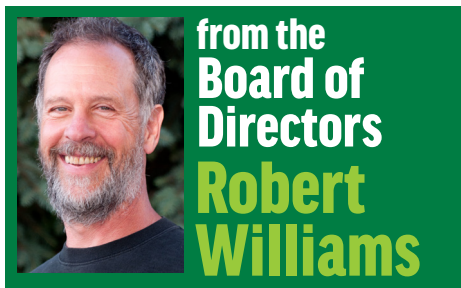


The SCOOP



First Alternative
NATURAL FOODS CO-OP



I want to start this off with a thank you. We received two letters and an Owner visit to our meeting this month. This is wonderful. We love to hear from you, both kudos and concerns. So thank you again for staying involved in our Co-op.

We recently had an election for new and incumbent Board members and a change to the Product Selection Guidelines. Thank you to all of you who took the time and thought to vote. You know who you are.

A thank you to all our loyal Owners and customers. You shop here and that makes the Co-op awesome. The more you shop the better it will be. So thank you for that.

Having mentioned the Product Selection Guidelines (PSG), I'd like to take this opportunity to talk about them. First drafted Dec 2001 and accepted by the board January 2002, they have stood the test of time well. A few additions have been made to provide additional specificity for GMO and chocolate products. At the time of their acceptance they were put under the control of management with only notification to the Board of changes. In practice, changes have been a result of a conversation involving Owners, staff and the Board.

An important aspect of the PSG is the focus on customers. Of the six headings, three are oriented more toward

our customers than actual product descriptions. They are community, affordability, and environmental responsibility.

Community guides our staff to buy local (well before that was a thing) and support other cooperatives and community endeavors. Our staff's many connections to community organizations exemplifies this, and of course we have many contracts with small local suppliers who would likely struggle without the Co-op's buying power.

Affordability states our concern for and assistance to low income shoppers. This in particular requires some judicious product selection, as low cost products may be marginal in other areas.

Environmental responsibility touches on our efforts to maintain or improve the physical aspects of the environment we all live and breathe.

The other headings are quality, social responsibility and current prohibitions. They reflect our concern for quality healthy food, safe, ethical working environments for our suppliers and our employees.

All in all a good summary of the way a business can operate and be of benefit to Owners, customers, suppliers, and the environment. Well done.

I have one more thank you, this one more personal. I have served on this Board of Directors for 9 years. It has been my privilege and honor to do this. Besides, it's a lot of fun. But 9 years is enough. It's time for me to move on and let new talent blossom on the board. Again, thank you for 9 great years. 🌱



JULY CLASSES

Fridays, 5:30 - 6:30pm • South Store Meeting Room
Chen Style Taijiquan

Cost: \$50/month. Register on Eventbrite or at Customer Service.

Members of the Corvallis community now have the rare opportunity to learn the original style of Tai Chi - Chen Style Taijiquan. This ongoing course will provide instruction in the complete First Form of the Old Frame (Jaojia yilu) at a pace suitable for mastering the intricacies of this authentic Chinese Martial Art. Chen Style is a harmonious balance between slow and fast and soft and hard movements. It is both a healthy form of exercise and an effective martial art. Often called a form of "moving meditation" practice of Chen Style Taijiquan can reduce stress and improve health. Don't miss this chance to learn authentic Chen Style Taijiquan from a qualified teacher who was trained at the ancestral Chen Village. Chief Instructor Jeffrey J. Kelly has a Master's Degree in Traditional Chinese Medicine and has been studying and teaching Chen Style for over 30 years. 🌱

Co-op Owners and their families are invited to
First Alternative Natural Foods Co-op
Owner Rendezvous
POOL PARTY
at Osborn Aquatic Center
Sunday, August 5th
4:30 - 8 pm

4:30pm
Co-op budget presentation, plus a special presentation on closed-loop recycling by:
EcNow  **Tech**

5:30pm
Pool Party • Live Music
Hot Dogs • Cookie Potluck*
* Participating Owners, bring 2-3 dozen cookies & ingredients list



PRODUCT SELECTION GUIDELINE REFERENDUM PASSES

With a total of 471 ballots cast (with some still trickling in) the referendum on a change of verbiage to our Product Selection Guidelines has passed resoundingly.



Congratulations
Rebekah Fowler, Richard Cunard, and Demian Hommel!
All three candidates were all elected to the Board of Directors

 CORVALLIS-BENTON COUNTY PUBLIC LIBRARY

2018 PREVENTING WASTED FOOD SERIES

The OSU Master Food Preserver Program presents a four-part demonstration workshop series on preventing wasted food, in collaboration with the Corvallis Sustainability Coalition's "No Food Left Behind" project.

JUNE 25: INTRO TO PRESERVING FRUITS
This is where we start. Review basic resources, techniques and equipment for boiling water canning, the method used to preserve fruits, pie fillings, jams, jellies and juices.

JULY 9: PRESSURE CANNING & DEHYDRATING
An overview of the simple, safe method of preserving meats and vegetables with a pressure canner. There's really nothing to be scared of! Also an introduction to drying foods, a method of preservation gaining popularity.

JULY 23: PRESERVING TOMATOES & SALSAS
Review current, safe methods for tomato preservation including "The Laws of Salsa," and green tomato options.

AUGUST 27: PICKLING POINTERS
Pickles are popular again. Learn about selecting ingredients and simple methods for fermented and quick pickles you can prepare to perk up your meals.

