

OCTOBER 2016
VOLUME 37 • ISSUE 10



First Alternative
NATURAL FOODS CO-OP

THYMES

COMMUNITY MARKET MONTHLY



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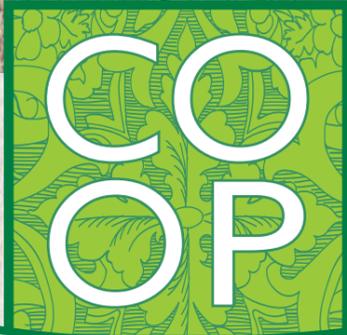
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FAIR TRADE
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toberfest

A Co-op Community Celebration

October 7th from 4-7pm

North and South Stores

FOOD • DRINK • MUSIC

Grilled local veggies, brats & tofurky
Free samples throughout the store



ROGUE



North Store

South Store



from the **GENERAL MANAGER**

Cindee Lolik
General Manager

It's Co-op Month!

A time to celebrate your Co-op and the spirit of cooperation in Oregon, the United States, and around the globe. Did you know that there are over 30,000 cooperatives in the United States that provide approximately 2 million jobs and can boast 256 million members?

Some of those folks are, unfortunately, unaware that they are members of a co-op. When I was doing new staff orientation sessions, one of my favorite questions to ask was, "do you belong to any co-ops?" There would always be one or two new employees who would say no then retract that when asked if they were members of a credit union—and with such great credit unions in Corvallis it's no surprise that many of them chose to do their banking at one. Credit Unions are cooperatives. They operate under the same principles of cooperation as your Co-op.

It's not only credit unions, there is also Consumers Power Inc., an electric

cooperative, which just held their 77th Annual Meeting; and Pioneer Telephone which has been serving communities from the Willamette Valley to the Oregon Coast for over 65 years. With 46 years under our belts this year, we're adolescents compared to them!

We are proud of our cooperative heritage and our over 11,000 Owners right here in the Valley, and we're celebrating by reaching out to our customers this month to encourage those who are not Owners to become Owners. The benefits are many and go beyond just owning a share in a vital, thriving food co-op.

Two of the primary benefits: being an Owner gives you a voice in your Co-op. Our Board of Directors consists of a group of Owners, elected by Owners, and their mission is to help guide the vision of the Co-op, and to give direction to management to fulfill that vision. As an Owner, you vote for those Board members who represent you. As an Owner you can also run for the Board—we're always



looking for enthusiastic dedicated Owners to do so! Another benefit of being a Co-op Owner is that once a month, on a day of your choosing, you can shop and receive 10% off all regularly priced items in addition to all the great Co-op Deals and Co-op Basics that the Co-op has each and every day. We call it Owner Appreciation Day.

If you are already an Owner, thank you. If you're considering Ownership but haven't yet taken that step, we'd be happy to talk to you about why it's such a great idea, and to help you with the process—just ask any of our staff how to join.

Happy Cooperative Month!! 🍷

Who Owns the Co-op?
45 new Owners
in August!
YOU!

The Co-op's 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



from the **BOARD OF DIRECTORS**

Robert Williams
Board Secretary

Welcome to fall. October, when the leaves are turning, the pumpkins are orange, and the kitchen overflows with the bounty of the garden and orchard.

Our co-op's produce section is also overflowing with the bounty of harvests from our local growers, many of whom sell direct to the Co-op, bringing you fresher produce at lower prices and more income for our local farmers. A win-win arrangement. Peppers, kale, eggplant, pears, and other local produce are in abundance, many are on sale. Be sure to go through our produce section.

The Co-op has been busy in other areas as well, with the retrofit of LED lighting replacing fluorescent bulbs and ballasts. More light, less power, longer life, no flicker—what's not to like.

The reset of the North store is complete, and is drawing quite a bit of attention. I'm sitting there as I write this article. Go check it out.

The Ten Rivers Community Food Land Trust project is an awesome group we heard from recently. Their goal is to make land affordable to young farmers who didn't inherit farmland by holding the land in trust while they use and improve it. (More on pg. 7) The Board is working on a formal statement of support for this project.

In our meeting last month we had a financial training seminar led by our very capable Jim Smith, a review of our financial condition, agreed to change banks (finally), committed to a significant pay down of our emergency loan from NCG, and considered minor

changes to our policies to allow Owners to sit on multiple committees in limited circumstances. We will also be compiling a list of skill sets and professional competencies of Board members.

Financially, although July was a little slow, we're keeping our heads above water and looking to improve significantly on last year.

One thing you have done to reduce expenses is voted to allow electronic voting. This will save the Co-op thousands of dollars in printing and postal expense every year. You will still be able to vote by printed ballot if that is your preference. Thank you.

October being National Co-op Month, on Friday, October 7, the Co-op is holding an event called Co-optoberfest, at both stores, from 4-7 pm. Bring a friend and help them become an Owner of your favorite cooperative. Board members will be in attendance.

The Board is looking forward and sideways to find ways to meet our ever changing market

environment. Several of us will be going to the Provender Co-op Cafe conference in Hood River. This is a great opportunity to share knowledge with other co-ops. I always learn new ways of thinking and managing at this event.

We have commissioned a market study by Cooperative Development Services to help us consider ways forward. We should have results from that study this month. Your thoughts and suggestions on this important subject are always welcome. Leave a note at customer service, mail, email, or come talk to us in person. We always love to hear from our Owners. 🍷

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.

Editors Adam Payson, Joel Gustafson
Design/layout Adam Payson
Photography Adam Payson, Emily Stimac
Illustrations Julia Lont, Stev Ominski

Board of Directors Committee Meetings Schedule

Owner Relations Committee <i>The primary conduit for communications and relations between Owners and Board.</i> Wednesday, Oct. 5th at 11:30am in the South Store meeting room	Finance Committee <i>Reviews, analyzes, and makes recommendations on financial matters.</i> Wednesday, Oct. 12th at 5:30pm in the North Store meeting room
Board Recruitment & Elections Committee <i>Works to enhance Board performance and recruit qualified candidates.</i> No Meeting in October. Meetings will resume in September	First Alternative Board of Directors <i>Comprised of elected Owners, the Board puts cooperative principles into action.</i> Tuesday, Oct. 25th at 6pm in the South Store meeting room

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 • **Email address:** firstalt@firstalt.coop
Editor's email: thymes@firstalt.coop • **FA Board's email:** faboard@peak.org



SIDE BY SIDE ENERGY BAR COMPARISON

Yadira Ruiz
Sunbow Produce,
Thymes contributor

Whether you're a student going from school to extra-curricular activities and all-night study sessions, or a busy parent trying to balance everything for everyone, or a person on the run because that's how you do—lacking the time to eat a wholesome meal is something many people can relate to.

We don't always have time to pack a lunch or even think about staying fueled during our day, so many of us turn to the ever-popular and now extensive world of energy or protein bars. If you can relate to eating a bar on the run to avoid malnutrition and exhaustion, you probably already have your favorites. I know I do. It wasn't until we decided to do this article that I noticed how many new options there are to choose from.

At first I thought this article would be a piece of cake (hehe, I love food puns) but eating my way through 15 protein bars proved to be a challenge. It's a lot to stomach!

Some bars utilize interesting ingredients to draw you in, some boast about their simplicity, and others are altogether unique.

