

The SCOOP

First Alternative
NATURAL FOODS CO-OP



from the
Board of
Directors
**Jim
Mitchell**

FEBRUARY CLASSES

Saturday, Feb. 9th, 11 am - 12:30pm

South Store Meeting Room

Sound Current Yoga™ with Harold Keith

Cost: free • Do You have or know someone with “Ringing in the Ears”? Or who hears an Electrical Hum or other inner noises? Many people are actually hearing... Sound Current Yoga™, the Ancient Teachings of the Himalayan Yogic Masters brought forth for the modern era and the Western World. These secret teachings passed from teacher to student resonate around the central theme that the whole universe, in fact all creation, is based upon a master, all inclusive vibration, known as the 'Audible Life Stream', 'Music of the Spheres', or simply put, 'The Sound Current'. Many people “hear” this inner sound as a high electrical pitch, “ringing in the ears” or other inner sounds, especially late at night when everything else is quiet! It is hidden in all great religious teachings and is the basis of the true consciousness hidden within us all.

Thursday, Feb. 28th, 6:30 - 8pm

North Store Meeting Room

Emotional Management

Cost: free • These monthly free workshops by Bridgett Davis will instruct attendees in the practice of the emotional management tool. 🐾

Register Today for 2019 Sustainability Town Hall



**CORVALLIS
sustainability
COALITION**

Don't miss the sustainability event of the year! Inspiration and interaction will highlight the 11th Annual Sustainability Fair and Town Hall, Thursday, March 7th, at the CH2M Hill Alumni Center on OSU

campus (725 SW 26th Street). The Sustainability Fair is from 5 - 7 pm. The Town Hall follows, from 7 - 9 pm. Both events are free and open to the public.

The fair includes hands-on exhibits highlighting the sustainability efforts of local businesses, organizations, and Coalition action teams. Local music and refreshments will be featured. This year's Town Hall keynote speaker is Mary Christina Wood, the University of Oregon law professor and author who is best known for her writings advocating for the use of the Public Trust Doctrine to force government action on climate change. Her research is being used in cases and petitions brought on behalf of children and youth throughout the US and in other countries.

Additional features of the Town Hall will include an on-screen “2018 Community Scrapbook” of photos from Coalition partner organizations—including First Alternative!—to celebrate their sustainability achievements.

Once again this year, the Sustainability Fair and Town Hall will be a model sustainable event, featuring zero waste, low energy and water use, and local food. Attendees are encouraged to help by using energy-efficient transportation to get to the event: walk, bike, carpool, or take the bus. All are welcome. Seating at the Town Hall is limited. Register no later than March 1st at www.sustainablecorvallis.org. For more information, call (541) 230-1237. 🐾

Interested in Serving on the First Alternative Co-op Board?

- Collaboratively guide the Co-op's vision, mission, and goals into the future
- Work with other community members
- Contribute professional skills to a local cooperative business
- Learn more about First Alternative Co-op
- Represent the interests of Co-op Owners

Owners interested in candidacy should contact the Board Recruitment and Elections Committee at (541) 908-4256 or via e-mail at FirstAlternativePhil@gmail.com.

Board application packets are available at www.firstalt.coop and at Customer Service at both stores. Applications are due by March 31st, and elections are held June 1 - 21st. Thank you!

Hello, fellow Owners. It seems like it's been a long time since our last Board meeting. We met in November to complete one of the most important tasks the Board has—adopt a budget for next year—and we did. The budget assumes continued improvement in financial strength and increases in sales. An optimistic, but, we believe, realistic view of our future.

Since the December meeting would have fallen on Christmas and we had completed the Board's last critical task for the year, we cancelled it. The January Board meeting falls after the Scoop printing date, so this Board article will not report on that.

February is a month full of fun events. One where I hope to see you is the Wine Soirée on Friday, February 15th at the Vue Corvallis (517 SW 2nd St) from 5:30-9pm. Your ticket to this fantastic event includes food, a commemorative glass, and four drink tickets. There will be lots of wine, along with cider and mead to taste, delicious hors d'oeuvres, wonderful people to mingle with, and a great fundraiser cause.

This year, for the second year, we're raising funds for the Good Samaritan Hospital Foundation Cardiac Rehab Scholarships. \$5 from every ticket purchased, along with all the proceeds from a new silent auction of unique local wines, will benefit the program.

It's a really nice way to spend the evening, and what better event to follow Valentine's Day?

February is the opening of the application period for candidates for this year's election of Directors to the Board. You'll be hearing more about this next month. The election is for three, 3-year positions starting this July. As an Owner, in addition to voting for the directors, you can run for election to the Board of Directors. The Board of Directors, having been elected by the Owners to represent their interests and values, has the following responsibilities:

- 1) Establishes overall policies and objectives.
- 2) Sets financial goals and approves major financial transactions.
- 3) Selects the General Manager and evaluates their performance.
- 4) Reviews and approves budgets.
- 5) Guides the long-term vision of the Co-op through its Ends statements.

