

First Alternative NATURAL FOODS CO-OP

Fresh Local Organic
November 2019



**From the
Board of
Directors
Richard
Cunard**

A happy fall to everyone. I am pleased to make my return to Corvallis after spending the summer in Portland working at an internship. I returned just in time to attend the September Board meeting and chronicle it for our readers.

Coming back to our usual routine, the meeting began with discussion of budget assumptions, following into Board procedures, including the relevance and practicality of maintaining a Board work plan, and then transitioning into a discussion on the nature of our Ends and Guiding Principles, and how they relate to our ends and our Mission Statement.

The core takeaway from this, I felt, was that the nature of the Mission Statement is to be a general description of intent, with the

The SCOOP

Guiding Principles and Ends being closer to a description of the means by which that intent is executed.

Later in the meeting, the discussion turned to a survey the Co-op performed on how interested and informed Owners are about the Co-op's finances. The survey itself was relatively small, but its results were consistent with responses I have personally heard from Owners that the majority of Co-op Owners are either uninformed about First Alternative's finances or simply uninterested in knowing about them.

Having spent most of my time on the Board as a member of the Owner Relations Committee (ORC), this is a subject I am personally invested in. Engaging Owner interest and participation has been a continuing challenge; one that we have not always succeeded with. And I feel that as a direct result both the Co-op and the Owners themselves are in some ways being underserved.

First Alternative is a longstanding community institution celebrating its 50th anniversary

Owners, it's your chance to join us in the Corvallis Christmas Parade (see pg. 2)

New Owners in September:

48

Interested in becoming an Owner?
Ask us!



this coming year. One of the core intentions of a cooperative business structure is to democratize that business' capital. That is, to allow for more people to both have a say in how that business is run and benefit from its growth. As such, I firmly believe that Owners of First Alternative and the Corvallis area as a whole would benefit from greater community involvement in the Co-op. This is why I feel it's imperative that we continue to find ways to engage with our Owners.

In the survey mentioned above, one of the largest groups were those that had an interest in the Co-op's finances but felt uninformed. I feel that reaching this group of people is something that the ORC needs to focus on, and, to our credit, this has been something that we have been working on for some time.

First Alternative's marketing team has made a commendable effort to reach more people in different ways, such as electronic media and other forms of outreach. And recently, particularly with the number of candidates running in our last Board election, I feel that we have made significant progress in that respect. That being said, I am interested to know if there are other ways that Owners might be interested in receiving updates and information about First Alternative, be it about our finances, governance, or other areas.

As always, Owners can contact the Board through email at faboard@peak.org, or in person during the first ten minutes of our monthly meetings. For anyone interested, our meeting times are listed below this article. As I said, I believe everyone benefits from greater community involvement.

The Turkeys are Coming! Estimated arrival: **November 20**

Mary's Free Range Turkey options:

Non-GMO Free Range Whole Turkey . . . \$2.49/lb

Organic Free Range Whole Turkey \$3.69/lb

Non-GMO Turkey Breast \$4.99/lb

Grown in a humane, stress-free environment with no hormones or antibiotics. 100% vegetarian, non-GMO feed. More details at www.marysturkeys.com. Ducks, game hens, geese and heritage turkey also available. Details in-store.

New this year:  **Local whole turkeys from Aurora Valley Farms (Aurora Valley) \$4.99/lb**



November Board Committee Meetings Schedule

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Tuesday, Nov. 12, 6 pm North Store Meeting Room

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

Wednesday, Nov. 13, 4:30 pm North Store Meeting Room

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

Wednesday, Nov. 13, 5:30 pm South Store Meeting Room

First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

Tuesday, Nov. 26, 6 pm South Store Meeting Room

November Classes at the Co-op



Saturday, November 2, 11 am - 12:30 pm

South Store Meeting Room

Yogada Kriya Surat Shabda Yoga

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. Web: YogadaKriyaSuratShabdayoga.com.

Thursday, November 14, 12:30 - 5 pm

South Store Meeting Room

Red Cross Blood Drive

Sign up at: www.redcrossblood.org • The need is great and we can all help! A little time from your day can help save a life.

Thursday, November 14, 6 - 8 pm

North Store Meeting Room

Equal Exchange Tasting and Education Event: Building a Vibrant Community of Citizen Consumers

Please RSVP to Frankie fpondolph@equalexchange.coop

In the wider food system corporations control everything from seeds, to supply and prices. Join Frankie and Danielle from Equal Exchange in building a vibrant community that challenges the status quo, and business as usual. There will be a short presentation on our organizing work, the steps that have led us here, and how you can get involved in imagining a better food system. Our event will focus on discussion and how your participation as an individual is integral to this work in building a successful alternative trade organization for years to come. Equal Exchange snacks provided.

Thursday, November 21, 6:30 - 8 pm

North Store Meeting Room

Emotional Management with Bridget Davis

Cost: free • We are the only being in the world that can choose to feel a specific response to a specific event. No one can make us feel anything. Our personal power is that choice in all situations. Emotions are not good or bad, they are simply information. This Workshop will help you understand your response system and use it wisely. We will practice the Emotional Management tool, developed by Bridgett Davis as part of the HeartMath Stress Resilience Program. All workshops are FREE, donations are accepted. 

Co-op Community Carts in Christmas Parade, Friday Nov. 29!

Co-op Owners, join us in cart decorating and marching in the Corvallis Christmas Parade

Join the Co-op Community on Friday, Nov. 29 in the South Store Meeting Room for a merry day of cart decorating followed by a piping hot chili dinner and then a festive march around downtown Corvallis as part of the annual Corvallis Christmas Parade.

This year, in addition to our cart procession, the Co-op will be accompanied by the merry tunes of the Hammered Brass Quintet.



