

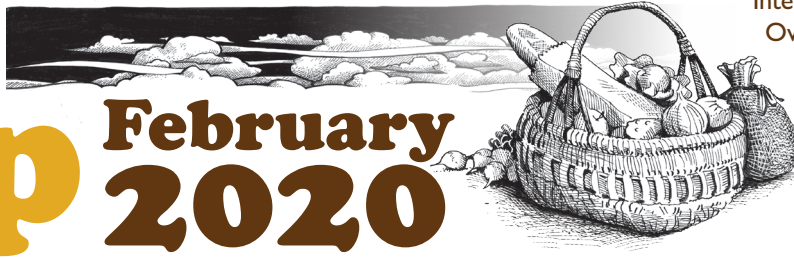
# The First <sup>50<sup>th</sup></sup> Alternative Scoop

## February 2020

Interested in becoming an Owner? Just ask us how!

**New Owners in December:**

# 31



**From the General Manager Cindee Lolik Remembering Joel Hirsch**

Joel loved the Co-op and was dedicated to doing whatever he could to make sure that First Alternative was a strong organization that served the needs of the community. He served on our Board of Directors from July of 2009 until his unfortunate accident in early January of this year.

Joel made the following statement in answer to a question about what the community would be like without the Co-op in 2013: "I believe that First Alternative's commitment to being a responsible, generous, and engaged community partner could be deemed heroic...[the] loss of our co-op would be devastating, what a bummer of a question!"

I think we could easily put Joel's name in place of First Alternative and have just as true and potent a statement. Our community is feeling the loss of one of our civic heroes. But instead of mourning his loss, I think that Joel would be happier to know that we are celebrating his life and how he touched so many.

Joel was the kind of soul that was as big as life and dedicated to following his heart to do whatever he could to make people's lives better in our community.

Joel, in his capacity of City Councilor, touched on many organizations in Corvallis including the Arts & Culture Board, the



Parks & Recreation Board, the Civic Beautification & Urban Forestry Advisory Committee, Da Vinci Days, The Arts Center, Sister Cities, the Public Arts Selection Committee, and Visit Corvallis. He was a member of a variety of local bands as well: Xenat-Ra, Orquesta Monte Calvo, Deluxe Brothers, Orca Jones and Ordinance.

At the gathering for Joel a week after his death, his sister told me that he knew how to ask, "how can I make you happy?" in 31 languages. He used to greet folks when he was at the Esalen Institute in Big Sur and when he encountered someone who spoke a language he hadn't yet mastered the phrase in, he asked them to teach it to him. He was a man who cared passionately about the happiness of others.

In that vein, I've collected a few short anecdotes from those of us at the Co-op who knew, worked with, and called Joel our friend:

"One of a Co-op Board members' key responsibilities is to connect with the

Owners, and Joel did it with style and enthusiasm! At an Owner Rendezvous some years ago in Avery Park, Joel stepped right up to dish out the Coconut Bliss for dessert. The picnic table in front of him held an array of every available flavor, and he was lavish and generous with his scoop. When the annual event moved to Osborn Aquatic Center, you'd find Joel serving something good to eat. Joel loved a party. He loved the Owners. And he loved the Co-op."

"One of my personal favorite memories of Joel comes from his last race for City Council. The Economic Vitality Partnership was holding a 'meet & greet the candidates' at one of their quarterly meetings. This was a group of business people, bankers, etc. Joel came striding in with confidence and big grin for the whole room—all while decked out in full nun regalia, it being Halloween and Joel having a gig to get to after the meeting! It certainly lightened the atmosphere in the room!!"

"Joel was a kind, honest and passionate man. I can remember when his dog was in ill health he would bring her to Board meetings and tend to her in the car while on break.

"He was someone you could easily speak your mind to, have a healthy debate with and know that no one was going to take it personally. I recall having many blunt and honest conversations with him regarding concerns about the co-op's health and he always responded with positivity and enthusiasm to work towards positive change."

Thank you, Joel, for the memories you gave us and for your many contributions to our Co-op and the community. 🍌



## February Board Committee Meetings Schedule

### Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

**Tuesday, Feb. 11, 6 pm** North Store Meeting Room

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

**Wednesday, Feb. 12, 5 pm** North Store Meeting Room

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

**Wednesday, Feb. 12, 6 pm** South Store Meeting Room

### First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

**Tuesday, Feb. 25, 5:30 pm** South Store Meeting Room



Open 7-10

# February Classes at the Co-op

Saturday, February 1, 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](mailto:Soundcurrentyoga@gmail.com). Web: [YogadaKriyaSuratShabdayoga.com](http://YogadaKriyaSuratShabdayoga.com).