There are ten Owners on the Board and three or four are elected each year. The Board has six subcommittees to help achieve these responsibilities: Board Recruitment and Elections Committee (BREC), Executive Committee, Finance Committee, Owner Relations Committee (ORC), Policy Governance Workgroup and the newly formed, Strategic Planning Committee. Each Director will serve on at least one of these committees.

The current priorities for the Board are:

- 1) Continued focus on financial health.
- 2) Improve Board-Owner involvement,

communications and feedback to enhance the Board's ability to better represent the Owners. 3) Develop a Strategic Planning Committee to work with Management and the Board through more in-depth planning. 4) Continue and improve the development of the Board to make it even stronger and more effective.

If you would like to serve our co-op and community by being on the Board, please don't hesitate to pick up an application at the customer service counter at either of the stores. Contact Phil, the BREC Chair, at FirstAlternativePhil@gmail.com for more information. A visit to one of our Board meetings or one of the sub-committee meetings may help you decide. The calendar of the meetings is included at the bottom of this page.

This year we plan to implement electronic voting (e-voting) for the first time. In 2016 the Owners voted to revise the by-laws to allow e-voting. Since then, we have been investigating systems and talking with other co-ops about their experiences with e-voting. The Board has authorized the Board Recruitment and Elections Committee (BREC) to proceed this year. By state law, a cooperative's owners must opt-out of e-voting in order to receive a paper ballot. You will be receiving a card in the mail that will request updates to your contact information (we will need valid email address for you for e-voting) and will provide you the opportunity to opt-out of e-voting. With e-voting, you can vote from any computer/smartphone/etc. Our research has shown that e-voting usually increases voting participation, reduces the cost and complexity of the paper/mail ballots and ensures a secure, easily auditable voting process.

Lastly, in a recent edition of the Corvallis Advocate, there was a letter to the editor that included some incorrect statements about First Alternative and the men's emergency cold weather shelter. In this letter to the editor are statements that “... the cold weather men's shelter now has a permanent home on South Third Street ...” referring to its current temporary location; and “... at some point in the not too distant future when the adjacent Third Street First Alternative Co-op expands to another south town location (as is currently planned), ...” The understanding Management and the Board have through conversations with the shelter operators and others involved with the siting of the shelter is that the current location is only temporary due to both facility and land use zoning limitations. As to the statement that the Co-op has current plans to expand to another location, this too is incorrect. As other Directors have reported in previous Scoop articles, the Board has, for the past couple years, been discussing several ideas on how we can better serve the south part of our community. To say First Alternative has plans to expand or otherwise make any significant change to the South Store is incorrect. As the Board and Management continue to consider ways to improve service to our community, if one of those ways is to expand, relocate, rebuild, major remodel, add a store, etc., we would only do it after developing a process involving the general ownership. After all—you own First Alternative. 🐾



February Board Committee Meetings Schedule

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Tues. Feb. 5th, 6pm South Store meeting room

Owner Relations Committee: The primary conduit for communications and relations between Owners and Board.

Thurs. Feb. 7th, 2:30pm North Store meeting room

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.

Wed. Feb. 13th, 4:30pm North Store meeting room

First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

Tues. Feb. 26th, 6pm South Store meeting room

December New Owners

31

interested in becoming an Owner or just want to learn more?

Ask us!

Community Calendar on reverse

UPCOMING EVENTS

Ecstatic Dance Corvallis
Sundays, 10:30am - 12:45pm at Odd Fellows Hall (223 SW 2nd St, Corvallis)
Come "sweat your prayers" with us! Ecstatic Dance is a journey of self-discovery through music & movement for exercise, stress release, emotional expression, and celebration of life. There are no moves to learn—just dance however it feels good to you. It's freeform dance to a varied mix of organic and electronic beats in a warm, playful, inclusive community. Music provided by resident DJ Baron von Spirit and guest DJs. FMI: Peter Weinstein info@ecstaticdancecorvallis.com, (415) 335-6213.

Gearing Up for Gardening
Tuesdays until Feb. 26, noon - 1 pm at Corvallis-Benton County Public Library (645 NW Monroe Ave.)
Looking for more local gardening information? Be sure to attend the weekly brown bag gardening sessions hosted by the Benton County Master Gardener Association. Sessions are Tuesdays at noon, January 8 to February 26, and

free to the public. This year's theme is "The Year of the B-Bee-Pollinators!" For more information visit: <http://extension.oregonstate.edu/mg/benton>.

Dance Planet!
Saturday, February 9, 7:30 - 9 pm at the Unitarian Universalist Fellowship (2945 NW Circle Blvd.)
Dance your own way to a joyous blend of music and rhythms from around the globe and across the decades. This family friendly event will take place on most 2nd Saturdays of the month. Admission is a suggested \$5-\$10 donation, with proceeds going to Earth-friendly causes.

NaturePlay Preschool Open House
Sunday, Feb. 10, 4-5pm at Avery House Nature Center (1200 SW Avery Park Dr.)
Considering 2019 preschool options? Tour our NaturePlay Preschool for ages 3-7 and see what our outdoor science early learning program is all about, where we learn letters, numbers and social play. You can meet our teachers

and enjoy family activities exploring the water cycle. FMI: Nima Boyer, nima@corvallisenvironmentalcenter.org, (541) 753-9211.