Co-op Owners only • RSVP required

To RSVP, email donnax@firstalt.coop or provide your name and Owner number to Customer Service at either store.

3 pm . . . Cart decorating for Christmas Parade

5 pm . . . Chili dinner for cart decorators

7 pm . . . Corvallis Christmas Parade

8:30 pm . Cleanup and undecorating of carts

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

Congratulations to our October winner:

Tiff Van Huysen!



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



Due to it no longer being safe for use, we will be removing the children's playset near the grape arbor at South. We plan to replace it in the spring. Thanks!

Co-op Community Events Calendar **November 2019**

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

UPCOMING EVENTS

Fill Your Pantry

Sunday, November 3, 2019, noon – 3 pm at Guerber Hall, Benton Co. Fairgrounds, 110 SW 53rd St, Corvallis

Ten Rivers Food Web is sponsoring Fill your Pantry, an opportunity to stock up on tasty foods and invest in the local farm economy. Purchase storable grains and vegetables, dried beans, frozen and preserved fruit, pickles, breads, honey, frozen meats, and more from local growers. Complete list of vendors at www.tenriversfoodweb.org/fill-your-pantry.

Your Downtown: What's Next?

Tuesday, November 5, 5:30 – 7:30pm at Courtyard Marriott, 400 SW 1st St.

Explore the future of the heart of our City in this free community workshop. Sponsored by City of Corvallis, Imagine Corvallis, Corvallis Chamber of Commerce, Corvallis Sustainability Coalition, Downtown Corvallis Association. For more info, visit: imaginecorvallis.org

Champinefu Lecture Series: The Kalapuya Mounds

Wednesday, November 6, 7 pm at The Majestic Theatre, 115 SW 2nd St.

In the second presentation of the third annual Champinefu lecture series,

archaeologist Tia Cody will share her discoveries about the remaining Kalapuya mounds. The lecture series is co-hosted by OSU's The Spring Creek Project and the Marys Peak Group of the Sierra Club. Admission is free.

Alpine Community Centers' 17th Annual Alpine Holiday Festival

Saturday, November 9, 9 am - 4 pm at Monroe Grade School, 600 Dragon Drive, Monroe

Join the holiday fund at Alpine Community Center's 17th annual Holiday Festival! 40 Oregon Artists & Artisans with beauty for sale. Live Entertainment All Day! Soups and Pies for Lunch! And don't miss the famous FABulous FUNky Fashion Show. There's also "Raffle Baskets of Many Enticements" and more! For more info: Jeanne Lindsay, (541) 424-2220.

Fall Repair Fair

Wednesday, November 13, 5:30-7:30 pm at the OSU Used Store, 644 SW 13th St.

Bring your broken items and volunteers will help you learn how to repair your belongings; attend demos to learn more skills! Repair skills will likely include appliances/electronics, housewares, clothing, and bicycles. Also, drop-in demos will be offered each hour. Contact: Lily. Butler@oregonstate.edu.

2019 NAACP Freedom Fund Banquet

Saturday, November 16, 6 - 9pm at Linn Benton Community College Calapooia Center, Albany

Corvallis and Albany NAACP branches present Ms. Willie Richardson, President of Oregon Black Pioneers as keynote speaker. Developed OPB Oregon Experience "Oregon Black Pioneers". Tickets on sale via <http://www.naacpcorvallisbranch.com/freedom-fund-2019.html>. For more info: Cynthia Spencer (541) 829-3023.

Buy Local First Day and Holiday Contest

Saturday, November 23 - Saturday, December 7 at various times and locations around Corvallis.

On Buy Local First Day (Saturday, November 23), visit participating local businesses for special treats, sales and discounts. Enter the Buy Local First Holiday Contest (November 23 - December 7) for a chance to win prizes, including gift cards and merchandise. For more information, visit: www.sustainablecorvallis.org.

The Co-op will be donating 10% of local product sales on Buy Local First Day to the Corvallis Men's Cold Weather Shelter.

ONGOING EVENTS

Help & Well-being

KORI THE SPOILER - OVERNIGHT PET SITTING 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. Web: oregonprisonproject.org. "We transform lives and create safer communities by teaching empathy and Nonviolent Communication to inmates."

REFUGE RECOVERY Corvallis Mondays, 5:30-6:30pm 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.

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

MEMORY LOSS SUPPORT GROUP Every sec-

ond 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

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 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.

Ongoing Events Calendar continues on next page...

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 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 Martines, (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 invites you to sing and chant with us! Kirtan is an easy yet powerful way to meditate. FMI: kitstern@gmail.com, or batmnp@centurylink.net.

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 - 7pm, 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 - 6:30 pm, 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, 7:15 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 Third Saturdays. Meet 2 - 4 pm, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, CorvallisSecular.org.

AMNESTY INT'L WRITERS GROUP Second Monday, 7 pm, 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 - 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. 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. We meet from 1:30-3:45 pm

DANCE PLANET Saturday, November 9, 7:30 - 9 pm. 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, 7 pm 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 - 9 pm, Imagine Coffee. All levels of players are welcome. FMI: (541) 286-4340, imagine.cof@gmail.com.

EZ BLUEGRASS JAM every Sunday 2 - 4 pm, 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 - 8 pm, 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 - 7:30 pm 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 - 8 pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net.

AUDUBON FIELD TRIPS Second Saturdays. Meet at 7:30 am. 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, 9 am - noon. FMI: www.neighborhood-naturalist.com, (541) 753-7689. 🌿



To celebrate Buy Local First Day on Saturday, November 23, the Co-op will be donating 10% of our sales of local products from that day to the Corvallis Men's Cold Weather Shelter.

Buy local and help those in need!