



The SCOOP



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



Board of Directors
Blanche Sommers

Greetings from the Board. Now that August has arrived we are only a few weeks away from the much anticipated solar eclipse. It will be a major event that will bring many visitors to our town and state. Personally I am not big on crowds so I considered leaving town, but in the end I couldn't resist staying for the experience. If you plan to watch it make sure you do so safely. If you go to the NASA website you can find tips on how to do that.

Our last Board meeting (which was in June) was the annual Board Appreciation Dinner. Each year we have a special dinner hosted by the Board Recruitment and Elections Committee which is a thank you for the Board. In keeping with tradition, the dinner was outstanding and, on behalf of the Board, I want to thank those who made the effort to make the dinner special. For Board members whose three-year terms are up, and those who were not reelected, the June meeting is their last. This year Melissa Hartley completed her most recent term and decided not to run for reelection. We will miss her thorough analysis and perspective. Another Board member, Kathy Berg, has decided that she does not have the time to devote to Board service so she resigned her seat at the end of June. She was also a valuable voice on the Board and we will miss her as well.



Thanks for all your great contributions to the Co-op Board, Melissa Hartley (left) and Kathy Berg (right)! You will be missed.

Unfortunately, the one new Board candidate in our election had to withdraw after the ballots were printed. He is pursuing other opportunities in another city so was not

able to serve. That means that as of the time I am writing this we have an open place on the Board. If any Owners are interested in serving on the Board, please let us know. You can email us at faboard@peak.org. If you would like to attend a meeting just to see how they operate, they are held on the fourth Tuesday of the month at 6 pm at the South Store Meeting Room. We would be happy to see you there. Even if you are just curious and don't want to serve on the Board, we encourage you to come by to see your Board in action.

At our last meeting, we discussed how to evaluate our performance as a Board. This is a process we struggle with because it is difficult to measure such a subjective quality. Some things are objectively measurable such as attendance at meetings and events. Others are less so such as preparation for meetings and contribution to supportive Board culture. However difficult this process is, we are committed to working on it. This can be the difference between a highly functioning Board and one that is in disarray. We have important work to do and we can't let Board dynamics get in the way.

Another subject for discussion this month was the Owner Rendezvous. As this article comes out on August 1st, the Rendezvous is over but we are already thinking about next year.



It was another great Owner Rendezvous at Osborn Aquatic Center. We hope you were there, Owners!

This is our annual meeting with Owners and is one of the ways in which the Board reaches out to communicate with you. We are always trying to get feedback about how you think things are going, but this too is a challenge. We tend to hear from people when they have a strong opinion about something, but getting general ideas or feedback is more elusive. If you have any comments or suggestions you can email us at the email above, alternately there are comment cards available in each store. We would really love to hear from you. 🍃



Try our new Co-op Kitchen Matcha Green Tea Cupcakes (left) and Vanilla Berry Cupcakes (right) Available now!

AUGUST CLASSES

Saturdays, Aug 5th & 19th, 1:30-4:30 pm • North Store Meeting Room
Willamette Arts and Crafts Guild

Cost: Free and open to the public

Bring-Your-Own 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.

Sundays, 9-10am • North Store Meeting Room
Guarding the One: Daoist Quiet Sitting

Cost: Free and open to the public

This method of meditation is the fundamental basis of Daoist Internal Alchemy. It is a simple yet profoundly powerful practice. The foundation of health and longevity, Guarding the One leaves the practitioner calm and centered. Participation is on a drop-in basis and is free. For more information, contact Jeffrey Kelly at docneedlestcm@gmail.com or by phone or text at (541) 829-1985.



Thursday, August 10th, 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/>.

Saturday, August 19th, 12:30-2pm • South Store Meeting Room
Standing Up for Racial Justice Meeting

Cost: Free and open to the public

Standing Up For Racial Justice (SURJ) is a national network that organizes white people to take action for racial justice as part of a multiracial alliance. Everyone is welcome. Suggested donation \$0-\$5. FMI: (541) 203-0842, info@CorvallisSURJ.org.

