

# First Alternative NATURAL FOODS CO-OP

Fresh Local Organic  
**September 2019**



**From the  
Board of  
Directors  
Demian  
Hommel**

As Joel mentioned in last month's Scoop article, because the Co-op Board wasn't able to hold a meeting in June regular business was pushed to July. Fortunately we were able to mostly get caught up in that meeting, and, as a result, this month's report from the Board will be action-packed. Here are some highlights:

One of the Board's first actions at the July meeting was to present representatives from Stone Soup with a check for \$3,000 from the generous Co-op Owners who donated their Patronage Dividends. Stone Soup is a local charity that serves free meals to those in need. We hope to be able to continue providing Owners with dividends next year and into the future as a result of the financial success of the Co-op, and intend to continue making it possible to donate your dividend, if you wish. Assuming we have another great year, look for more about Patronage Dividends and donations next Spring.



Stone Soup being presented with \$3,000 in Owner Dividend donations.

# The SCOOP

The Board election results were adopted and you voted in two new directors, Elizabeth Sonstegaard and Jasmin Woodside, in addition to giving our current President, Jim Mitchell, another 3-year term on the Board.

The implementation of electronic voting was a tremendous success, with 885 votes counted (750 electronic, 135 paper ballots), making the process much more efficient, and saving the Co-op \$3,000 in printing and mailing costs. A big thank you goes to Phil Hochheiser and the rest of the Board Elections and Recruitment Committee for making this possible.

This is also the time of the year when your Board conducts a self-evaluation, both of our individual contributions and the effectiveness of the group. The results were mostly good news, especially compared to the last two years of data. In President Mitchell's words, "Generally, the Board feels pretty good about the job we're doing, and we feel that we are doing slightly better as individuals than as the group." There is always room for improvement, of course, but this evaluation shows that you have a committed Board who are working to help the Co-op move forward.

Speaking of moving forward, we had another successful Owner Rendezvous Pool Party on July 28, which was attended by nearly 300 Owners and their families.

Co-op Owners enjoyed fun in the pool, and great barbequed food accompanied by a marimba band. We also held our annual business meeting, and received some important feedback on questions related to your feelings about the direction of the



**New Owners in July:**

# 40

Interested in becoming an Owner?  
Ask us!



Co-op and your interest in future Owner-participation events. You'll find a visual breakdown of your responses on the next page.

In addition to this feedback, we also received some great ideas for our 50th Anniversary celebration in 2020. You'll begin hearing about all of the ways we plan on celebrating this milestone soon. A big thanks to Donna Tarasawa and her helpers for all of the planning and logistics that went into this event!

Another detail worth mentioning: Cindee Lolik, the General Manager, was able to secure a substantial grant (\$20,000) from the National Co-op Grocers (NCG) to help with a reset at the South Store that will expand the chilled drink section and put the meat section closer to the Deli. In addition to needed equipment, this will provide a better-organized customer experience. This grant is expected to cover 2/3 the cost of the reset. The plan is to have this process finished early in the fall. Thanks for the great work, Cindee!

And last, there are always ways to get involved with the Co-op. Owners are welcome to attend meetings. We'll be asking for applications for new board Directors in several months. And there are two Board committees in need of Owner involvement: the Owner Relations Committee and the Strategic Planning Committee. If you are interested in joining either committee, look for information in the stores and on First Alternative's social media accounts.

Otherwise, thanks so much for being a part of this terrific organization. Happy September! 🥬



## September Board Committee Meetings Schedule

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

**Tuesday, Sept. 3, 9 am** North Store Meeting Room

**Board Recruitment & Elections Committee:**

Working to recruit qualified Board candidates.

**Tuesday, Sept. 10, 6 pm** North Store Meeting Room

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

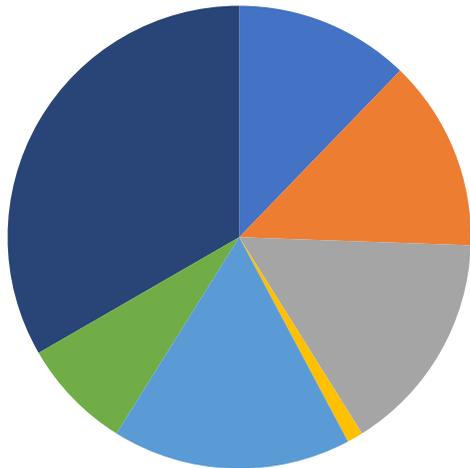
**Wednesday, Sept. 11, 4:30 pm** North Store Meeting Room

**First Alternative Board of Directors:**

Elected Owners putting the cooperative principles into action.