Here, we present to you the basic details, grams of fat and protein, added sweeteners and dietary/allergen information. We've also thrown in our thoughts on taste, texture and info about what makes each bar stand out. The taste scale ranges from 1-5 with 1 representing something we would eat only because "it's good for you" and 5 representing something we would eat because it's really tasty and makes you forget that it's good for you.

*Certified Organic

Brand	Fat (g)	Protein (g)	Non-GMO	Kosher	Vegan	Raw	Paleo	GF	Added Sweetener	Why it's special (where it lands on taste scale)
Primal Strips Vegan Seitan	3	11	✓	✓	✓				Cane juice	Has an excellent "meat" texture. (3)
Epic	12	11							Brown sugar and fruit juice	It's made with Bison meat. Sweet and smoky, juicy cranberry chunks. (4)
Tanka Bar	2	7						✓	Sugar (in the cranberries)	Made/produced by Native Americans. Buffalo meat. Soy free, good texture, fruit chunks. (2)
Clif Bar Nut Butter filled*	11	7	✓						Brown rice syrup, tapioca syrup, cane syrup	Low glycemic index. Tastes like a cookie! (4)
Mamma Chia*	13	4	✓	✓				✓	Honey, tapioca syrup	1000 mg of Omega 3s. B Corp, member of the 1% for the Planet Non-Profit, and Slow Money Founding Member. (1)
Pure Organic*	8	6	✓	✓	✓			✓	Agave, fruit juice	Antioxidants from the cherries. (3)
Evo Hemp*	11	7	✓		✓		✓	✓	Coconut nectar	Chewy. Nice bits of coconut and nuts. Yerba Mate for energy. (5)
Superfood + Maca*	9	4	✓	✓				✓	Tapioca syrup, cane syrup, maple syrup	Maca was used by the Incas for endurance, contains 9 superfoods. (5)
Raw Revolution*	15	7	✓	✓	✓	✓		✓	Agave	"Live" food, no processed ingredients. (1)
Grow Raw Sprouted Protein Bar*	14	12	✓	✓	✓	✓	✓	✓	Coconut Nectar	From sprouted watermelon seeds and a few other simple ingredients! Delicious lemon flavor. (5: My favorite out of all of them.)
Go Macro*	11	11	✓	✓	✓			✓	Brown rice syrup, Coconut sugar	It's soy free and macrobiotic...but doesn't explain how. (2)
Skout*	4.5	3	✓	✓	✓			✓	None!	Soy free. Originally made in Willamette Valley now produced in Portland. (1)
LivBar	15	6	✓		✓			✓	Honey, organic coconut palm sugar, organic chocolate stevia	Soy free, corn free. This product is mostly organic and is made in Salem. Fun flavors! (4)
Chapal	8	6							Honey	Shellfish/crustacean allergy warning. Cricket powder! (1: Was not a fan of the savory flavor combos)
ProBar Meal	15	8	✓	✓	✓				Brown rice syrup, cane syrup, fruit juice, molasses	Contains a lot of veggies! It's mostly organic and packs a punch for satisfying hunger. (2)

October Anniversaries

Staff Anniversaries

- 1 year:** Kris Busini, Nate Horsley, David Parrish
- 3 years:** Charlotte Johnson, Holly Smith
- 5 years:** Anthony Mattos
- 8 years:** Jeannie Holiday
- 9 years:** Don Grippin
- 11 years:** George Brown
- 12 years:** Nina Fredrickson
- 15 years:** Chad Elwood
- 17 years:** Bill Genne

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

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

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

Thank you all

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

LOTUS FOODS AND HEIRLOOM RICE

Working Across the Globe to Grow Rice More Sustainably

The founders of Lotus Foods fell in love with an amazing black rice while traveling in China, calling it forbidden rice because they were told it was known as "tribute rice" and reserved for royalty. Forbidden rice began a love affair with heirloom rice that led to the 1995 launch of Lotus Foods, whose goals were to share exceptional heirloom rices with US consumers, promote organic agriculture, and support producers with higher prices. Now, 13 years later, they're changing the world of rice

One way is through the preservation of Heirloom rices, unique varieties each with their own distinctive tastes, textures, aromas, and nutritional benefits. Without the help of Lotus Foods, many of these varieties,

like the forbidden rice and bhutanese rice, would be threatened with extinction.

Then there's the "More Crop Per Drop" program, which seeks to alleviate the environmental impact of rice cultivation. One of the world's most important staple crops, rice is also one of the thirstiest, consuming up to one third of the planet's annual renewable supply of fresh water. This is not sustainable, and why in 2008 Lotus Foods committed themselves to partnering with small-scale farmers who have radically changed how they grow rice, using less to achieve more.

With a set of practices that they call More Crop Per Drop (MCPD) farmers can double and even triple their yields using up to 50% less water on

average and 80-90% less seed. In 2015, the production of organic and fair trade rice in Cambodia, Indonesia, and Madagascar using MCPD methods reduced the amount of water needed for the rice fields by about 528 million gallons or 800 Olympic sized swimming pools.

The Co-op carries "More Crop Per Drop" white and brown organic jasmine rices in Bulk. We will bring in more of these water-saving wonder grains as they become available.



MORE CROP PER DROP



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Beans for Bags 2017 Ballot

Owner Share Number (required)
one vote per Owner number

Voting Owner's name (please print)

Voting Owner's signature

You must be an active Owner to vote. Your Owner share payments must be current or paid off and your share must be in good standing.

**Vote for up to 16 nominees
(ballots with more than 16 votes
will be considered invalid)**

- Benton Habitat for Humanity**
- Benton Hospice Service**
- Center Against Rape and Domestic Violence (CARDV)**
- Coastal Range Food Bank**
- Community Outreach, Inc.**
- Co-op Recycling Center**
- Corvallis Bicycle Collective**
- Corvallis Environmental Center**
- Court Appointed Special Advocates (CASA-Voices for Children)**
- Friends of Corvallis Parks and Recreation**
- Friends of the Family**
- Furniture Share**
- Girls on the Run, Willamette Valley**
- Grace Center for Adult Day Services**
- Greenbelt Land Trust**
- Healthy Youth Program, Linus Pauling Institute, OSU**
- Local 6 Connection**
- Marys River Watershed Council**
- Mid-Valley Harvest**
- Old Mill Center for Children and Families**
- Philomath Community Gleaners**
- Senior Dog Rescue of Oregon**
- Ten Rivers Food Web**
- Tunison Neighborhood Association**
- Willamette Neighborhood Housing Services Garden**
- Work Unlimited Inc.**

BEANS FOR BAGS ELECTION 2017

It's time to elect the sixteen local non-profit organizations that will receive donations in 2017 as part of our popular Beans for Bags program, one more way that the Co-op gives back to the community.

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.

Customers choose which Owner-elected groups they would like to support with their beans.

Each quarter, four out of the sixteen organizations will take a turn in the bean towers located near the entrances. At the end of the quarter the organizations receive a check proportionate to the beans they received.

How to Vote

First read about the great organizations hoping for your support, then vote for your top sixteen by completely filling out a ballot (to the left, and available in store.) Cast your ballot at Customer Service, all month long.