Saturday, August 26th, 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/.

Wednesdays until September 27th, 5:30-6:30pm • South Store Meeting Room
Intermediate Chen Style Taijiquan

Cost: \$95 for an 8 week session. Register on Eventbrite or at Customer Service.

In the Intermediate Chen Style Taijiquan class, students will practice and refine the postures of the 18 Movement form while gaining a deeper insight into the history and principles of Chen Style Taiji. Applicants must have completed the Beginning Chen Style Taijiquan as taught by Jeffrey Kelly; taught on Fridays from 5:30-6:30 at the Co-op. 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.

Fridays, until September 29th, 5:30-6:30pm • South Store Meeting Room
Beginning Chen Style Taijiquan

Cost: Free and open to the public. Register on Eventbrite or at Customer Service

This is not your grandmother's Tai Chi! Chen style, the original and rarest form of Taijiquan, is challenging for all ages and fitness levels. During the eight week course, students will learn the 18 Movement Forms which contain the essential postures of Chen Style Taiji. All ages welcome. No prior experience required, registration is. 🍃

Corvallis Autoimmune Support Group

No meeting in August. Next meeting,

Wednesday, Sept. 13th, 6:30 pm • South Store Meeting Room

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.

CO-OP BOARD COMMITTEE MEETINGS SCHEDULE

Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Wed. Aug. 2nd, 11:30am South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.
Thurs. Aug. 17th, 6pm South Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.
Wed. Aug. 16th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. Aug. 29th, 6pm South Store meeting room

New Owners in June:

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interested in becoming an Owner or just want to learn more? Ask us!

Community Calendar on reverse side

Co-op Community Events Calendar August 2017

FREE or by-donation listings only • To submit your free or by-donation event contact marketing@firststalt.coop

UPCOMING EVENTS

SAGE Work Party

Tuesdays in August, 3-6pm at SAGE Garden (SW 45th Place at Country Club Dr.) Work parties are a great way to get involved at SAGE Garden. Learn about production gardening and help grow food for families in our community who cannot afford fresh vegetables. Tuesday work parties are open to everyone—drop-in anytime. Sponsored by the Corvallis Environmental Center.

All About Owls! Wildlife Wonders Summer Series (3 of 4)

Sat. Aug. 5th, 10am-2pm at Chintimini Wildlife Center (311 NW Lewisburg Ave.) Join us for a fun-filled day of tours, talks, arts & crafts, kids activities and raffle prizes as we celebrate Int'l Owl Awareness Day! FMI: Sarah Spangler, engagement@chintiminiwildlife.org.

ECK Wisdom on Solving Problems (Part 1 of 2)

Sun. Aug. 6th, 10:45-noon. Meet at Eckankar Center (425 SW Madison Ave, downstairs) Explore the spiritual side of solving your problems, including finding root causes, ways to change your viewpoint and conquer fears. FMI: View www.HearHU.org, www.Eckankar-Oregon.org or call (503) 233-1595.

Edible Garden Walking Tour #1

Tues. Aug. 8th, 6-8 pm. Meet at 1420 SW Jefferson Way (behind OSU's Callahan Hall) Enjoy a free guided walking tour of food-producing gardens in Corvallis. Details at www.bountifulbackyard.org and www.sustainablecorvallis.org. Contact: info@sustainablecorvallis.com, (541) 230-1237. Sponsors: Corvallis Sustainability Coalition's Food Action Team, Bountiful Backyard.

SAGE Summer Concerts

Thurs. Aug. 10th & 17th, 6-9pm & at SAGE Garden (SW 45th Place at Country Club Dr.) The SAGE Summer Concerts are family-friendly events showcasing local musicians and supporting local businesses. All proceeds benefit SAGE Garden. Local businesses will be selling food and drinks, and alcohol will be

available for purchase. Free parking is available on site and the park is easily accessible by bicycle. Performers will be *Wilhelmina & Sterling* and *All the Apparatus* (10th) and *DTW* and *The Crescendo Show*. (17th). Sponsored by the Corvallis Environmental Center. Admission is free, with a suggested donation of \$10 per family.

