

The SCOOP



First Alternative
NATURAL FOODS CO-OP



from the
Board of
Directors
**Tyra
Jansson**

Hello from one of the newest members of your First Alternative Co-op's Board of Directors! As someone who started coming to the Co-op before I was born, I am thankful and excited to serve this community institution we all value.

At the Board's January meeting the Board decided that we believe it is in the best interests of the First Alternative Co-op and the larger community of which we are a part for the Co-op Board of Directors to endorse Measure 2-121 in Corvallis. This measure, which would establish an urban renewal district in South Corvallis, is on the ballot for Corvallis voters this month. Measure 2-121 will not create a new tax or increase tax rates, and it will help finance community improvement projects within the district related to:

- Affordable housing support
- Commercial and residential development support
- Business support and enhancement
- Street design and improvements
- Multi-use path design and construction
- Millrace restoration
- Natural resource management
- Plan administration and planning refinement

To ensure the Board reviewed Measure 2-121 in a thorough and thoughtful way, we reviewed the Board policy on the Board taking political action as part of our decision-making process. Our policy states that the Board of Directors may choose to support, endorse, or advocate for an issue if it is relevant to our Vision, Mission, and Guiding Principles or has a direct impact on our role as a cooperative.

You can find our Vision, Mission, and Guiding Principles on the First Alternative website or ask for a copy of them at either store, but to sum up, those guiding documents describe our Co-op as aspiring to be a community-oriented store that not only provides high quality products, but also acts in an ethical manner and balances human needs, financial necessity, and daily realities. Measure 2-121 aims to support many aspects of First Alternative's Vision, Mission, and Guiding Principles, and would benefit more than just South Corvallis. There is a demonstrated need for affordable housing across Corvallis and the state of Oregon, and the urban renewal district in South Corvallis would support affordable housing and other activities that will help keep the area a community.

First Alternative Co-op's South Store would be in the proposed urban renewal district. Particularly as we enter into strategic planning that we anticipate will focus on how to shape the future of the South Store, the First Alternative Co-op Board of Directors sees the value in supporting a safe and thriving community in South Corvallis and fully endorses Measure 2-121.

Strategic planning is one of the Board of Directors' current priorities. The strategic planning workgroup has held its first two meetings and is in the process of creating a committee charter that the Board will review and approve. Once this group has the direction provided by a charter the real fun will begin. The overhaul of our filing system—completed thanks to the hard work of Camille Freitag, the Board Secretary, and Max Taylor and Rhonda Thomson, the Board Scribes—has unearthed some historical documentation that may prove useful as we move through the strategic planning process. The improved structure of the files and systems will help with organization throughout strategic planning, as well as in many aspects of Board operations.

The other priorities identified by the Board include continuing to focus on financial health, improving the development of the Board to make it stronger and more effective, and improving Board-Owner relations. If you would like to be involved in working on any of those priorities, you might consider running in the next election for Board of Directors – we are currently accepting applications and will continue to do so until March 31st. You can find the application online or ask a friendly staff member at the customer service desk at either store for a paper copy. If you have any questions, please reach out to Phil at FirstAlternativePhil@gmail.com. You might also consider attending one of the Board meetings, which are held the last Tuesday of each month at 6pm in the meeting room at the South Store.

It was brought to the Board's attention at the January Board meeting that the First Alternative website did not have the most recent resources for Board meetings published for visitors to access. The Board is in the process of exploring what is needed to improve the availability of documents, such as agendas for our meetings, in order to make sure our fellow Co-op Owners can stay informed about what the Board will be talking about at each meeting.