NO FOOD LEFT BEHIND - CORVALLIS -  

CBCPL Main Meeting Room | **MONDAYS: 6/25, 7/9, 7/23, 8/27**
6:00—7:30 PM

Corvallis-Benton County Public Library • 645 NW Monroe Ave • Corvallis, OR • 541-766-6793
cbcpubliclibrary.net • askalibrarian@corvallisoregon.gov

July Board Committee Meetings Schedule

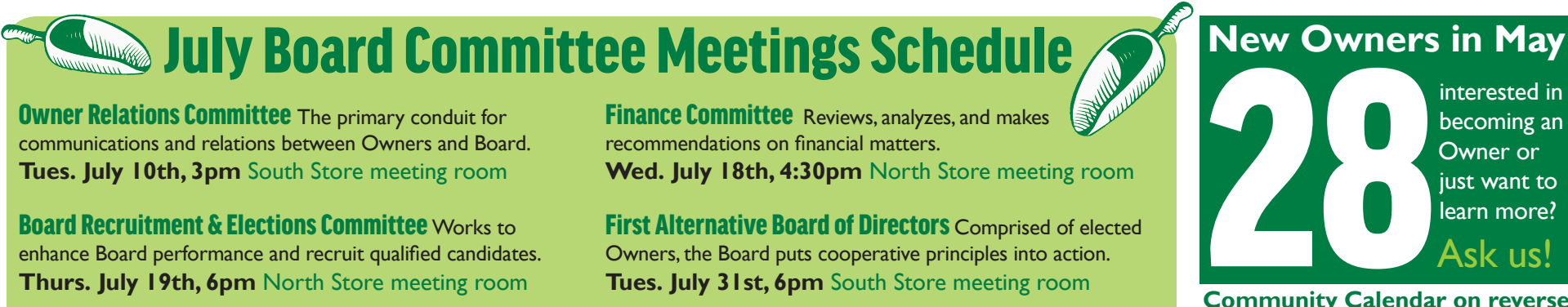
Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Tues. July 10th, 3pm South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.
Thurs. July 19th, 6pm North Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.
Wed. July 18th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. July 31st, 6pm South Store meeting room

New Owners in May
28 interested in becoming an Owner or just want to learn more?
Ask us!
Community Calendar on reverse



Co-op Community Events Calendar July 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

South Corvallis Urban Renewal Open House

Monday, July 9th, 5:30pm - 7 pm at Lincoln Elementary School Gym (645 NW Monroe Ave.)

The City of Corvallis is exploring the creation of an urban renewal district that would assist the community's efforts to strengthen the South Corvallis neighborhood through increased access to commercial services and housing opportunities, and improved pedestrian safety. Come to the open house to: Find out what urban renewal is and how it can be used to benefit South Corvallis, learn about the proposed projects that are meant to strengthen and enliven South Corvallis, and provide input to the Urban Renewal Advisory Committee on the proposal and projects. Food and childcare provided! Translation services available. FMI: www.corvallisoregon.gov/urbanrenewal or (541) 766-6574.



SAGE Garden Work Parties

Tuesdays, July 3rd - September 25th, 3 - 6 pm at Bruce Starker Arts Park (4485 SW Country Club Dr.)

Everyone is welcome to join members of the Corvallis Environmental Center the SAGE Garden on Tuesdays from 3-6pm. Volunteers will 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! For more info, contact Tyler: sage@corvallisenvironmentalcenter.org, or (541) 753-9211.

Sustainability Coalition Quarterly Gathering

Friday, July 27th, noon - 1:30 pm at Corvallis-Benton County Public Library (645 NW Monroe Ave.)

Come see presentations by Corvallis Sustainability Coalition partners and action teams. There will be refreshments and networking opportunities. For details: sustainablecorvallis.org, info@sustainablecorvallis.org, (541) 230-1237.



Corvallis Environmental Center's SAGE Summer Concerts

Thursdays, July 12th & 26th, August 9th & 23rd, 6-9 pm at Bruce Starker Arts Park (4485 SW Country Club Dr.)

Join the Corvallis Environmental Center for a free outdoor summer concert series co-sponsored by Oregon State Credit Union! There is a suggested donation of \$10 per family, with all proceeds helping SAGE Garden, where 3 tons of food are grown annually for hunger relief organizations in Corvallis! There will be local beer, mead, and cider for sale, and local food carts serving fresh, delicious dinner and treats. Free parking is available, plus the park is easily accessible by bike. Come celebrate music and community outside this summer!

Performance Schedule:

July 12th: Performances by *The Riverside* and *Pa'Lante*. Plus The Co-op will be on site selling hot dogs, salads, tofu nugs, ice cream sandwiches, and more!

July 26th: Performances by *Ludicrous Speed* and *Organized Chaos*

August 9th: Performances by *The Mondegreens* and *Olivia Awbrey*

August 23rd: Performances by *Hillstomp* and *Adam Larson*

For more info contact Jennah Stillman at engage@corvallisenvironmentalcenter.org or (541) 753-9211.



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

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.

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: 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. 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 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. May 27th, 11am at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "Is Change a Spiritual Opportunity" FMI: View www.Eckankar.org, www.MiraclesInYourLife.org, or call (503) 233-1595.

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@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.

CHAIR YOGA Tuesdays and Thursdays, 3-3:45 p.m. at Live Well Studio Sliding scale. FMI: ShawnaHarvey541-224-6566

FREE TEEN YOGA Wednesdays, 4 - 5 pm at Live Well Studio, 971 NW Spruce Street, Suite 101, Corvallis. All Teens Welcome. All Levels. Free Class! FMI: Live Well Studio, frontdesk@livewellstudio.com

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 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.

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, 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.orus/field_trips.shtml.

NATURALIST ADVENTURES Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9am-noon. For meeting place, see website. FMI: www.neighborhood-naturalist.com, (541) 753-7689. 🐾