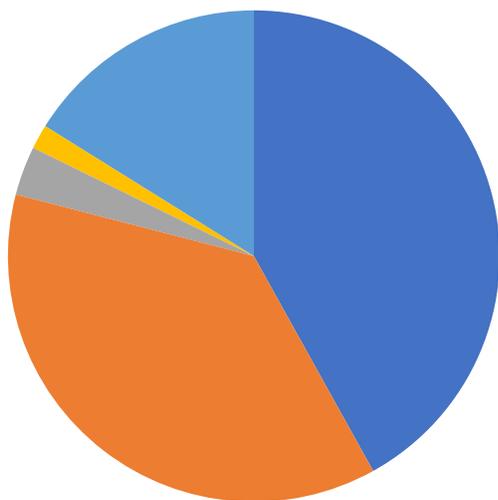
**Tuesday, Sept. 24, 6 pm** South Store Meeting Room

## What do you like about the Co-op?



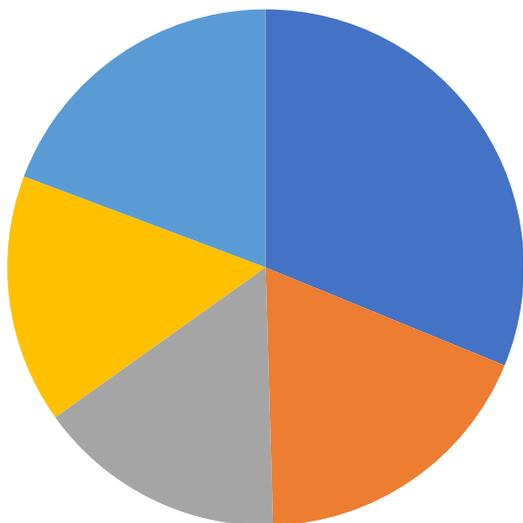
- The Feel
- Customer Service
- Product Selection
- Price/Value
- Community Involvement
- Recycling Center
- All

## How do you feel about the direction of the Co-op?



- Great
- Pretty good
- Not great
- Don't know or care
- Don't know but want to

## What events would you like to participate in?



- Tour farms/suppliers
- Environmental
- Community Service
- Arts & entertainment
- Tastings at local restaurants

# September Classes at the Co-op



Wednesdays, Sept. 4 & 11, Oct. 2 & 9, 7-9 pm

South Store Meeting Room

## Maegan's Clean Living Cooking Classes

\$35 + food cost per class, \$65 + food cost for two classes, \$120 + food cost for all four classes. \$10 food cost per class, per person or per couple including adult/child.

Sliding scale for low and limited income folks. Private message @cookingcleanliving on Facebook for more info.

Knife sharpening and knife skills, safety, sanitation and food storage, time management, kitchen etiquette, cooking techniques of all kinds, managing flavor profiles, assembling meals, food presentation, specialty focus in various areas, and so much more! All the skills you need to make cooking so much easier and manageable for you!

Classes welcome all skill levels and abilities, including developmentally diverse! Ages 7 and up are welcome. While individual classes are welcome, attending all four classes in succession will make the most sense and you will get the most out of it. Feel free to do what works and is most comfortable for you.

All fees must be paid in full in advance. For further details and to make payments, visit @cookingcleanliving on Facebook or email maeganscleanliving@gmail.com.

Thursday, September 5, 12:30-5 pm

South Store Meeting Room

## Red Cross Blood Drive

Sign up at: [www.redcrossblood.org](http://www.redcrossblood.org) • The need is great and we can all help! A little time from your day can help save a life half a world away. Donating blood is fast, easy, safe, and rewarding.

Saturday, September 7, 11 am - 12:30 pm

South Store Meeting Room

## Sound Current Yoga™ with Harold Keith

Cost: free • Consciousness is Life or "God." Without consciousness is anything "Real"? What is first, consciousness or the "things" of Realities (Vibratory Worlds, Multi-verses, etc.) we perceive? It takes consciousness first! So: consciousness is required to experience anything including one's own thoughts, possessions, opinions; empowering "everyone" and "everything." So it can be said that the "outside" exists only with permission of the "inside." If you ask Earth-based scientists what is consciousness, they haven't a clue! (Just external speculation.) Is consciousness the greatest gift? We take it for granted. Keith is teaching the Ancient Science of Consciousness as taught for 1,000's of years (which began) as taught in the Himalayas and then worldwide. Traveling Home on the Sound Current. All of life is vibrating... This infinite vibratory essence works directly with Consciousness to create infinite "frequency realities" (similar to "different" radio or TV stations). Consciousness travels on this Audible Life Stream. Awareness of the "Music of the Spheres" is essential to True "Self Realization." One's True Consciousness is eternal but "hidden within." Learn more at Keith's free talks [soundcurrentyoga@gmail.com](mailto:soundcurrentyoga@gmail.com). Web: [YogadaKriyaSuratShabdayoga.com](http://YogadaKriyaSuratShabdayoga.com). 🌿