Benton Habitat for Humanity

Benton Habitat for Humanity's mission is to bring people together to make decent homes achievable for everyone in our community. Families are chosen based on their need, income, and willingness to participate. These families provide 500 hours of sweat equity and cover the cost of materials to construct their home through a zero-interest mortgage. Benton Habitat is supported by volunteers, donors, grants, and sales from the Benton Habitat ReStore. Benton Habitat is currently building their 37th home, which will be the first Passive Home built by Habitat in Oregon. It is an airtight model that conserves energy and limits expenses for homeowners. Utility costs are estimated not to exceed \$400 per year, enabling the first-time homeowner to more easily maintain finances. Beans for Bags funds will be applied to new home construction and home repairs. New homes are financed by donors, grants and the limited income of Habitat families. Funding will be used to alleviate financial burden on these low-income families, by increasing Habitat's capacity and ability to provide services. In addition, funds will be applied to the Home Repair Initiative which offers critical home repairs to families who cannot afford them. In fiscal year 2015-2016, the Benton Habitat Restore reported gross sales of over \$450,000, exceeding their \$430,000 goal. The ReStore helps in funding upfront cost of homes, and provides a place for homeowners to purchase gently used materials at a reasonable cost.



Benton Hospice Service

Benton Hospice Service provides compassionate, patient-centered end-of-life care. They focus on quality of life: to ease suffering, honor dignity, respect choices, and support grieving. They provide resources and education for individuals, families, and the community dealing with caregiving, serious illness and end-of-life support, as well as bereavement services and family caregiver education and support to the entire community, at no charge. These programs are funded entirely by grants and individual contributions. Another program, Transitions, is a non-medical program for people who are experiencing a serious illness, are not yet ready for hospice but need help navigating the resources available to them, or need a volunteer to provide respite for their caregiver. A testimony from a woman whose husband passed away while on their service said, "Grief can feel like waves of peaks and valleys... The Grief Education group was absolutely wonderful. People there for you while you worked through your own grief..." She is now a volunteer for Benton Hospice.



Center Against Rape and Domestic Violence (CARDV)

CARDV's mission is two-fold: 1) To provide services and support to those affected by sexual and domestic violence, and; 2) To provide education and leadership within the community to change the societal conditions that cultivate



these forms of violence. CARDV recently assisted a young woman who, after living with an abusive partner for many years, decided to seek safety. She worked with CARDV Advocates to leave the area, a necessary action to create a barrier of safety when the abuse escalated and the abuser continued to stalk her. Relocating meant forgoing all that was known to this woman; she was not able to meet with supportive friends, family members, continue therapy or continue visits with her children who were in the custody of a safe family member. When she felt safe to return to the community, Advocates helped her navigate legal systems, retain safe housing and stay connected with her support system. All of these services helped her return to the community and maintain her life and support system. She was grateful for CARDV helping her stay safe during a very dangerous time and for providing a space where she doesn't have to edit or hold back how hard it was to leave. "I couldn't have done this without CARDV. CARDV saved my life". At this time, she is safe and working on a reunification plan that will allow her children to return home.

Coastal Range Food Bank (CRFB)

Helping People Help Themselves has helped CRFB to successfully make sure no one in our rural surrounding communities has gone hungry. In 2016, they made considerable progress in addressing the nutritional shortfalls in diets and addressed childhood obesity. CRFB has been operating in western Benton and eastern Lincoln County communities for over 26 years. They serve a "Food and Social Services Desert" in that there are no supermarkets, health services or senior centers. The barriers to these and other necessary services in our community is the lack of transportation, distance and poverty. One would think a simple thing like drinking water would be no problem but in rural communities people are dependent on wells or springs that can go dry during the summer or be contaminated with bacteria or arsenic. They strive to provide services with compassion and respect for the dignity of their clients.



Community Outreach, Inc. (COI)

Community Outreach, Inc.'s mission is helping people help themselves lead healthy and productive lives. In 2016 a family of five came to COI in need of a safe and warm place to sleep. Both the mother and father struggled with substance abuse issues. The family enrolled in their transitional shelter for families and started working with a case manager. Both parents attended individual and group counseling and the children met with a Child Support Specialist who focused on their unique needs. The children attended Mari's Place while the parents looked for employment and permanent housing, and today the family has a home of their own. COI provides for the basic human need of their clients, serving more than 7,000 individuals each year. Since 1972 COI has served those who are at risk of, or are currently experiencing, homelessness by using a holistic approach focused on the individual or family in crisis.



Co-op Recycling Center

The Co-op Recycling Center provides multiple resources for most of your recycling needs in Corvallis and the rest of the valley. They are the only place in town where you can recycle Styrofoam and are a focal point in Southtown that helps fulfill our community's needs for recycling items that would otherwise go to the landfill. In an average year they recycle 3,700 lbs. of metal, 890 lbs. of batteries, 1,420 cubic yards of Styrofoam, 840 cubic yards of commingle items and 510 cubic yards of glass. The center is operated on a zero dollar budget; community support is vital to its success.



Corvallis Bicycle Collective

The Corvallis Bicycle Collective's mission is to enhance safety, sustainability, and happiness through bicycling. Funds from this donation would be used towards bicycle education. From community outreach at events to staffing workshops at the public library during national bike month, to mentoring volunteers and shop users every day, bicycle education is integrated into everything they do. One of their regular volunteers, a client at HomeLife, Inc has been self-directed to get more bikes under people. He recently graduated from stripping bikes for recyclable parts to fixing them up for resale. Empowering volunteers moves their work forward in the community.



Corvallis Environmental Center (CEC)

CEC's mission is to educate, engage and inspire people to create a healthy, sustainable community. Their multi-faceted approach to environmental stewardship focuses on nature education through Avery House Nature Center; local food security and education through the Edible Corvallis Initiative and climate and energy



action through Energize Corvallis. The Bright Idea campaign, through Energize Corvallis is working hard to win the \$5 million Georgetown University Prize. The Starker Arts Garden for Education (SAGE), a 1 acre production garden and community space for learning raises and donates 3 tons of produce each year to local food relief agencies. The Avery House Nature Center provides environmental education for children and adults. CEC focuses on strengthening people's relationship to food, community, and nature on a local, regional and national level. All of their programs are locally focused and welcome collaborations and partnerships, knowing it takes a village to make lasting sustainable change for us and for generations to come.

Court Appointed Special Advocates (CASA—Voices For Children)

CASA-Voices For Children's vision is giving voice to children by advocating for every child's birthright to a safe, nurturing, forever family. Their mission is to recruit, train and professionally support court appointed community volunteers to advocate for each abused and neglected child in Benton County who is within the legal custody of the State. CASA served 119 children in 2014-2015 and provided support to foster families, biological parents and at-risk children/youth. Funds from Beans for Bags would enhance the ability of CASA to ensure that children have a safe, stable and loving home, through advocate training, community partnerships/support and increasing capacities and efficiencies. CASA takes pride in providing a unique and unduplicated program. There are no other organizations that offer a similar service or mission.



