



SEPTEMBER CLASSES

Wednesday, Sept. 5th, 7:15 - 8:30pm (free intro lecture);
 Saturday, Sept. 8th, 10:45 am - 3:45 pm & Sunday, Sept. 9th,
 10:45 am - 1 pm (workshop) • South Store Meeting Room
Yogada Kriya Surat Shabda Yoga

Cost: \$69 for the weekend. Register on Eventbrite or at Customer Service,
 in-store or over the phone at (541) 753-3115

Yogada Kriya Surat Shabda Yoga is a yogic path founded in the United States based on the ancient teachings of the Himalayan masters. When people have completed Hatha, Pranayama, Bhakti, Karma, Raja, Kundalini and many other yogas, they find themselves at the third eye. Although many teachings talk about the third eye and going within through meditation, this path connects the human consciousness to the higher self through the vehicle of the audible life stream or the Sound Current. In this yoga there are specific techniques and trainings which reestablish the connection of the student with his or her eternal self via the infinite aspect of light and sound techniques. This is known as Sound Current meditation. The Sound Current is at the base of all the religious and spiritual teachings and is the Royal Highway Yoga.

Both the free introductory lecture and the weekend workshop will be presented by Harold Keith, founder and teacher of Yogada Kriya Surat Shabda Yoga.

This teaching does not involve postures but covers such topics as life after death, the dream state, out of body travel, the eternal true self and multiple lifetimes, etc. This is not a religion.

Thursday, September 27th, 7pm • South Store Meeting Room **The Bleeding Edge Documentary Screening**

Cost: Free and open to the public

Join us for a FREE movie screening of *The Bleeding Edge* documentary. *The Bleeding Edge* examines the \$400 billion medical device industry, responsible for products such as Essure and gynecological mesh, through the lens of five products that have wreaked havoc on the lives of thousands. "A wide range of people know about the problems with pharmaceuticals, but very few people know about the medical device industry and the fact that it is even less regulated than pharmaceuticals. We felt it was very important that the public, doctors and policymakers know about this because right now medical device companies can get away with just about anything." —Emmy award winning documentary film director, Kirby Dick.



Board of Directors
Camille Freitag
 Secretary

We hope you participated in and enjoyed the annual Owner Rendezvous and Business meeting where Chris Vitello, from EcNow Tech, told attendees about an exciting idea for local closed-loop recycling. The plan is to collect compostable plastic, then sort, sanitize, shred and pelletize it so it can be made into new products. The Co-op helped with a successful pilot project by collecting utensils. It was a great time, and we look forward to seeing you again at next year's Rendezvous!

At every meeting, the Board of Directors reviews a different one of the policies that direct how we govern or how the Co-op is managed. During the review, we ask each other if the policies are being followed; if we find that one is not, we decide to either change the policy or change our practices. During this routine review, we decided to take a much closer look at the first of our governance policies, which is based on the Seven Co-operative Principles from the International Co-operative Alliance. The Seven Principles are the guidelines by which co-ops of all types the world over put their values into practice. This past year, your Board took time at a few meetings to study the principles and make sure we are upholding them.

As Owners of First Alternative, we have banded together with 700 million other co-operators—in 109 countries—all following these same seven principles. So, what are they, and how can you see them in action at First Alternative?

and, while we do get some economic benefit in return through Owner discounts and, when possible and prudent, Patronage Dividends, we have mostly done this for the greater good. When we have a surplus, we decide how to use it democratically.

- 4. Autonomy and Independence** – First Alternative is not beholden to any outside entity. We owe money to banks but do not relinquish any of our democratic control.
- 5. Education, Training and Information** – Through articles, signs in the stores, and community events, First Alternative provides information to the community on topics such as local food, organic standards, and recycling. This principle includes providing education on the cooperative business model to the Owners and community—an area in which a Board review revealed we could do more.
- 6. Cooperation among Cooperatives** – You see this in the stores as the Co-op Deals, which come to us through the National Cooperative Grocers—a co-op of co-ops. By banding together, member co-ops can make deals with suppliers like a much larger store. We also offer help to start-up co-ops when asked, and leverage networking with other co-ops to continue to compete, grow, and improve.
- 7. Concern for Community** – First Alternative puts this principle into practice through donations to and support of community organizations and care for the environment. We are concerned for the health not just of our customers, but our entire ecological community and we try to minimize causing harm. We support fair trade in the worldwide community.