# Co-op Community Events Calendar **September 2019**

FREE or by-donation listings take priority Submit event at: [firstalt.coop/publications/the-scoop-newsletter/](http://firstalt.coop/publications/the-scoop-newsletter/)

## UPCOMING EVENTS

### OSUsed Store Back to School Sales

Friday, September 20, noon - 3 pm and Tuesday, September 24, 5:30 - 7:30 pm at the OSUsed Store, 644 SW 13th St.

Special items buy 1 get 1 free plus other discounts. Used, low-cost furniture, computers, household items, office supplies and more. For more info contact: OSU Surplus Property, [surplus@oregonstate.edu](mailto:surplus@oregonstate.edu), (541) 737-7347 or <http://tiny.cc/osused>.

### Interfaith Community

Sunday, September 29, 4 - 5:30 pm at First Church of Christ, Scientist, 310 NW 16th St.

Please join the Interfaith Community of Corvallis as we welcome back Marsha Pecaut and discuss the past, present and future of the Interfaith Community. For more info: (541) 221-7319. All are Welcome!

### Second Saturday Art Day: Dusky Day

Saturday, October 12, 1 - 4 pm at The Arts Center, 700 SW Madison Ave.

The US Fish and Wildlife Service and

The Arts Center welcome all community members to Second Saturday Art Day at The Arts Center on October 12 for Dusky Canada Goose themed arts and crafts. The dusky is a subspecies of Canada goose that breeds only in the Copper River Delta area on the south-central coast of Alaska and on islands in the Prince William Sound and Gulf of Alaska. They winter primarily in the Willamette Valley and along the lower Columbia River of Oregon and Washington. The dusky represents one of the smallest subspecies populations of geese in North America. FMI: Jen Hernandez, [jenc@theartscenter.net](mailto:jenc@theartscenter.net) or (541) 754-1551.

### Magic Barrel: A Reading to Fight Hunger

Friday, October 18 at the, Whiteside Theater. Doors open 6:00 pm

Every year the Mid-Willamette Valley's literary community gathers to present the "Magic Barrel: A Reading to Fight Hunger." Come enjoy performances by preeminent Oregon authors, food, drink, and live music and support the Linn-Benton Food Share. \$12 in advance and for students and seniors. \$15 at the door. More information at [Magicbarrel.org](http://Magicbarrel.org).

### Philomath Open Studios

Weekends of October 19-20 and 26-27, noon - 5 pm in and around Philomath

The 16th annual Philomath Open Studios Art Tour and Sale includes 14 locations and 38 artists in and around Philomath. The self-guided tour is scheduled for the final two weekends of the month, Oct. 19-20 and Oct. 26-27. Each day, studios are open from 12 noon to 5 p.m. The tour is free. Visitors can start at any studio. More information at [www.PhilomathOpenStudios.com](http://www.PhilomathOpenStudios.com). 

Fill your Alternative Transportation Card for a chance to win a free tune-up by PNW Mobile Bike Repair

Congratulations to our August winner:

Val Fearnside



All completed Alternative Transportation cards submitted during the month w/name and phone number are entered to win.

## ONGOING EVENTS

### Help & Well-being

KORI THE SPOILER - OVERNIGHT PET SITTING [Kurinaleslie@gmail.com](mailto:Kurinaleslie@gmail.com) or (541) 740-4382 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](mailto:tina@tinataylor.co). Web: [oregonprisonproject.org](http://oregonprisonproject.org). "We transform lives and create safer communities by teaching empathy and Nonviolent Communication to inmates."

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.

FOLLOW YOUR BLISS - LAUGHTER YOGA & LABYRINTH MEDITATIONS Third Mondays, 7 pm at Unitarian Universalist Fellowship Corvallis COMMUNITY YOGA Saturdays, 5 pm at Live Well Studio, 971 NW Spruce Street, Suite 101.

Yoga for all levels, all bodies. The teacher changes from week to week. Suggested Donation \$7. No one turned away for lack of funds. FMI: Jocelyn Darshana, [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com).