Friends of Corvallis Parks & Recreation (FCPR)

Friends of Corvallis Parks & Recreation works to enhance and preserve the livability of our community and the quality of life for all residents. They provide support and generate funding for the operation of public parks, natural areas, cultural and historic resources, recreation facilities and programs and help strengthen and expand these services. They advocate for public parks, trails, natural areas, cultural, and historic resources, recreation facilities and programs that are accessible and affordable for all. In 2016, FCPR worked with local residents to raise funds to help with the replacement of playground equipment at Franklin Square Park. The project cost \$125,000, with money coming from a state grant, City funds and donations. Funds from this donation would go towards the purchase of outdoor musical instruments to be installed at Younger Playground, in Avery Park. This project will be in memory of Bruce Marbin, long-time Co-op Owner and employee. The City of Corvallis manages 1,800 acres of developed parks, 1,240 acres of natural areas, and 22 miles of trails. They provide over 2,800 recreational, educational and active living programs annually with over 95,000 registrations, offer 554 programs to those over age 50, and manage the Osborn Aquatic Center that sees more than 204,000 visits per year.



Friends of the Family

Friends of the Family is committed to building healthy relationships and healthy homes in the mid-Willamette Valley through counseling, educational programs, workshops and other events and seminars. Successful programs include Marriage workshops, Love & Logic parenting classes and The Third Option Marriage program. One mother walked 5 miles, pushing a stroller to attend Love & Logic, seeking support for parenting. Another couple credits The Third Option for turning their marriage from a path to divorce into a happy, healthy marriage. Children learn about boundaries and choices through the education programs. Lives are changed, causing a positive ripple effect.



Furniture Share

Furniture Share's mission is to provide locally-grown food and redistribute quality used furniture to children, families, and individuals in need, thus diverting items from the landfill. On July 1, 2015 food boxes became available to their clients and as of 8/31/16 they have provided 472 individuals with healthy food options. Their goal for this year is to provide 5,150 people with a food box. Funds from Beans for Bags would go toward providing client services to Feeding our Future, where 200 families will receive a dinner table with a food box and Beds for Kids, in which 1,800 children will receive a bed, pillow, sheets, and a blanket. Furniture Share is the only agency within Benton County that provides clients with furniture and household items paired with a food box to help provide both needs in one setting.



Girls on the Run, Willamette Valley

Girls on the Run inspires girls to be joyful, healthy, and confident using a fun experience-based curriculum that integrates running. Teams of girls in 3rd through 8th grades develop essential skills to help them navigate their worlds and support each other while establishing a lifetime appreciation for healthy living. The program culminates with being physically and emotionally prepared to complete a celebratory 5K event. In 2016, one of our participants thought she could not finish the 5K, even sitting down at one point. Two of her teammates stayed with her, all being the final finishers. What started out as a discouraging experience ended on a positive step, with girls lifting each other up to reach their goals—something they can build on now and for the future. Funds from Beans for Bags would support the purchase of healthy snacks for girls in this program. Not all girls are able to bring a snack to practice, so they are provided for everyone. Some lessons address healthy food choices, so providing snacks gives them an opportunity to set an example that is consistent with their learning goals. Girls on the Run serves nearly 600 girls in five Oregon counties; no one is turned away for an inability to pay.



Grace Center for Adult Day Services

Grace Center's mission is to provide day services that optimize the cognitive and physical abilities of seniors and adults with disabilities so they can remain as independent as possible in their homes. Their vision is to be leaders in a unique approach to long term care that will change the way our culture views aging through innovate practices which keep families together and our communities intergenerational. One male participant, age 42, has cerebral atrophy that greatly affects his mobility as well as his cognitive abilities. While living in California he went to a day facility that had very limited activities and no exercise. He was socially isolated and physically weak. He first came to Grace Center in November 2015 and has made huge improvements socially, emotionally, and physically. When he first started coming he was falling almost daily. After working out on the Nu-Step machines and taking part in group exercise he has been fall-free for several weeks and was even strong enough to receive a knee operation and heal quickly. Since 1983, Grace Center has been keeping families together and our community intergenerational. The only adult day services center in Benton, Linn, and Polk counties, Grace Center is a vital resource for our community. They are a health and social center offering exercise, health monitoring, activities, and a multitude of therapies that benefit social and cognitive health. They specialize in both memory care and post-rehabilitation. Their multi-dimensional services and varied specialties allow them to serve a large range of disabled and elderly adults, as well as providing respite to family caregivers.



Greenbelt Land Trust

Greenbelt Land Trust works to conserve and protect in perpetuity native habitats, working lands, and lands of natural beauty, which provide a connection to the natural world for residents of the mid-Willamette valley. One recent success is the acquisition and permanent protect of a 170 acre property named Mulkey Ridge Forest located between Fitton Green Natural Area, Bald Hill Farm, and Bald Hill Natural Area. In 2014 Greenbelt worked with the current landowner, Benton County and hundreds of volunteers to build a 1.5 mile trail across the property. In 2015, after nearly 30 years of landowner communications and negotiations, Greenbelt acquired the Forest property, creating an unbroken trail system of over 18 miles, protecting one of the remaining 'pearls on the necklace' of open spaces at the edges of Corvallis and Philomath. Funds received will be directed into Greenbelt's general operating funds, to help support our primary program areas (Land Acquisition, Stewardship, and Education). They work alongside landowners in Benton, Linn, Marion, and Polk Counties to create innovative conservation options to protect wildlife habitat, water quality, and recreational resources. Greenbelt Land Trust acquires land through purchase, conservation easements, and occasionally through donations. Over 2,800 acres of critically important lands are currently under permanent protection by the Trust, and being managed to build resilient water systems, enhance habitat for wildlife, and create productive natural ecosystems.



Healthy Youth Program, Linus Pauling Institute, OSU

Healthy Youth Program's mission is empowering youth and their families to achieve optimal health through hands-on education. They strive to provide a nurturing atmosphere where youth and families feel comfortable exploring new horizons in the kitchen. A student



in one of their preschool parent/child classes began the class refusing to eat any vegetables. Throughout the session, the child's excitement for cooking new things really blossomed. He learned to take "mosquito bites" of vegetables to try them out, and by the end of class, he was eating whole slices of cucumbers! In one of their middle school cooking classes, one of the participants declared to our staff, "You should feel proud for getting me to try something new! [referring to the breaded asparagus made in class that day] I'm going home and telling my mom that we have to make these asparagus things—but only if they are cooked in the same way, because they are amazing!" They believe that it is an investment in our future to give all children opportunities to eat healthful, nourishing foods. In their experience, kids are more willing to eat healthful foods when they grow it and cook it themselves. As part of Linus Pauling Institute's public outreach, they offer hands-on cooking, nutrition, and gardening programs for youth and their families.

Local 6 Connection

The mission of the Local 6 connection is to create a vibrant and secure local food system as part of an ecologically, socially, and economically healthy community. Since 2014 the Local 6 Connection has led a community-wide challenge called "Eat 40% Local." An important part of the challenge has been identifying barriers to eating locally. Survey respondents identified price as the number one barrier. To address that, they developed "Simply Seasonal" recipe cards. Each featured recipe is affordable, local, seasonal, and delicious! Spring/summer recipe cards have been available at the Corvallis Farmers' Market. Each month, they encourage participants to post photos of the Simply Seasonal recipes they have tried. From those a winner is drawn to receive a \$20 gift card from First Alternative. Funds from Beans for Bags will be used to support the Eat 40% Local challenge, including the Simply Seasonal recipes project, their annual Local Eats Week (Oct. 24-30, 2016), and Corvallis' participation in National Food Day on Oct. 22, in which Farmers' Market tokens will be given to children 12 and under who attend the market, and all market-goers will receive free apples as part of the 2nd Annual Community Apple Crunch. They further support local restaurants that are making an effort to source main ingredients from local farmers and producers, adding to the economic vitality of our community. Their Local Food E-newsletters educates community members about farms, restaurant, and food events that support food choices that are locally-based.