Winter Repair Fair
Wednesday, Feb. 20th, 5:30 - 7:30 pm at OSU Used store (644 SW 13th St.)
low-cost furniture, computers, household items, office supplies and more. For more info, contact: OSU Surplus Property, surplus@oregonstate.edu, (541) 737-7347 or <http://tiny.cc/osused>.

Gratefulness Gatherings
Wednesday, Feb. 27, 6 - 7:30 pm at First Alternative Co-op South Store Meeting Room (1007 SE Third St.)
Experience, deepen, share the power of living gratefully. This is a non profit event co-sponsored by The Network for Grateful Living - www.gratefulness.org. We meet each month on the 4th Wednesday at the South Co-op meeting room, with a different theme on gratefulness. FMI: Joe Martines: (541) 990-5957 or puregratitude1@gmail.com. Snacks will be provided.

NaturePlay Preschool Open House
Sunday, March 10, 4-5pm at Avery House Nature Center

Considering 2019 preschool? Tour our NaturePlay Preschool for ages 3-7 and see our outdoor science early learning program, where we learn letters, numbers and social play. Meet teachers and enjoy family activities exploring the water cycle. FMI: Nima Boyer, nima@corvallisenvironmentalcenter.org, (541) 753-9211.

School's Out Adventures: Coastal Engineering by Bike
Wed.-Fri., March 13 - 15, 9am - 3pm at Avery House Nature Center

Send your child (ages 5-10) on an educational adventure! Discover the power of water and waves on a fast-paced bike adventure to the OSU Wave Lab. Visit sites where beavers engineer habitats. Participate in a sandcastle building at the beach. FMI: Nima Boyer, nima@corvallisenvironmentalcenter.org, (541) 753-9211. 

ONGOING EVENTS

Help & Wellbeing

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

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

REFUGE RECOVERY Corvallis Mondays, 5:30 - 6:30 pm at Unitarian Universalist Fellowship of Corvallis, 2nd floor, room 9, (2945 NW Circle Blvd.) A non-theistic recovery program that does not ask anyone to believe anything, only to trust the Buddhist-oriented process and do the hard work of recovering from addiction of any kind. FMI: Gavin Sublett, (541) 908-0864.

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

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

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

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

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

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

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

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.

Food

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

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

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

Spirituality

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

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

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

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

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

BAHA'I DEVOTIONAL PROGRAMS The Baha'i communities offer devotional gatherings throughout the county in English and Spanish. Locations vary. FMI: (541) (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. In the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: ken.oefelein@gmail.com.

CORVALLIS MEDITATION COMMUNITY Learn meditation techniques to relax and recharge body and mind. Tuesdays, 5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, RASALILA2@yahoo.com.

A COURSE IN MIRACLES 7:30pm. Join us as we read & discuss this spiritual classic, after a meditation. FMI: (541) 929-3951.

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

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

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM Sun. Feb. 24th, 11 am at the Eckankar Center of Corvallis, 875 Grant Ave. Join us to experience the HU, the Sound of Soul at our monthly ECK Light and Sound Service. FMI: www.Eckankar.org, www.MiraclesInYourLife.org, or call (503) 233-1595.

Peace & Advocacy

MID-WILLAMETTE N.O.W MEETING Third Tuesdays, 7:15 pm - 8:15 pm at First Alternative Co-op South Meeting Room. Join monthly meetings of the local chapter of the National Organization for Women, whose goal is to achieve and protect equal rights for women. FMI: midwillamettenow@gmail.com.

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

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

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

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

Entertainment

SECOND SATURDAY ARTS DAYS Second Saturdays 1 - 4 pm at The Arts Center (700 SW Madison Ave) join us in the gallery for all ages art making. Materials provided, FREE of charge. Jan. activity: Snow Globes from recycled materials. FMI: Jen Hernandez-Cornelius, (541) 754-1551 x655.

SHAPE NOTE SINGING GROUP 2nd Sunday of the month at Co-op South Meeting Room. An American musical tradition. We sing for enjoyment not performance. All voices welcome. We sing from The Sacred Harp and Northern Harmony books. No religious belief/affiliation required. Drop-ins welcome, no experience required. Second Sunday of every month. FMI: Hannah Field, (541) 929-4301.

CORVALLIS UKULELE CABARET First Fridays 7-9pm South Co-op Meeting Room (except Jul. & Nov.), open mic, jam, & sing-along. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or CorvUkeCab@gmail.com.

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

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

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

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

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

Environment

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

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

AUDUBON FIELD TRIPS 2nd Saturdays. Meet at 7:30am. Great for beginners and birders new to the mid-valley. Visit local refuges and birding areas. FMI: www.audubon.corvallis.or.us/field_trips.shtml.

NATURALIST ADVENTURES Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9am-noon. FMI: www.neighborhood-naturalist.com, (541) 753-7689. 