Edible Garden Cycling Tour

Sat. Aug. 12th, 9 am-noon. Meet at Vincent Street & Robb Place Enjoy a free guided cycling tour of food-producing gardens in Philomath. Details at www.bountifulbackyard.org and www.sustainablecorvallis.org. Contact: info@sustainablecorvallis.com, (541) 230-1237. Sponsors: Corvallis Sustainability Coalition's Food Action Team, Bountiful Backyard.

Edible Garden Walking Tour #2

Tues. Aug. 15th, 6-8 pm. Meet at SE Stone Street & Alexander Avenue Enjoy a free guided walking tour of food-producing gardens in Corvallis. Details at www.bountifulbackyard.org and www.sustainablecorvallis.org. Contact: info@sustainablecorvallis.com, (541) 230-1237. Sponsors: Corvallis Sustainability Coalition's Food Action Team, Bountiful Backyard.

OSUsed Store Summer Clearances

Tues. Aug. 22nd 5:30-7:30pm & Fri. Aug. 25th, noon-3pm at the OSUsed Store, (644 SW 13th St.) 25-75% off specially marked items. Store carries used, low-cost furniture, computers, household items, office supplies and more. OSU Surplus Property, surplus@oregonstate.edu or (541) 737-7347.

Solar House Party

Thurs. Aug. 31st, 7pm Hosted by Corvallis residents who are realizing the benefits of solar energy. Includes informal conversation, a brief program about solar energy, financing opportunities, a chance to ask questions—and delicious refreshments! Sponsored by the Corvallis Sustainability Coalition. See sustainablecorvallis.org for details. Location provided when you RSVP. Contact: info@sustainablecorvallis.org, (541) 230-1237.



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. The New World Kirtan Band 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.

ECKANKAR—THE PATH OF SPIRITUAL

FREEDOM Sun. Aug. 6th, 10-noon at 425 SW Madison Ave, (downstairs). 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. 10:45-noon, Spiritual discussion on solving problems FMI: www.HearHU.org, www.Eckankar-Oregon.org or (503) 233-1595.

SHAMANIC HEALING CIRCLE

3rd Sunday of month, 2-4pm, downtown Corvallis. Come request a healing session, 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. 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 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—THE PATH OF SPIRITUAL

FREEDOM Sun. Aug. 27th, 10-11am at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "Breaking Free Spiritually" Come experience the presence of God's Light and Sound. Join in singing HU, a love song to God, and for a spiritual discussion on how it has helped people of many different faiths open their hearts more fully to the uplifting presence of God. FMI: www.HearHU.org, www.Eckankar-Oregon.org or (503) 233-1595.

Wellness

MORNING MEDITATION CIRCLE Tuesdays, 8:45am at 971 NW Spruce Ave Corvallis Honor your mind and body through sacred time and sacred space while practicing together as community. Each week will include a yoga or spirit based idea to weave into our practice which will most often include varying amounts of asana, pranayama and meditation. We will explore many teachings and techniques along the journey. All welcome, no experience necessary. Please do come join. FMI: Barry (541) 224-6566

MORNING CHANT CIRCLE Fridays, 8:45am at Live Well Studio (971 NW Spruce Ave.). The Gayatri Mantra (the mother of the vedas) is the foremost mantra in hinduism and hindu beliefs. The repeated chanting of the Gayatri Mantra, with proper understanding of its meaning, is believed to be of the greatest good to the individual! We will chant the Gayatri Mantra 108 times, preceded by a few Sun Salutations to warm the body, and closing with a few moments of silence. Come get your chant on! FMI: Brianne (541) 224-6566

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 LABY-

RINTHS FOR HEALING & PEACE Wed. 7-7:45pm. 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

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

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. For meeting place, see website. FMI: www.neighborhood-naturalist.com, (541) 753-7689. 🌿