Marys River Watershed Council (MRWC)

Marys River Watershed Council's mission is to inspire and support voluntary stewardship of the Marys River watershed. They envision a future where abundant native fish live in the shaded creeks and rivers of our watershed, and where people feel connected to each other and the Marys River system. Vitality Farms recently agreed to work with MRWC on a Muddy Creek restoration project that will enhance 300 miles of stream for improved fish habitat, clean water and recreation. This project unites MRWC with a private landowner, government agencies, foundations, and several local businesses. Environment, ecology and community will benefit from just one project! Funds from Beans for Bags will help MRWC be more nimble and responsive to needs that arise at a moment's notice. For example, when a Marys River landowner seeks MRWC assistance, operating funds are the source they rely on to help pay for the staff hours and travel expenses needed to be responsive to neighbors and friends. MRWC's approach to being a valuable community partner stems from conversation with people who value clean water, healthy plant life, and abundant wildlife. Conversation leads to friendship and ultimately long-term relationships where diverse people come together around watershed-related issues that affect everyone. Their goal is to create greater community through ecological restoration projects utilizing local business expertise and diverse sources of funding.



Mid-Valley Harvest

Mid-Valley Harvest's mission is gathering volunteers to harvest fresh produce to feed the community. During the 2016 harvest season they coordinated with nearly 800 volunteers and 20 local producers/landowners to donate over 8000 lbs. of quality fresh produce. The produce harvested included plums, cherries, berries, apples, pears, and beans that otherwise would have gone to waste, but instead is brought to assistance organizations that distribute to those in need in our community. Funds from this donation would be applied



Continued on page 10

IN THE KNOW ON THE NEW

Vega Plant-based Protein Supplements



Vega focuses not on what you need to eliminate from your diet, but what you can add—more plant-based nutrition! It's never been easier than with these protein-loaded drink mixes. Help build and repair muscle, with Vega.

Bon Mua Oregon Organic Single Origin Coffee



The Arabica beans used in Bon Mua's coffee are grown in Vietnam and roasted in Salem, all by members of single family that understands the importance of sustainability, charity, and a good cup of coffee. *Currently available only at South*

Green Valley Organics Lactose Free Butter



Make no mistake, this is real organic dairy butter. Made from slow-cultured fresh cream, lovingly churned, then lightly salted, the only thing missing is the lactose. You'll never notice. The first real dairy lactose-free butter on the market!

Jasper Hill Farm Cabot Clothbound Cheddar



Jasper Hill carefully aged this cheese for more than a decade as part of a collaboration with the Cabot Cooperative Creamery. The result is exquisite. An approachable yet complex flavor is highlighted by its nutty aroma and crumbly texture.

Huck's Hollow Farms Crackers



Huck's Hollow Farm believes in organic ingredients, clean and free of additives, dyes, or preservatives, and using sustainable packaging. Gluten-free and vegan varieties mean there's something for everyone. *Currently available only at North*

Modern Table Meals Lentil Noodles and Mac & Cheese Kit



Started by a group of moms looking to make healthful meals a reality for busy families. Make a delicious, protein-loaded Mac & Cheese with veggies in about 15 minutes! Or make your own creations with some of their great lentil noodles.

Organic Roots Extra Virgin Olive Oil



Organic Roots founders, the Polit family, believe that the best olive oils shouldn't be an ocean away, so they dedicated their family's multi-generation farm to growing some of the world's greatest varieties of olives and turning them into incredible oils. If the awards don't convince you, the taste will.

Love Bottle USA Bottles



Love Bottles are dedicated to getting people to ditch plastic bottles (littering our ocean by the billion) for elegant and endlessly reusable glass. Each beautifully designed bottle is made from 40% recycled glass right in Portland, OR. Locally-made glass, that's something you don't hear about much!

Earth Paint Natural Face Paints



Eco-friendly paint kits come to us from Ashland, OR! The clay and mineral-based paints are similar to the sort first used by humans long ago. The bright colors are perfect for Halloween or any other sort of merry-making, and not only do they wash off easily, they'll leave your skin feeling great.

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TEN RIVERS FOOD WEB LOOKING TO SECURE LOCAL FOOD FUTURE

New Community Food Land Trust (CFLT) Program Looks to Provide Affordable Land Access to Future Generations of Farmers



Ten Rivers Food Web

The mission of Ten Rivers Food Web—a 501(c)3 nonprofit organization based right here in Corvallis—is to provide the strategic leadership necessary to build an economically and environmentally sustainable local food system. They aim to ensure that the entire community has access to high-quality, locally-produced, nourishing, and culturally-diverse foods. It's a mission very similar to ours here at the Co-op, and one that we are proud to support.



P.O. Box 2680
Corvallis, OR 97339

CommunityFoodLandTrust.org
TenRiversFoodWeb.org

How Does the Community Food Land Trust Work?

The CFLT uses an innovative lease-purchased approach, based on the community land trust legal model used nationwide. In this model, real property is separated into two components: the land itself, and improvements made to it.

The Ten Rivers Food Web Community Food Land Trust will hold the deed and lease the land while the farmer buys the farming infrastructure, such as structures, orchards, equipment.

CFLT will provide a 99-year "ground lease" to farmers keeping the land's future firmly dedicated to food, and an equitable resale formula will ensure that food land passes from one generation to the next, affordably, because the loss of food lands negatively impacts the future livability and food security of a community. The statistics to the right show just how dire the present situation is. Our nation needs programs like CFLT to stop the decline of farmland and beginning farmers.

"This is an opportunity," says Harry MacCormack of the Ten Rivers Food Web and Sunbow Farm, "for people in the community to invest and collectively hold food land while making an opportunity available to prospective younger farmers who generally don't have enough money to get started in a food land-based business."

Ten Rivers is holding a public meeting on the Community Food Land Trust, Thursday October 13th from 6-7:30pm at the Old World Deli (341 SW Second St.) This will be an excellent opportunity to learn more about this exciting new project.

And stay tuned for more on the Ten Rivers Community Food Land Trust—and what we as a cooperative and community can do to help make this innovative idea succeed—in next month's Thymes.

When Ten Rivers approached us recently about their latest project, the Community Food Land Trust, and asked us if we would be able to help them in get the word out, we jumped at the opportunity.



Community Food Land Trust Mission: Securing Food Land for the Future

Local food production is under pressure across the nation due to rising land costs and rezoning. Every year it becomes harder for new and aspiring farmers to find and afford the land and equipment they need. Ten Rivers has decided that enough is enough, expanding their mission in 2016 to acquire and hold food land in perpetuity within a public benefit land trust.

This Community Food Land Trust will provide new farmers with affordable access to food production land (defined as land that produces plant-based and animal-based food for human consumption.) It will also provides a direct means for the community to support and enhance food production.