Please remember that the Board of Directors of First Alternative Co-op endorses Measure 2-121 that is on the Corvallis ballot this month. The Board has exercised their voice in the matter, and I would like to encourage those of you who are Corvallis voters to exercise your own voice in the most effective way possible—get out there and vote! 🗳️

MARCH CLASSES

Sat. March 2nd, 11 am - 12:30pm • South Store Meeting Room
Sound Current Yoga™ with Harold Keith

Cost: free • Do you hear Ringing, Buzzing, or other Sounds or Tones inside? Throughout time and human history a "secret teaching" has been handed down from teacher to student. This human tendency to "know oneself", a deep yearning within eventually leads the aspirant to greater spiritual truths and eventually to a true teacher who has direct knowledge and experience in this secret teaching and master yoga. This particular yoga is the end point of traditional yogas and the beginning of greater Direct Discovery. The fact is that all of life is in vibration and this vibration is life itself! We are a "part of" this audible life stream. Harold Keith, who is an active student, teacher and founder of Yogada Surat Shabda Yoga has been studying this ancient science for all his life (he is 68). Keith is now teaching this "Sound Current Yoga" and invites anyone and everyone to attend his free talks and discussion groups.

Thurs. March 7th, 12:30 - 5:30pm • 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 half a world away. Donating blood is fast, easy, safe, and rewarding.

Thurs. March 28th, 6:30 - 8pm • North Store Meeting Room
Clean Up Negative Self-Talk

Cost: free • We create life from our "word", which begins in our thoughts. As part of the HeartMath Stress Resilience series (by Bridgett Davis of The Well Wishing Co.), we will be focusing on negative self-talk. In this workshop we will be asking deeper questions, learning about how the brain is designed to create "noise" and how to redirect this unhealthy noise into empowerment. The workshop is free, donations are accepted. 🍃

Co-op Board of Directors Looking For Candidates

If you think you would be interested in a job that is challenging, demanding and very rewarding you may want to consider a position on the First Alternative Board of Directors. Each year, at this time, the Board Recruitment and Elections Committee conducts a search for qualified candidates to stand for election to the First Alternative Board. Our directors operate under a system known as Policy Governance.

Using Policy Governance frees our directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles have been put into practice? The Policy Governance system also means that the Board does not participate in the day-to-day operations of running our stores. The Board creates policies that guide management in the operations of the stores. Our management team is free to implement these policies in any reasonable way and the Board monitors practices and updates the policies as necessary.

Through developing a vision for First Alternative and appropriate policies to implement this vision, our Board members have the opportunity to make a truly meaningful contribution to the success of the Co-op now and in the future. Board members annually set goals at the strategic planning retreat.

The directors are elected in June. A full Board is composed of 10 directors elected to three-year terms, with 3-4 positions coming up for election each year. This year there are three 3-year positions open. The Board Recruitment and Elections Committee endorses candidates with the skills needed to do the work of the Board.

The primary responsibilities of the Board of Directors fall into five main categories:

- 1) To insure the financial stability of the organization.
- 2) To set long and short-term goals for the organization.
- 3) To hire, supervise and evaluate the General Manager.
- 4) To insure the perpetuation of an effective Board.
- 5) To provide linkage to the Owners.

Requirements for service on the Board of Directors are as follows:

- Be a voting shareholder of First Alternative.
- An interest in the organization's mission and goals.
- A willingness to further your knowledge through orientation and training.
- A willingness to represent the organization to the community.
- 10-15 hours of service per month, distributed approximately as follows: 6-8 hours Board meetings on the last Tuesday of each month (preparation and attendance), 2-4 hours Committee Meetings (preparation and attendance), 1 weekend retreat and 2-3 hours annual meeting/year. Optional attendance at conferences and trainings.

Each Board member will receive a 15% in-store Co-op discount at the register as well as a delicious dinner before each Board meeting. Training, conference opportunities and related travel expenses are covered.

If you would like more information, or would like to request an application packet, please contact Board Recruitment and Elections Committee member, Phil, by phone at phone (541) 908-4256 or by e-mail at FirstAlternativePhil@gmail.com. An application packet can also be downloaded from www.firstalt.coop or picked up at the customer service desk. Please note that all interested applicants must have their application turned in to Customer Service or by e-mail by March 31. 🍃



March Board Committee Meetings Schedule

Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

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

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

No meeting in March

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

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

First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

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

January New Owners

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

Ask us!

Community Calendar on reverse

UPCOMING EVENTS

Sustainability Fair & Town Hall

Thursday, March 7th (Fair, 5 - 7 pm; Town Hall, 7 - 9 pm) At OSU, CH2M Hill Alumni Center (725 SW 26th St.)