TAI CHI CLASSES 5:30 - 6:30 pm, 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/wutantachi/home>.

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

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

MEMORY LOSS SUPPORT GROUP Every second Tuesday from 1:30 - 3 pm, 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

FARMERS' STAND & MARKET Tuesdays 5pm-7pm, May 7-Oct 29 at 1470 SE Alexander. Free, family- and dog-friendly stand. Multiple farmers

selling seasonal produce, starts, and more

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

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! Email [vegansandvegetarians@gmail.com](mailto:vegansandvegetarians@gmail.com) to join the listserv or for more info.

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

### Spirituality

ONGOING TIBETAN BUDDHIST PRACTICE DISCUSSION AND TEACHINGS Sunday, June 30 (and last Sunday of each month) 10 am - noon at 1333 Main St., Philomath. Please join us as accomplished Meditation teacher Lama Gyaltzen, student of Dudjom Rinpoche, leads a Buddhist discussion group. For practitioners who want to deepen their understand of Buddhism and/or

Continues on next page...

meditation and for beginners who are interested in meditation and have questions. Discussion groups are relaxed and informative. For more info: Antonia Miano, pemaantonia@yahoo.com.

**GRATEFULNESS GATHERINGS** Fourth Wednesdays, 6 - 7:30 pm at Co-op South Store Meeting Room. Experience, deepen, share the power of living gratefully. A non-profit event co-sponsored by The Network for Grateful Living: gratefulness.org. A different theme each month. FMI: Joe Martinez, (541) 990-5957 or puregratitude1@gmail.com. Snacks provided.

**ECSTATIC DANCE CORVALLIS** Sundays, 10:30 am - 12:45pm Odd Fellows Hall (223 SW 2nd St) Come "sweat your prayers!" A journey of self-discovery through music & movement for exercise, stress release, emotional expression, and celebration of life. No moves to learn—just a freeform dance to a varied mix of organic and electronic beats in a warm, playful, inclusive community. Music by DJ Baron von Spirit and guests. FMI: Peter Weinstein info@ecstaticdancecorvallis.com, (415) 335-6213.

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

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

**CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP** Open to all who are inspired by the teachings of Paramahansa Yogananda. Please join us for our Sunday or Thursday meditation services! All are Welcome! www.CorvallisMeditation.org or www.yogananda.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** Devotional gatherings throughout the county in English and Spanish. Locations vary. FMI: (541) 745-7916, linnbenton.local.bahai.us.

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

**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.

**ECKANKAR**—The Path of Spiritual Freedom. Sun. September 22, 11 am at the Eckankar Center of Corvallis, 875 Grant Ave. Join us for an ECK Light and Sound Service on "Facing Hardship with Grace." Bring your stories and insights to share. Eckankar welcomes people of all faiths and backgrounds. FMI: www.Eckankar.org, or call (503) 233-1595.

## Peace & Advocacy

**MID-WILLAMETTE N.O.W MEETING** Third Tuesdays, 7:15pm-8:15pm 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, 5-6pm 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** Third Saturdays. Meet 2-4pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, CorvallisSecular.org.

**AMNESTY INT'L WRITERS GROUP** Second 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** Second Thursdays 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 1-4pm at The Arts Center (700 SW Madison Ave) join us in the gallery for all ages art making. Materials provided, FREE of charge. FMI: Jen Hernandez-Cornelius, (541) 754-1551 x655.

**SHAPE NOTE SINGING GROUP** Second Sundays 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. FMI: Hannah Field, (541) 929-4301.

**DANCE PLANET** Saturday, June 8, 7:30-9pm. 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 second Saturdays of the month, at the Unitarian Universalist Fellowship, 2945 NW Circle Blvd, Corvallis. Admission is a suggested \$5-\$10 donation, with proceeds going to Earth-friendly causes.

**CORVALLIS BELLY DANCE PERFORMANCE GUILD** Third Saturdays, 7pm at Old World Deli, 341 SW Second St. Donations appreciated. FMI: 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** First Saturdays 7-8pm, 101 NW 23rd St. (Park and enter through the rear, corner of 23rd and Monroe Ave.) 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 noon-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** Second 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: Third Sundays, 9am-noon. FMI: www.neighborhood-naturalist.com, (541) 753-7689. 

# CALL FOR OWNERS

**The Board of Directors Needs You**  
The Owner Relations Committee and Strategic Planning Committee have 3 openings each for Owner members. To learn more about the positions, or to volunteer, please contact [faboard@peak.org](mailto:faboard@peak.org) before October 1.