



The SCOOP



What's happening at your Co-op and in your community

APRIL CO-OP CLASSES



Board of Directors

Jim Mitchell

Greetings from the Board and welcome to the second edition of the Scoop.

April is one of my favorite months of the year. Spring has finally arrived, colors abound on the trees and bushes in our neighborhoods, and the start of gardening has arrived. April 22nd is Earth Day, a time to celebrate, protect, and restore our environment. First Alternative's (FA's) Mission statement includes: "FA is a community market aspiring to be a model for environmental sustainability through our purchasing and workplace practices."

In addition to the work First Alternative does every day, we are celebrating Earth Day again by being a Sponsor of the Corvallis Environmental Center's Earth Ball, being held at Sky High Brewing beginning at 7:30pm on the 22nd. Before that, from 4-7pm at both our stores, we will have local vendors demonstrating local products, passive sampling stations, new "Think Global, Shop Local" shopping bags, and other activities. I hope you can join the fun.

As we prepare for the annual election of three Board members, I think about one of the basic principles of the Co-op: democracy. It's hard to go through a day without hearing news coming out of

Washington DC, and whether you like that news or not, it reminds us all of the importance of voting and participating in our democracy. This is far easier to do in our co-op.

Each Owner has the right to vote for the Board and can participate in a number of ways ranging from running for the Board, to attending meetings, to addressing the Board and Management through comment cards, email, letters, or in person. The ten Directors on the Board want to hear from you when you have questions, concerns, or compliments. We try to the best of our ability to represent what we believe is in the best interests of our more than 10,000 Owners. We take this responsibility seriously and look forward to hearing from you.

Another basic tenet of First Alternative, as stated in our Guiding Principles, is supporting our community. The Guiding Principles state, in part: "We act ethically and responsibly by: Respecting and valuing healthy human diversity" and "We care for our community by: serving FA's Owners, staff, customers, and the larger community; ensuring that FA nourishes the mental and physical well-being of Owners, customers, and staff alike." The Co-op does that through working hard to make everyone welcome, honoring diversity, and valuing all individuals.

First Alternative emphasizes high-quality, wholesome foods and offers education, information, and other resources to assist us in healthy living. We also provide donations to a number of local causes that

you vote for through the Beans for Bags program.

Our co-op is our only community-owned, full-service grocery store. All the profits stay here, supporting our employees and suppliers. At the Board meetings, we often discuss how to compete in the current marketplace now that the large corporately-owned chain stores and others are expanding more into the natural and organic foods and goods marketplace.

We strive to be the best place for our community to shop for these products, and work hard to ensure our community and local suppliers benefit. Again, please let us know how we are doing. We need to make sure that you, the Owners and customers of First Alternative, are getting what you want from our stores.

At our most recent Board meeting, we discussed how to put an emphasis on strategic planning. We have found that much of our time and effort has been spent in reviewing the past to determine where we stand, which is important. But we feel we need to ensure we are also looking forward, making sure First Alternative is moving forward on accomplishing the goal of thriving into the future. To help us do that, we agreed to include an agenda item in every meeting to discuss the status of projects coming out of our strategic plan, and to make adjustments as needed to accomplish the objectives of the plan. Your input, feedback, and comments help us know if we're on the right track. Please don't hesitate to let us know. 🍴

Saturdays, April 1st & 15th, 2-4pm

North Store Meeting Room

Willamette Arts and Crafts Guild

Cost: Free and open to the public

BYO project event every 1st and 3rd Saturday. Come meet artistic people, chat and discuss possible projects. For more info, visit facebook.com/groups/WACGuild/ or contact Summer at (541) 282-4867.

Fridays, April 7th-May 5th, 5:30-6:30pm

South Store Meeting Room

Chen Style Taiji

Cost: Free and open to the public

Not your grandmother's Tai Chi! Chen style, the original and rarest form of Taijiquan is challenging for all ages and fitness levels. Students will learn the 18 Movement Form which contains the essential postures of Chen Style Taiji. All ages welcome, no prior experience required, wear comfortable clothing. New students may start April 4th or 14th, no later. Instructor Jeffrey J. Kelly has a Master's Degree in Traditional Chinese Medicine and began studying Chen Style Taijiquan in the ancestral Chen Village in China in 1988.

Wednesday, April 12th, 6:30-7:30pm

South Store Meeting Room

Autoimmune Support Group

Cost: Free and open to the public

Genuine Connection. Positive Support. Natural Healing. Hosted by Dr. Deborah Anderson, a naturopathic physician who specializes in helping women with autoimmune conditions. Space is limited. For more info and to RSVP please visit: www.DrDeborah.com/events.

