



BEANS 4 BAGS

OCTOBER 2017 SPECIAL EDITION

First Alternative's Beans for Bags program asks customers to take one bean token after checkout for each reusable bag brought from home, or each reused box provided by the Co-op (find them near the registers) that they use. Shoppers then choose the organization(s) they'd like to support by taking and placing their bean tokens in the corresponding jars on our Bean Towers.

In years where more than sixteen local organizations apply, Co-op Owners vote on the recipients. This year, we had exactly sixteen applicants, so every organization that applied will get their turn.

Each quarter, four of the sixteen organizations take their turn in the Bean Towers. At the end of the quarter, they receive a check proportionate to the amount of bean tokens they received.

Since its inception in 2003, the program has made over \$91,000 in donations to local causes, and saved more than two million one-time-use bags.

Learn all about the 2018 Beans for Bags recipients inside this special edition of the Scoop, then keep bringing those reusable bags from home (or grabbing and reusing boxes provided by the Co-op.) And remember to grab your token(s) after checking out! Through Beans for Bags, you're helping build your community and helping preserve our planet.

Same program, new look:

Beans for Bags recently got a makeover. Easy-to-read new signs make it simpler to understand and participate in the program than ever before, and we've literally leveled the playing field by putting the collection jars side by side instead of stacked one on top of another. Now one organization won't have an advantage by virtue of a more convenient placement.



Reusable totes and reused boxes



Heads or tails? Either side is a winner with our cool and durable new bean tokens. These recyclable tokens will last a long time, are easy to sanitize, and don't look like a tasty treat to the kids!

The 7 Cooperative Principles:

- 1) Voluntary and open membership
- 2) Democratic member control
- 3) Member economic participation
- 4) Autonomy and independence
- 5) Education, training, information
- 6) Cooperation among cooperatives
- 7) Concern for community

Friday October 13th

A community celebration with
food drink & music

4-7pm

at both stores

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from the
Board of Directors
Richard Cunard

This past August, the Board saw the addition of not one but two members to its roster. The Board was introduced to Rebekah Fowler, who will be serving out the remainder of the term previously held by Kathy Berg, following the latter's decision to step down. In addition, returning to the Board to serve a three-year term left vacant following the last election is Camille Freitag. I hope they will receive a warm welcome from the Co-op community.



Rebekah Fowler (left) and Camille Freitag

After making our way through the usual clerical matters at the beginning of the meeting, we were provided a presentation by our Financial Manager, Mark Tarasawa, on several matters, ranging from our accounting, to how our loan covenants are handled, to the Co-op's other financial obligations.

I always appreciate when staff members are willing to take the time to help members of the Board better understand the Co-op as a business, as I feel that the development of the Board is extremely valuable to the Co-op. Anything that helps us better manage our duties not only helps the Co-op, but the local community, which First Alternative supports. With that in mind,

we have begun planning for Board training and development opportunities, including planning for our next yearly Board retreat, as well as some of the upcoming national co-op events, not least of which being the Consumer Cooperative Management Association conference (CCMA). The CCMA is something of a national co-op convention, due to take place in Portland next year.

Additionally, we discussed the Owner Rendezvous, which occurred at the end of July. I am pleased to say that the Rendezvous went exceptionally well this year (thanks in no small part to the efforts of our own Donna Tarasawa.) We had a record two hundred fifty-six attendees at the event, along with a shockingly large turnout for this year's Owner meeting. We also took the opportunity to discuss Owner surveys. If you you were present at the Rendezvous, you were most likely offered a short survey at check in, with questions such as how much of your shopping is done at the Co-op, what items you buy at other stores, as well as where you might like to see future Owner Rendezvous.

Regarding where the future Rendezvous should be held, the overwhelming majority preferred to continue holding it at the Osborn Aquatic Center. As such, we have reserved the space for next year's Rendezvous. We felt that the survey was very helpful to us, and would like to ask you if we should we open up further surveys? If you have any questions or comments, feel free to email us at faboard@peak.org. We are always open to suggestions. 🥬



Keep Your Fork, It's Local Eats Week!

October 22nd - 29th

Taste some of the best food the Willamette valley has to offer, with delicious Local 6 plates for under \$10 at a bevy of participating Corvallis restaurants—and one grocery store that our readers may be more than a little familiar with! Participating locations include:

- Bellhop
- Block 15
- Bombs Away
- Cirello's Pizza
- Cloud & Kelly's
- **First Alternative Co-op**
- Gathering Together Farm
- Laughing Planet Café
- Nearly Normal's
- New Morning Bakery
- Sidecar
- Sky High Brewing
- Taco Vino
- White Wind Superfoods



Last year's Co-op offering, with produce from Beene Farm.