Don't miss the sustainability event of the year! The Fair features more than 50 local exhibitors, a buffet of local organic food, and music by the Nick Rivard Jazz Guitar Duo. Town Hall keynote by Mary Christina Wood, "Immediate Action: Responding to Our Climate Emergency". Seating at Town Hall is limited. Sponsored by the Corvallis Sustainability Coalition. FMI: info@sustainablecorvallis.org, (541) 230-1237.

Southtown Teaching Collective: Free Classes in Sustainable & Creative Living

Saturday March 9th, 10:30 am, 1 pm & 3 pm at S. Corvallis locations including Co-op Meeting Room

Classes, many family friendly, offered in various locations in S. Corvallis. For details, contact us at southtownntc@gmail.com We're still in need of some bi-lingual translators and folks interested

in teaching. This is a neighborhood empowerment grant project. More learning opportunities on April 13th and May 11th. FMI: southtownntc@gmail.com, (541) 321-0434.

NaturePlay Preschool Open House

Sunday, March 10th, 4 - 5 pm 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

March 13-15, 9am-3pm at Avery House Nature Center
When the Corvallis schools are closed, send your child (ages 5-10) on a fun and educational adventure! Discover the power of water and the energy of waves on a fast paced bike adventure to the

OSU Wave Lab. Visit local sites where beavers use engineering to create habitat. Participate in a sandcastle building activity at the beach, see if your structure can withstand the incoming tide! Build bridges and dams to learn how to engineer human habitat. FMI: Nima Boyer, nima@corvallisenvironmentalcenter.org, (541) 753-9211.

"Nevertheless She Persisted" Womxn's Herstory Quiz Night

Tuesday March 19th, 6:30pm-8pm at Old World Deli (341 SW 2nd St.)

Celebrate Women's History Month with Mid-Willamette NOW at Womxn's Herstory Quiz Night. A family friendly event to test your Womxn's Herstory knowledge. Bring a team or form a team there and make new friends on a fun and educational evening! This is a free event but we are asking folks to please bring a donation of menstrual products for the OSU Hattie Redmond Women and Gender Center. FMI: <https://www.facebook.com/mwillamettenow> or midwillamettenow@gmail.com

Corvallis Multicultural Literacy Center's

International Potluck Dinner
Wednesday, March 20th, 5:30pm-7pm at the Corvallis Multicultural Literacy Center (2638 Jackson Ave.)

Enjoy great conversation and meet people from around the world! Please bring a dish to share. Everyone welcome. No sign up required. FMI: (541) 243-8976, info@cmlcenter.org.

School's Out Adventure: Spring Salmon Study

March 25-27, 9am-3pm at Avery House Nature Center
When the Corvallis schools close, send your child (ages 5-10) on a fun and educational adventure! Run with the salmon on a journey from mountain streams to giant ocean seas. Dissect a hatchery salmon to see egg masses and internal anatomy. Test local rivers for key salmon needs from water quality to stream sediment and debris. Visit Clemens Park and the Alsea Fish Hatchery. Create a large-scale salmon art installation. 

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@tina-taylor.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 - 6:30 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. Suggested Donation \$7. No one turned away for lack of funds. FMI: jocelyn@darshanafrontdesk@livewellstudio.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.

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

GRATEFULNESS GATHERINGS 4th Wednesdays, 6 - 7:30 pm at Co-op South Store Meeting Rm Experience, deepen, share the power of living gratefully. A non profit event co-sponsored by The Network for Grateful Living: www.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.

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 10-10:45 am 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 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 re-charge body and mind. Tuesdays, 5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, RASALILA2@yahoo.com.

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. March. 24th, 11 am at the Eckankar Center of Corvallis, 875 Grant Ave. "Spread Your Wings as Soul" ECK Light and Sound Service. FMI: www.Eckankar.org, www.MiraclesIn-YourLife.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

DANCE PLANET Saturday, March 9, 7:30pm - 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 2nd 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.

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. March activity: Blackout Poetry for April's Poetry Month. 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. 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. 