Land Owned by Ten Rivers
CFLT Improvements Owned by Farmer



COMMUNITY FOOD LAND TRUST

Farmland and Farmers by the (sobering) numbers

Information courtesy of the American Farmland Trust

Land in farms (by acre)

2002: 938,279,056
2007: 922,095,840
2012: 914,527,657

Principal Operators (65 and older)

2002: 557,830
2007: 655,654
2012: 701,276

Principal Operators (34 and younger)

2002: 123,059
2007: 118,613
2012: 119,833

Beginning Farmers

2002: 593,109
2007: 583,286
2012: 469,098

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OCTOBER 2016 COMMUNITY CALENDAR

UPCOMING EVENTS

Sustainability Coalition Quarterly Gathering

October 4th, noon-1:30pm at Corvallis-Benton Public Library (645 NW Monroe) Presentations by Wild Yeast Community Supported Bakery, Zoetic Architecture, Marys Peak Group of the Sierra Club, and the Coalition's Transportation Action Team. This is also a great opportunity for networking. See www.sustainablecorvallis.org for details. FMI: info@sustainablecorvallis.org, (541) 230-1237.

Rare Plant Research in Oregon

October 10th, 7:30pm at Avery House in Avery Park (1200 SW Avery Park Dr.) Matt Bahm of Institute for Applied Ecology will give an overview of student research projects on rare plants in Oregon. FMI: Contact Judi Sanders at judi.sanders@gmail.com.

Standing Up for Racial Justice: Responding to Racist Remarks and Actions

October 15, 12:30-2pm at Co-op South Store Meeting Room

We'll practice possible responses to "microaggressions" we witness against people of color. Everyone is welcome, including children. Light refreshments. Suggested donation of \$3-\$5.

Fall Harvest Party

October 15th, 1-4 pm at SAGE (4485 SW Country Club)

Enjoy fun activities for the whole family including face painting, games and crafts, cornhusk ghosts, fall food tasting, scavenger hunt and pumpkin decorating as we celebrate the end of the summer harvest season. FMI: Carrie Norris-Sanchez, carrie@corvallisenvironmentalcenter.org.

Art & Music Event with David Helfand Duo

October 18th, 6:30-7:30pm at Corvallis-Benton Public Library

Art + music = relaxation. Listen to original and Celtic instrumental music performed by the David Helfand Duo while relaxing and coloring as part of our regularly scheduled Coloring for Adults program. Coloring materials will be provided. FMI: Ruth Rose, RuthRose.Hennessey@corvallisoregon.gov.

Taste of the Chives: The Obo Addy Legacy Project

October 21st, noon-1:30pm at OSU Valley Library (201 SW Waldo Pl)

A public and free sampling of flavors prepared from recipes from the Homowo African Arts and Cultures Hot and Spicy Cookbook. This showcase of the legacy of Obo Addy will also be a launch party for

the new i-Book on the Obo Addy Legacy Project. Tablets will be available to view book. FMI: natalia.fernandez@oregonstate.edu, (541) 737-3653.

Food Day 2016: Community Apple Crunch

October 22nd, 9am-1pm at Corvallis Farmers' Market

Highlights include free Farmers' Market tokens for kids to spend at their favorite Farmers' Market booths and a community "Apple Crunch" for everyone who is at the market. FMI: info@sustainablecorvallis.org, (541) 230-1237.

Celebrating National Novel Writing Month (NaNoWriMo)

October 22nd and 29th, 2016 2:00pm-5:30pm at Corvallis-Benton Public Library

Plot Planning and Book Launch/Kick Off Party and weekly open writing sessions in Main Meeting Room to celebrate NaNoWriMo. Writers 13 years and older of all skill levels welcome. FMI: bonnie.brzozowski@corvallisoregon.gov.

7th Annual Local Eats Week

October 24th-30th, various times and locations

Savor Local 6 sample plates under \$10 at Local 6 Connection restaurants. Check

out www.sustainablecorvallis.org for a list of participating restaurants, and mark your calendar for a different one each day of the week! FMI: info@sustainablecorvallis.org, (541) 230-1237.

This Place: A Conversation About Power, Place, Home and Belonging

October 26th, 6:30-8pm at

Corvallis-Benton Public Library Join experienced facilitator Bob Daley of Benton Hospice in a discussion sponsored by Oregon Humanities about our community and how we relate to it. This Place is a series of ninety-minute community discussions happening across the state this fall. FMI: bonnie.brzozowski@corvallisoregon.gov.

Fill Your Pantry 2016

November 6th from noon-3pm at Benton County Fairgrounds (110 SW 53rd St.)

Local food buying event offering bulk quantities of beans, grains, storage crops, and meats from local growers. "Fill your pantry" with the season's bounty and invest in the local food economy. Online preorders begin October 8 at tenriversfoodweb.org and are recommended for best availability. SNAP benefits, debit and credit accepted for preorders and event day sales. FMI: Jessie Blume, fillyourpantrycorvallis@gmail.com

ONGOING EVENTS

FREE or by-donation listings only • To submit your free or by-donation event, visit 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 to join the listserve or for more info.

CORVALLIS VEG EDUCATION GROUP

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

GLUTEN FREE SUPPORT GROUP

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

SPIRITUAL

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 or email srfcorvallismeditation@gmail.com

ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD

425 SW Madison, Suite N. 1st Sunday, 10am, join us as we sing HU, an ancient name for God. 4th Sunday, 10am, ECK Worship Service. FMI: 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

CORVALLIS INSIGHT MEDITATION

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

MINDFULNESS MEDITATION

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

CORVALLIS MEDITATION

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

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

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

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.

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

AIKIDO OPEN MAT Thursdays, 6:30 pm 2323 NW 9th (behind Togos.) Aikido, 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

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, (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

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 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

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

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

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

DANCES OF UNIVERSAL PEACE

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

ENTERTAINMENT

CORVALLIS BELLY DANCE PERFORMANCE GUILD HALLOWEEN SPOOKTACULAR October 29, 7pm at Old World Deli. 341 SW Second St. Corvallis. \$5 suggested donation. FMI: 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 (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

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

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. FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich. FMI: drumcircleconnection@gmail.com

ENVIRONMENT

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

OSU Used 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.

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

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

beans for bags election cont.

directly to their harvest supplies budget. As harvests continue to grow, so does their need for more orchard ladders and picker baskets to help make harvest as safe and effective as possible. Mid-Valley Harvest is currently a subsidiary of Salem Harvest, but have submitted their own paperwork to receive their own non-profit ID status.

Old Mill Center for Children & Families

Old Mill Center for Children & Families is a community-based, family-oriented center empowering children and families of diverse backgrounds to optimize their potential through specially designed education and therapy programs. In July, 2014 Sammy, age two, was found living with his two older siblings and infant sister in the shed of a known drug house. They were all placed in foster care with relatives. Sammy's behavior was described as feral when he was referred to the Intensive Treatment Services program at age three. He had learned few of the social skills that other three year olds have and was struggling in many ways. He now receives weekly therapy to learn how to identify and express his feelings, to interpret social cues from others, to learn how to share, take turns, give space to others, and to keep himself safe. Sammy loves to ride bikes, play cars, and relate imagination games in the therapeutic classroom as he practices his new skills. He uses those skills to help him interact with his classmates while they play and learn together. Sammy is making great strides, but he and his family will need our skilled support and access to community resources for a long time. We need your help to continue to provide support to him and other children like him. Your donations give them a chance to thrive and reach their true potential. Donations will be applied to our general operating funds used to support the five child-centered programs that help children between birth and 18 years of age.



the notion of Food Land and the first of its kind, Community Food Land Trust, of which First Alternative is a partner. Funds are used to keep this all-volunteer organization's Corvallis-based office, and to provide insurance coverage for crucial community events such as the annual Soil Amendments Sale and Fill Your Pantry. TRFW completed An Assessment of Plant Based Foods for Humans and Animals in 2016 which is available for free at www.tenriversfoodweb.org under Nutrition. An Assessment of Animal Based Foods for Humans will be available for free in 2017.