1st Wednesdays, beginning Feb. 5, 6 - 7:30 pm  
South Meeting Room

## Self Care Class: Acupressure, Movement & Lifestyle

**Free to Owners, \$5 for community members (no one turned away for lack of funds)** • Learn simple but potent points to hold on yourself or loved ones, as well as easy movements and lifestyle suggestions to support healthy living. Each month we will explore a different topic. February 5th: Soothing the Winter Blues. FMI: [beeara@beeara.com](mailto:beeara@beeara.com), (541) 752-1997. 



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

Congratulations to our January winner:  
**Shawn Massoni**



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

## Attention Owners:

With the introduction of electronic voting, you can now receive your ballot via email! Electronic voting is quick, easy, and secure.

Please make sure your email address is up to date at Customer Service.



## Interested in Serving on the First Alternative Co-op Board? \*

Collaboratively guide the Co-op's vision, mission, and goals into the future



Work with other community members



Contribute professional skills to a local cooperative business



Learn more about First Alternative Co-op



Represent the interests of Co-op Owners



15% Discount on most purchases

Owners interested in candidacy should contact the Board Recruitment and Elections Committee via e-mail at [BREC@firstalt.coop](mailto:BREC@firstalt.coop) or at [www.firstalt.coop](http://www.firstalt.coop). Board application packets are available at [www.firstalt.coop](http://www.firstalt.coop) and at customer service in both stores. Applications are due by March 31st. Elections will be held June 1-21st.



Follow us on Facebook, Instagram & Twitter for sales, specials & news:  
[@firstaltcoop](https://www.instagram.com/firstaltcoop)

# Co-op Community Events Calendar February 2020

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

## UPCOMING EVENTS

### Free Chair Yoga

Saturdays in February, 3 - 3:45pm at Live Well Yoga, 971 NW Spruce Ave.

Yoga poses adapted so all bodies can benefit. Much of the practice is done while seated in a folding chair. You do not need to be able to get yourself to the floor or to stand for extended periods of time to practice. Suggested donation \$7; no one turned away for lack of funds. FMI: Carole Hobrock, [frontdesk@livewellstudio.com](mailto:frontdesk@livewellstudio.com) Phone (541) 224-6566.

### Parking in Corvallis: Exploring Solutions

Thursday, February 6, 7 pm at Corvallis-Benton County Public Library, 645 NW Monroe Ave.

Presentations on parking in Corvallis by Jeff Petry (City of Eugene), Meredith Williams (OSU Transportation Services), Evan Manvel (OR Dept. of Land Conservation & Development), followed by audience Q & A. Sponsored by the Corvallis Sustainability Coalition Land Use Action Team, League of Women Voters of Corvallis. For more info, contact: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), (541) 230-1237.

### Insights into Gardening

Saturday, February 8, 8am - 4pm at LaSells Stewart Center, 875 SW 26th St.

A day-long series of seminars for gardeners of all abilities and levels of experience. Choose from 16 classes offered in four concurrent sessions taught by local experts. In addition to classes, there will be exhibitors offering items for sale, a bookstore, and a

raffle for some great prizes. Parking is free. Sponsored by the Benton County Master Gardener Association. Proceeds help fund scholarships and educational outreach. Visit [bentonmg.org/iig](http://bentonmg.org/iig) for more info and to register.

### OSUsed Winter Repair Fair

Thursday, February 20, 5:30-7:30 pm at the OSUsed 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](mailto:Lily.Butler@oregonstate.edu).

### Guiding More Good:

**Nonprofit Conference** Saturday, February 29, 9:30am - 5pm at CH2M HILL Alumni Center, 725 SW 26th St.

This day-long event for nonprofit boards, staff, and volunteers provides informative talks and workshops alongside opportunities for networking. Topics such as fund development, financial accountability, organizational and board development, and diversity, equity and inclusion. Registration starts at \$99 for students and \$135 for regular early bird rates. More information visit: [events.nonprofitsteward.org](http://events.nonprofitsteward.org) or call (541) 230-1036. 🍷

**FRIDAY FEBRUARY 7**  
5:30-9 pm at The Vue

\$20 in advance

\$25 at the door

**Get your tickets at  
Customer Service or  
online at [firstalt.coop](http://firstalt.coop)**



## ONGOING EVENTS

### Help & Well-being

**KORI THE SPOILER - OVERNIGHT PET SITTING** [Kurinaleslie@gmail.com](mailto: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](mailto:tina@tinataylor.co). Web: [oregonprisonproject.org](http://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](mailto: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/wutantaichi/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 second 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](mailto: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](http://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 puregratitudel@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, 5:30-6:30pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, RASALILA2@yahoo.com.

**ECKANKAR**—The Path of Spiritual Freedom. Sun. February 23, 11 am - noon at the Eckankar Center of Corvallis, 875 Grant Ave. Join us for an ECK Light and Sound Service on "Explore God's Gift: Your Creative Imagination." 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.

**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 I - 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.

**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.

**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 Cof-fee. 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 - 7:30pm 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. 🍌