Thursday, April 13th, 7-9pm

South Store Meeting Room

Modern Quilting Guild Meeting

Cost: Free and open to the public

A small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis! We formed in 2012 as a local guild of the international Modern Quilt Guild. Meetings every second Thursday as well as special events through the year. Read more about us at <http://corvallismodernquiltguild.blogspot.com/>

Friday, April 14th, 7:30-9pm

South Store Meeting Room

Reduce Acid Reflux Naturally

Cost: Free and open to the public

Learn why antacids could be making your acid reflux worse and strategies of how to reduce acid reflux naturally using foods and herbs. Learn an exercise to help strengthen digestion and reduce acid reflux. Instructor Joe Moceus is a Licensed Acupuncturist and Herbalist at Life in Balance Acupuncture. He teaches from personal experience and will share what he learned to help others feeling stuck and frustrated with this common problem. FMI: Life in Balance Acupuncture, (541) 757-4868 or joe@corvallishealing.com.

Saturday, April 15th, 12:30-2pm

South Store Meeting Room

Standing Up for Racial Justice

Cost: Free and open to the public

Join SURJ in education and action toward dismantling institutionalized racism. Everyone is welcome, including children. Donation \$3-\$5 (more if you can, less if you can't). FMI: www.CorvallisSURJ.org or info@CorvallisSURJ.org.

Saturday, April 22nd, 12-5pm

South Store Meeting Room

Modern Quilting Guild Sew Day

Cost: Free and open to the public

Bring a project to work on and enjoy some friendly company. Read more about us at corvallismodernquiltguild.blogspot.com/. 🍴

Community Calendar on reverse side

Corvallis Environmental Center PRESENTS

EARTH BALL 2017

APRIL 22 AT 7:30PM

SKY HIGH BREWERY

\$13 ONLINE, \$15 AT DOOR

21+ FUNDRAISER

PARTY FOR THE PLANET! EARTH BALL 2017

TICKETS AVAILABLE AT THE CO-OP

And Before the Party, Stop Into the Co-op from 4-7pm for Free Samples of Some of Your Favorite Local Products

We're all together on this lovely planet and on Sat., April 22nd, we celebrate. Kick it off at the North or South Co-op, where from 4-7pm we will be offering free food and drink samples from favorite local vendors!

After that, beginning at 7:30pm, it's time for the annual Corvallis Environmental Center

(CEC) Earth Ball, always one of the year's biggest and best parties.

No minors are permitted at this year's Earth Ball, but parents needn't worry, CEC is hosting a Kid's Earth Ball at the Oddfellows Hall from 7-10pm. Drop off the kiddos, enjoy a meal at Sky High, and then join the

festivities up on the rooftop. There will be Earth-inspired tunes from LMNO, raffle giveaways from local businesses, cornhole, wild and wooly mask making, a photobooth, and a whole lot more fun.

Remember to get your tickets for the Earth Ball at the Co-op. See you at the party! 🍴

BOARD COMMITTEE MEETINGS SCHEDULE

Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Wed. April 5th, 11:30am South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.
Thurs. April 20th, 6pm North Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.
Wed. April 19th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. April 25th, 6pm South Store meeting room

Co-op Community Events Calendar April 2017

FREE or by-donation listings only • To submit your free or by-donation event, visit firstalt.coop/community/community-calendar

UPCOMING

Grow Your Vegetable Garden in Containers

Sat. April 1st, 2-3:30pm at Corvallis-Benton County Public Library Main Meeting Room (645 NW Monroe Ave.)

Learn tips and trick for growing vegetables in containers with the container gardening expert, Maggie Stuckey. If you live in an apartment, condo, townhouse, or houseboat, you can still have a thriving garden of delicious edibles: vegetables, herbs, fruits, and edible flowers. Maggie Stuckey, author of *The Bountiful Container*, explains how in this free workshop. Maggie will describe the basics, answer your questions, and do a hands-on planting demonstration. Best of all, some lucky person will go home with the finished container garden. FMI: bonnie.brzozowski@corvallisoregon.gov.

Restoration Project at Chip Ross Park

Mon. April 10th, 7:30pm at Room 2087 Cordley Hall, 2701 SW Campus Way, OSU

Jon Pywell, Corvallis Urban Forester, will talk about the restoration project that has taken place at Chip Ross Park. Topics include decisions made, treatments used, and what plants were removed or replaced. Restoration projects will be happening in the next few years at Witham Hill, Bald Hill, Herbert and Kendall Natural Areas, so this is an opportunity to understand what the city is doing. FMI: Judi Sanders at judi.sanders@gmail.com or Louise Marquering at patch11@aol.com or (541) 753-0012.