Tunison Neighborhood Association

Mesa Familiar de Corvallis Family Table aims to encourage people to rediscover the benefits of a shared meal by serving simple, healthy dinners to low-income individuals in a manner that maintains dignity, builds community and brings families together. This all-volunteer run program has grown to provide free hot and healthy meals to go home twice a month, at the Tunison Community Center, every second and fourth Thursday of the month. 150 meals are served at each event. This program is considered a success because it is a unique partnership between a neighborhood association, the First United Methodist Church, the City of Corvallis, and Willamette Neighborhood Housing Services. In addition, health screenings are offered to community members in need once a month and there is also a staple table where people pick up milk, toilet paper, seeds and plants. Recently, a single mom came and picked up four meals. She graciously thanked the volunteers for the service, and said "I am so grateful. Because of your program I can take these meals home and spend time with my girls." Many organizations attend the events to promote services, programs, and materials. For example, the Oral Health crew of the Community Health Centers of Benton and Linn Counties offered free dental screenings for adults and children. Interest from the community was high and 21 individuals received a dental screening and home care kit. Funds from Beans for Bags will be used to purchase food from Linn Benton Food Share and to pay for 24 temporary restaurant licenses annually, as well as food and supply expenses. The funds will help provide quality, healthy meals, and staple items for low-income families.



Philomath Community Gleaners

Philomath Community Gleaners is a non-profit community membership organization in which members work side by side to provide a "helping hand" rather than a "handout." Members glean food, household supplies, and wood. In June 2016 Philomath Gleaners was able to glean 11,350 pounds of food from farms, stores, and local backyards. Of this, 3,735 pounds was distributed to other organizations such as soup kitchens and food banks, and 3,542 pounds was distributed to local farmers and families who raise animals. This work is done by 72 gleaner households who provide food to 324 members, including 59 adoptee households and 77 children under 18. This food is of immense help in the Philomath community. Funds from Beans for Bags would be used for the purchase of food from Linn-Benton Food Share to supplement what Philomath Gleaners is able to glean. With this money they would be able to buy numerous healthy foods, such as tuna fish, peanut butter, canned foods, frozen vegetables, and household items such as pet food and toilet paper.



Willamette Neighborhood Housing Services Garden (WNHS)

WNHS is a private, non-profit community development corporation committed to improving lives and strengthening communities through quality affordable housing, homeownership, economic opportunity, and community partnerships. Leonard Street Community Garden's goal is to increase access to nourishing, garden-fresh vegetables in the Tunison neighborhood. With the support of WNHS, the residents turned a bare 1,000 sq. ft. plot into a 14 bed garden space. There, work parties bring community members together to maintain the garden and share gardening knowledge. The garden provides a space for residents from South Corvallis to come together; currently 8 beds are maintained by 8 families. However, the berries and grapes are accessible to all. At a recent work party and BBQ, residents started building a grape arbor and socialized at the BBQ. Children initiated making handmade signs with messages about their love for the neighborhood garden and placed them in their garden beds. Funds from Beans for Bags will provide additional support to make the garden a prosperous and attractive community space. Compost and soil amendments will enrich the soil for a better harvest, two garden benches will provide comfortable areas to gather and rest near the garden, and plant starts and seeds will fill our shared garden beds.



Senior Dog Rescue

Senior Dog Rescue of Oregon's mission is to rescue, rehabilitate and re-home dogs age 6 and up. Senior dogs come from shelters, rescue groups, veterinarians, an owner's death or move to a care facility, a family's loss of housing—any place an older dog is at risk. Recently, a labrador retriever was surrendered to them with untreated diabetes because her owner felt that she could handle it with dietary changes. The dog was on her way to be euthanized. This may work in humans but absolutely does not work in animals; they need to have insulin. The lack of treatment caused the 6 year old lab to go blind. They worked with their vet to get the dog on the right medication and as healthy as possible and then placed her with a wonderful, loving home for the rest of her life. Nearly all of their budget is used to rehabilitate the seniors they take in and the money goes for veterinary care and supplies (i.e. they recently needed to purchase a converter for dogs so that a dog could use a human inhaler to help heal a lung problem). All funds from Beans for Bags would go to veterinary care. This all-volunteer organization uses foster homes instead of a shelter as older dogs don't do well in shelters and it gives people the opportunity to get to know the dogs and better support their mission.



Ten Rivers Food Web

TRFW Provides strategic leadership in building and maintaining a locally-based, regional food system that ensures quality, nutritious food for all. A recent success story for their organization entailed twelve farmer and homesteader round tables with 120 people to deal with generational succession in our local food system in Linn, Benton, and Lincoln counties. From these discussions came



Work Unlimited Inc., Corvallis

The mission of Work Unlimited's Supported Living Program is to eliminate the variable of homelessness from the equation of mental illness. In one instance, a local woman reeling from a mental health crisis was evicted from her home. Homeless and emotionally unstable, she turned to Work Unlimited for assistance. Their partnership with her culminated in psychiatric stability and a new place to call home. At present, Work Unlimited is funded entirely by the generosity of their parent company. Conceived by a local mother determined to keep her son from living on the street, Mid Valley Housing Plus, as it was originally known, was buffeted by an unsparing economy and facing dissolution in 2012. Convinced that Mid Valley Housing Plus' mission aligned with its own corporate values, as well as the core values of Corvallis, Work Unlimited added it to their family of services, where it has remained. Mental illness and homelessness are circumstances that profoundly affect community livability. Work Unlimited's program support extends itself to the community at large, reducing our population of mentally ill homeless, one person at a time.



PHILOMATH OPEN STUDIOS

14th Annual Philomath Open Studios Art Tour And Sale Last Two Weekends In October

See and buy art at its source during the 14th Annual Philomath Open Studios Tour, open two weekends, October 22, 23 and 29, 30.

Philomath Open Studios Tour artists open their studios for free, self-guided tours from Noon-5pm. Local wine tasting rooms are also hosting pop up studios. This year's tour includes 36 artists at 16 studios. The Tour allows the visitor "backstage" to meet the artist behind the work, ask questions and see the approach, tools and process for creating a work of art.

A full spectrum of art mediums will be shown including ceramics, jewelry, fiber art, photography, mosaics, watercolor and oil paintings as well as others.

Distinctive yellow signs keep visitors on track through the route where the studios are located. Tour Guide Maps and artist information are online at <http://www.PhilomathOpenStudios.com>.

Brochures are available at the Benton County Museum, the Arts Center in Corvallis and galleries in the area. For information, images and artist profiles visit www.PhilomathOpenStudios.com.

2016 Philomath Open Studios
Art Tour & Sale
Oct 22-23, Oct 29-30
Noon to 5pm

See Art in the Making!

OVER 30 LOCAL ARTISTS
OPEN THEIR STUDIOS TO THE PUBLIC

Tour Map Available at:
PhilomathOpenStudios.com
Benton County Historical Museum
Corvallis Arts Center

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.