I like the thought of our Co-op being one small piece of this movement, and I wonder what our society would be like if these seven principles were the normal way of doing all business within our community and nation.

Beyond the Seven Principles, a different governance policy directs the Board to conduct an annual self-evaluation and report the results to the Owners. We score ourselves individually and as a group on metrics taken from our policies and job description and keep track of progress from year to year. We feel that we work well as a group and enjoy our work. We carry out our fiduciary responsibilities well. We fall short in focusing on the future and strategic planning, but we did improve a bit since last year. Our training this coming year will be designed to address these areas where we would like to do better.

In July, the Board welcomed newly elected Board Director, Demian Hommel. We hope he will enjoy Board work as much as his fellow directors.



The Seven Principles are:

- 1. Voluntary and Open Membership** – Anyone can join; we do not discriminate on any basis. We offer a payment plan to anyone who cannot afford the full cost of a share at once. This really is a founding principle of First Alternative, and we are stronger together because of it.
- 2. Democratic Member Control** – Every Owner has an equal chance of directing the Co-op by voting or standing for election to the Board of Directors. Owners can also bring matters forth for a vote of the Ownership.
- 3. Member Economic Participation** – This goes beyond buying groceries. We all do actually own the First Alternative stores in common. We have pooled our capital;




Join the Co-op's Julia and Donna in this challenge to buy all their food for the month of September without any single-use non-compostable packaging!
 Follow their Instagram story @firstaltcoop. Join in and share your own experiences at #eatoutsidethebox.

Bloktoberfest
 LIVE MUSIC ALL DAY
 BEER SERVED IN AUTHENTIC TANKARDS
 GERMAN-INSPIRED FOOD
 PAC-12 FOOTBALL ON THE BIG SCREEN
 (All ages welcome until 8pm!)

FRI | **SAT**
 SEPT 28 | SEPT 29
 4pm - 11pm | 12:30pm - 11pm

September Board Committee Meetings Schedule

Owner Relations Committee: The primary conduit for communications and relations between Owners and Board.
No meeting in September

Board Recruitment & Elections Committee: Working to recruit qualified Board candidates.
Tues. Sept. 4th, 5:30pm South Store meeting room

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.
Wed. Sept. 12th, 4:30pm North Store meeting room

First Alternative Board of Directors: Elected Owners putting the cooperative principles into action.
Tues. Sept. 25th, 6pm South Store meeting room

New Owners in July

33 interested in becoming an Owner or just want to learn more?
Ask us!
 Community Calendar on reverse

Co-op Community Events Calendar September 2018

FREE or by-donation listings only • To submit your free or by-donation event go to: firstalt.coop/publications/the-scoop-newsletter/

UPCOMING EVENTS

SAGE Volunteer Work Parties

Tuesdays through September 25th, 3 pm - 6 pm at SAGE Garden (4485 SW Country Club Dr.)

Everyone is welcome to join members of the Corvallis Environmental Center at the SAGE Garden on Tuesdays from 3-6pm to learn about production gardening and help grow food for families in our community who cannot afford fresh vegetables. No gardening experience is necessary and all skill levels are appreciated! Show up when you can and leave when you need to! FMI: Kyler, sage@corvallisenvironmentalcenter.org, (541) 753-9211.

Refuge Recovery Corvallis

Mondays, 5:30 - 6:30 pm at Unitarian Universalist Fellowship of Corvallis, 2nd floor, room 9, (2945 NW Circle Blvd.)

Refuge Recovery is 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. For more information, contact: Gavin Sublett, (541) 908-0864.