Climate-Friendly Food Specials

Mon. April 17th-23rd, all day at participating local restaurants Celebrate Earth Week with plant-based climate-friendly food specials at Corvallis restaurants. Lower your carbon food footprint by eating fewer animal products. A full list of participating restaurants and more info can be found at 350Corvallis.org. FMI: email Kris at info@350Corvallis.org.

Beyond Earth Day at OSU

April 22nd-28nd on OSU campus (times and locations vary by event)

A celebration with fun and educational events focused on various holistic sustainability issues, put on by groups from both the campus and greater Corvallis community. Free and open to the public. See the full schedule at <http://tiny.cc/earth-calendar>. FMI: Andrea Norris, Andrea.Norris@oregonstate.edu.

Diving into Oregon's Dynamic Ocean

Tues. April 25th, 7pm at Corvallis-Benton County Public Library Main Meeting Room

Dr. Kirsten Grorud-Colvert of OSU will take us underwater to show how upwelling makes our coast unique and will describe some of the challenges facing our marine ecosystems, as well as share how Oregon is taking steps to protect its ocean treasures through a system of marine reserves. FMI: Marcia Shapiro, (541) 758-5255, tarnwillow@comcast.net.

Field Trip: Sunset Picnic and Wildflowers

Wed. April 26th, 5:30-8pm at Greenbelt

Land Trust Office (SW Western Blvd and SW First St.)

Celebrate Native Plant Appreciation Week and come explore a private natural area managed by the Greenbelt Land Trust on Riverside Dr. in Albany. This site has an abundance of spring wildflowers, ponds, and wildlife that is not publicly accessible. We'll walk through prairies and oak woodlands on mostly flat ground, but wear boots, since there are wet areas. Bring a picnic dinner. If it's raining, we'll eat our picnic inside. FMI: Matt at (541) 752-9609.

Drug Take Back Event

Sat. April 29th, 10am-2pm at Benton County Fairgrounds (110 SW 53rd St.)

Bring your expired or unwanted medications to this free one-day disposal event. Sponsored by the Benton County Sheriff's Office as a public safety service, this event helps keep medications out of our water system and away from children and teens. Some restrictions apply. Please check our website, www.co.benton.or.us/sheriff for details. FMI: Stacy Mellem, stacy.mellem@co.benton.or.us, (541) 766-6858. 🗑️

ONGOING

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

ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD Sun. April 2nd, 10-noon at 425 SW Madison Ave, Suite N. 10-10:30am, Community HU Sing: Join in singing HU, a love song to God that has helped people of many different faiths open their hearts more fully to the uplifting presence of God. 10:45am-noon, Spiritual discussion on "The Art of Spiritual Dreaming."

SHAMANIC HEALING CIRCLE Usually the 3rd Sunday of month, 2-4pm, downtown Corvallis. Come to request a healing session for yourself, someone else, or to participate as a drummer giving energetic support. Experienced Shamanic Practitioners welcome to volunteer healing skills. Space is limited so please RSVP for attendance and directions. Free, but donations graciously accepted. FMI: SkyYeagerShamanicsoulending@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 or email srfcorvallismeditation@gmail.com.

PLACE OF TARA Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. 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 and 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. 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 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, RELIGION OF THE LIGHT AND SOUND OF GOD Sun. April 23rd, 10-11am at 425 SW Madison Ave, Suite N. ECK Worship Service, "Love, the Passkey to Heaven." FMI: www.MiraclesInYourLife.org and www.Eckankar-Oregon.org

Wellness

HATHA YOGA Sundays from 7-8:15pm at Live Well Studios (971 NW Spruce Ave #101) Hatha yoga is the physical practice of yoga. This class encompasses yoga poses, breathwork, meditation, and relaxation. Use of props is encouraged and all levels from beginner to intermediate practitioners will benefit from this practice. \$7, no one turned away for lack of funds.

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

AIKIDO FOR ALL Tues & Friday, 6-7:30 pm at 6735 SW Country Club Dr (fitness over 50) Aikido, or "the way of harmonious spirit," is a modern martial art that develops strength, flexibility, self-defense skills, awareness, and compassion. Visitors always welcome. If you are interested come 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.

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

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

CORVALLIS BELLY DANCE PERFORMANCE GUILD 3rd Saturdays (March 18th), 7pm at Old World Deli, 341 SW Second St. \$5 suggested donation. www.

corvallisbellydance.org or (541) 497-4419.

PLANET BOOGIE February 11th, 8-9:30pm. A freestyle ecstatic dance event, featuring eclectic and world beat music. Family friendly. Set your own intention and find your joy. Requires bare feet or shoes that are clean soled. Monthly dances, Most 2nd Saturday nights. Downtown Dance. 223 NW 2nd St., just north of Peak Sports. \$5-10 donation.

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. (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

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

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

AUDUBON FIELD TRIPS 2nd Saturdays. 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. 🗑️