batter by the tablespoon into the pan. Flatten slightly and cook until golden on each side. Transfer to a paper towel and continue cooking the remaining batter.

Transfer to a dish and serve with applesauce and sour cream.

\*I love Pamela's GF Baking mix for a gluten free option



Emily Stimac (and kids), *The Thyme Garden*  
Thanks for your contributions over the years, Emily.  
You help make our Co-op, and our community  
a better place to live and work. We'll miss you!

## Almond Raspberry Yule Log

To the folks of northern Europe in the middle ages, the darkest day of winter was celebrated with singing, dancing and merriment. The yule log was chosen to burn throughout the night and later was adapted to the form of a rolled cake. This particular combination of almond, raspberries, and whipped cream is one my sister made for me for my birthday this year and it took me back to our days growing up at our parents' restaurant. A few times a year they would hold special brunches and make a spectacular array of sweets, pastries, cakes, cookies, and pies. Often they were up the entire night working, with barely a break before my dad set up his omelet station and my mom began waitressing. The flavors are exactly like their *petits fours*, light, nutty and irresistible. The cake is actually fairly simple to make, and very impressive to present on your holiday spread.

- ★ 1 vanilla cake mix (gluten-free or regular)
- ★ 2 tsp. almond extract, divided
- ★ 4 cups powdered sugar, divided
- ★ 1/2 pint whipping cream
- ★ 8 oz. frozen raspberries
- ★ 1/2 cup butter
- ★ 1 tsp. vanilla
- ★ 5-6 Tbsp. milk
- ★ Sliced almonds and raspberries for garnish

Prepare cake batter according to directions, adding 1 tsp. almond extract. Line a 13"x 18" jelly roll pan with parchment and spray with cooking oil. Turn the batter out onto the pan, smoothing to the edges, and cook until the cake pulls away from the sides, 11-13 minutes.

Cool slightly and sprinkle with 1/2 cup powdered sugar. Place a clean cloth over the cake and roll lengthwise. Allow to cool completely. Meanwhile, prepare the whipped cream. When cake has cooled, gently unroll and transfer to serving dish. Spread with whipped cream, then re-roll. (Working with a friend will help this process!) Sprinkle with raspberries and re-roll.

Whip the butter in a bowl and slowly add remaining powdered sugar, 1 tsp. almond extract, 1 tsp. vanilla and milk, alternating between milk and powdered sugar until you get a smooth, creamy consistency. Spread the icing over the cake and decorate with almonds and raspberries. Refrigerate until serving.



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