CO-OP CLASSES



OCTOBER

Saturday, October 1st and 15th

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 other week in the Co-op's North Store Meeting Room. Come meet artistic people, chat, and discuss possible group projects. For more information, visit facebook.com/groups/WACGuild/ or contact Summer at (541) 282-4867



Saturdays in October (No meeting 10/1)

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

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



Thursday, October 13th

7-9pm, South Store Meeting Room

Modern Quilting Guild Meeting

Cost: Free and open to the public

The Corvallis Modern Quilt Guild is a small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis Oregon! We formed in December 2012 and CMQG is a local guild of the international Modern Quilt Guild. We have monthly sew days the fourth Saturday and meetings the second Thursday as well as special events throughout the year. You can read more about us at <http://corvallismodernquiltguild.blogspot.com/>



Saturday, October 15th

12:30-2pm, South Store Meeting Room

Standing Up for Racial Justice: Responding to Racist Remarks and Actions

Cost: Suggested donation of \$3-\$5

We'll practice possible responses to "microaggressions" we witness against people of color. Everyone is welcome, including children. Light refreshments.



Saturday, October 22nd

12-5pm, South Store

Modern Quilting Guild Sew Day

Cost: Free and open to the public

The Corvallis Modern Quilt Guild is a small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis Oregon! We formed in December 2012 and CMQG is a local guild of the international Modern Quilt Guild. We have monthly sew days the fourth Saturday and meetings the second Thursday as well as special events throughout the year. You can read more about us at <http://corvallismodernquiltguild.blogspot.com/>



CELEBRATE THE FALL HARVEST WITH LOCAL EATS WEEK OCTOBER 24-30

Corvallis area residents have a chance to savor the bounty of autumn with an amazing assortment of tasty treats prepared by our local restaurants.

The 7th annual "Local Eats Week" will be held October 24th through 30th. During the week, local restaurants will each offer a sample plate or appetizer for under \$10 that features primarily Local 6 ingredients. Local 6 refers to products grown, produced, or processed by farms or businesses owned and operated within the six counties touching and including Benton County (Benton, Lane, Lincoln, Linn, Marion, and Polk).

More than a dozen local restaurants are participating. See the complete list at www.sustainablecorvallis.org, then choose a restaurant for each day of Local Eats Week and put it on your calendar. In addition to enjoying delicious local food, customers have a chance to win a \$25 gift certificate to one of these Local 6 restaurants by posting a photo of the sample plate they've ordered on the Local Eats Week 2016 Facebook event page and then tagging the restaurant. One drawing entry per post. Visit multiple restaurants and post again and again to increase your chances of winning!

As a customer, you'll delight in the wide array of colorful, flavorful local food available during Local Eats Week. Don't miss this opportunity to celebrate the fall harvest, support locally-owned businesses, and try some new and delicious food—all in one fell swoop!

Local Eats Week is a feature of the Local 6 Connection, a campaign that encourages local restaurants to source more of their ingredients from the Local 6 area. The broader goal is to increase the percentage of locally-produced food that is consumed by the community in order to create a vibrant and secure local food system.

Local Eats Week is sponsored by the Corvallis Sustainability Coalition's Food Action Team. For details and to see daily updates on Local Eats Week offerings, visit www.sustainablecorvallis.org



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Spooky GOOD DESSERTS FOR FAIR TRADE MONTH

October is Fair Trade month and it is a great time to stop and think about the people who grow, harvest and process our food. Are they earning a living wage? What are the working conditions? What sort of chemicals are they exposed to?

Choosing source-verified, organic, and fair trade groceries when possible help to move our food system closer to an equitable place for everyone involved!

These sweet treats are perfect desserts for Halloween or autumn gatherings, and highlight some of the Co-ops fabulous bulk, fair trade, and organic ingredients.



Emily Stimac (and kids)
The Thyme Garden,
Thymes Contributor

ORE-OWL CUPCAKES

These mocha-flavored cupcakes are a great eye-opener after dinner! Wowza!

- 1 chocolate cake mix

MOCHA FROSTING:

- ½ cup butter
- ½ cup cocoa powder
- 4 cups confectioner's sugar
- ½ cup strong coffee
- 2 Tbsp. cream

FOR DECORATING:

- Chocolate sandwich cookies
- Chocolate candies

Prepare cupcakes according to package instructions. For frosting, combine butter and cocoa powder and slowly add 2 cups sugar; beat with mixer and add coffee and remaining sugar. Continue to beat and add cream until you reach a spreadable consistency. Smooth on cupcakes.

Carefully separate sandwich cookies. (You can use a sharp knife if they don't want to come apart.) Gently remove any cookie that's stuck to the crème filling. Place two sides with crème filling on cupcakes. Add chocolate candies for eyeballs and beak and repeat. Kids love to help with this one.



WITCHES' FINGERS

These delectable cookies are based on a recipe from a cookbook I have called "Grandma Rose's Book of Sinfully Delicious Cakes, Cookies, Pies, Cheese Cakes, Cake Rolls & Pastries." I got it from the Co-op's old lending library. It grabbed my eye because I grew up with a Grandma Rose myself! This is the first recipe I've tried from it but it is a keeper for sure.

- ¾ cup butter, softened
- ½ cup sugar
- ¾ cup almond flour
- 1 ⅔ cups flour
- 1 tsp. cinnamon
- ¼ tsp. salt
- ¼ cup crystalized ginger, diced
- 1 tsp. orange peel
- 36 pistachios, shelled

Cream the butter. Add sugar and almond flour and beat until smooth. Combine remaining ingredients except pistachios and add slowly to butter mixture. Divide dough into 8 balls, and roll into snakes about ¾". Lumpy is good! Divide into 3" pieces and transfer to a parchment-lined baking dish. Place a shelled pistachio at one end.

Bake at 350° for 8-9 minutes. Cool completely and store in an airtight container. Spooky good!



PUMPKIN NANAIMO BARS

I got the idea for these bars in my head a while back and had to figure out a way to make it work. It wasn't easy! But I didn't give up.

Finally, I went with a light and creamy middle layer instead of the butter-custard icing of the traditional Nanaimo bar, for light yet rich take on a northwest classic with just the right amount of pumpkin spice.

- 1 ½ pkg. graham crackers
- 1 egg
- ¼ cup sugar
- ½ cup cocoa
- ½ cup almond flour
- 1 cup coconut
- ½ cup unsalted butter, melted
- 8 oz. cream cheese
- 1 cup pumpkin puree
- 1 tsp. pumpkin pie spice
- ¼ tsp. salt
- ½ cup confectioner's sugar
- 1 tsp. vanilla
- 1 pint heavy whipping cream, divided
- 1 cup chocolate chips

Break graham crackers up and place in food processor: Process into crumbs, then add egg, sugar, cocoa, almond flour and coconut. Pour in melted butter and process until chunky. Transfer to a 9x13 baking dish press down evenly across the bottom. Bake at 350° for 10 minutes. Remove from heat and cool.

Whip cream cheese and pumpkin with spices, salt, sugar and vanilla. In a separate bowl, whip cream, reserving 1/3 cup unwhipped for chocolate layer: When cream forms firm peaks, gently fold it into pumpkin mixture and smooth over cookie layer in pan. Refrigerate.

Melt chocolate in double boiler and add remaining cream. Cool. Once cool, but still liquid, pour over second layer and chill in refrigerator overnight or until serving. 🍋



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