Supper at SAGE

Saturday, September 8th, 6-10 pm at Starker Arts Park (4485 SW Country Club Dr)

A farm to table fundraiser and evening of local food, music and art in the garden that benefits our SAGE Garden and Farm to School programs. With live music from The Hammered Brass Quintet, appetizers and tours in the garden, wine from Spindrift Cellars, and a seasonal four course meal prepared by chef Danielle Lewis of Castor Club, to enjoy outdoors while celebrating community and a good cause. FMI: Jennah Stillman, engage@corvallisenvironmentalcenter.org, (541) 753-9211.

In-Cahoots

Tuesday, Sept. 11th, 6:30pm at Odd Fellows Hall (223 SW 2nd Ave. Corvallis)

Grass Roots Fundraising. Meet up and hear great ideas. Vote for your favorite while enjoying soup, bread, and cookies. Do you know of a worthy project? Or want to learn more? Visit our website and submit your proposal: [google "incahotts corvallis"](http://google.com/search?q=incahotts+corvallis). FMI: Bea Michalik, beaconnect@gmail.com, (541) 758-6065.

OSU Used Store Back to School Sales

Friday, September 14th, noon - 3 pm; Tuesday, September 18th, 5:30 - 7:30 pm at the OSU Used Store (644 SW 13th St.)

Special items buy one, get one free plus other special discounts. Store carries used furniture, computers, household items, office supplies and more. For more info contact: OSU Surplus Property, surplus@oregonstate.edu or (541) 737-7347.

Car Free Day: How Will You Get to Fall Festival?

Saturday, Sept. 22nd, all day at Corvallis Fall Festival and all around town

On this 9th Annual Car Free Day in Corvallis, come on down to the Corvallis Fall Festival by bike, foot, or bus! Our free Bike Valet will be available all weekend in the parking lot of The Arts Center. Free parking/shuttle service is also available. See <http://www.corvallisfallfestival.org/info/plan-your-visit-1/>. Sponsored by the Corvallis Sustainability Coalition Transportation Action Team. For more information, contact: info@sustainablecorvallis.org, (541) 230-1237.

Food Day 2018: Community Apple Crunch

Saturday, September 29th, 9 am - 1 pm at the Corvallis Farmers' Market (First St. and Jackson Ave.)

Highlights include free Farmers' Market coupons for kids to spend at their favorite Farmers' Market booths and an "Apple Crunch" for everyone at the market at 10:30 am. Sponsored by Corvallis Sustainability Coalition Food Action Team, Corvallis Farmers' Market, First Alternative Co-op, Slow Food Corvallis, Corvallis Environmental Center, League of Women Voters of Corvallis, and Linus Pauling Institute Healthy Youth Program. For more info, contact: info@sustainablecorvallis.org, (541) 230-1237.

9th Annual Local Eats Week

Sunday, September 30th - Saturday, October 6th, at varying times and restaurants around Corvallis

Savor Local 6 sample plates under \$10. Check out sustainablecorvallis.org for a list of participating restaurants. Sponsored by the Corvallis Sustainability Coalition Food Action Team. Contact: info@sustainablecorvallis.org, (541) 230-1237.

ONGOING

Help & Wellbeing

KORI THE SPOILER - OVERNIGHT PET SITTING Kurinalesie@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.

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.darshana@livewellstudio.com

AIKIDO FOR ALL Tues & Friday, 6-7:30 pm at 6735 SW Country Club Dr (fitness over 50) Aikido, is 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.

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/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.

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 batmnp@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 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.

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM Sun. Sept. 23rd, 11am the Eckankar Center of Corvallis, now located at 875 Grant Ave. ECK Light and Sound Service: "Cultivating Your Relationship with Divine Spirit" FMI: View www.Eckankar.org, www.MiraclesInYourLife.org, or call (503) 233-1595.

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

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, & singalong. 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.

PLANET BOOGIE Most 2nd Saturday nights. Downtown Dance. 223 NW 2nd St. Freestyle dance event, with 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, \$5-10 donation.

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. 🌿