Visit sustainablecorvallis.org to learn more about Corvallis' 8th annual Local Eats Week, including a full list of the participating Local 6 Connection restaurants and more. 🥬



October Board Committee Meetings Schedule



Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Wed. Oct 11th, 12:00pm South Store meeting room

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

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

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. Oct 24th, 6pm South Store meeting room

CO-OP CLASSES OCTOBER



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.

Tuesday, October 3rd, 7pm • South Store Meeting Room

Author Event: Tara Whitsitt, *Fermentation on Wheels*

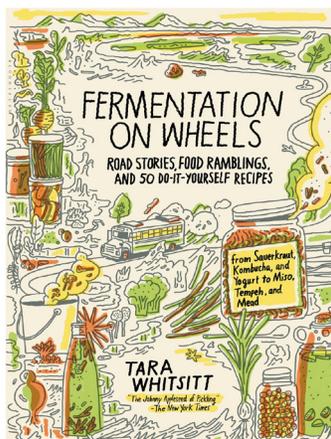
Sponsored by



Cost: Free and open to the public

Food activist Tara Whitsitt took off from Eugene in a bus-turned-fermentation-lab to spread the gospel of kombucha, kimchi, and kefir nationwide. Hosting potlucks, and teaching her skills at each stop, she accrued a following. Through stories, illustrations,

photographs, and fifty recipes, *Fermentation on Wheels* tracks the two-year, twenty-thousand mile journey that made Tara into a celebrated apostle of delicious, creative, and healthy, fermented flavors—from sourdough to sauerkraut and wild berry wines to fruited mead. *Fermentation on Wheels* is also celebration of how age-old food traditions can bring people together; inspire sustainability, and promote healthy eco-systems.



Saturdays, Oct. 7th & 21st, 1:30-4:30pm

North Store Meeting Room

Willamette Arts and Crafts Guild

Cost: Free and open to the public

BYO 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.

Wednesday, Oct 11th, 7pm • South Store Meeting Room

Autoimmune Support Group

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.

Thursday, Oct 12th - Saturday, Oct. 14th, (Thursday - Friday:

6-7:50pm; Saturday: 9-10:50am) • South Store Meeting Room

Making Healthy Baby Food

Cost: Cost is \$49 (includes a recipe book)

Register online at www.linnbenton.edu or call (541) 917-4840

Learn how to make baby food from scratch with instructor Kristina Van Nuys. This hands-on class will guide you through all the steps of baby food preparation, proper storage methods, as well as nutrition. You will keep all the baby food you make in class.

Wednesdays, Oct. 18th-Nov. 6th 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 (see below). 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, Oct. 20th - Dec. 8th 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

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 contains the essential postures of Chen Style Taiji. All ages welcome. No experience required, registration is.

Saturday, Oct. 21st, 12:30-2pm • South Store Meeting Room

Standing Up for Racial Justice

Cost: Free and open to the public

Join SURJ in education and action toward dismantling institutionalized racism. Everyone is welcome, including children. Donation \$3-\$5 (more if you can, less if you can't). FMI: www.CorvallisSURJ.org or info@CorvallisSURJ.org.

Saturday, Oct. 28th, 12-5pm • South Store Meeting Room

Modern Quilting Guild Sew Day

Cost: Free and open to the public

Come join in the fun with the Corvallis Modern Quilt Guild, a small but growing group of modern quilters who love quilting, fabric, and sewing who live in or around Corvallis! CMQG is a local guild of the international Modern Quilt Guild. Monthly sew days and meetings, as well as special events throughout the year. Read more at <http://corvallismodernquiltguild.blogspot.com/>.

Lumina Hospice & Palliative Care



Formerly the Benton Hospice, this independent, non-profit community resource provides responsive care

for local residents nearing the end of life, and their families. Serving the valley since 1980, they ensure in-home comfort, compassion and control for every patient throughout their remaining days. Wherever home is. For nearly 40 years, they have served not only Benton County, but also Linn County and parts of Polk, Lincoln, Marion and Lane counties.

Corvallis Sustainability Coalition



Promoting an ecologically, socially, and economically healthy city and county through a network of

350 partner organizations and hundreds of individual volunteers working for a sustainable community. Action teams work in 12 topic areas: Community Inclusion, Economic Vitality, Education, Energy, Food, Health & Human Services, Housing, Land Use, Natural Areas, Transportation, Waste Prevention, and Water.

Fresh & Local, First!



Fresh & Local First is a new organization that is looking to begin making its mark on the Corvallis community. Their mission is to increase access to local foods to all community

members with an emphasis on providing sustaining support to low-income residents for the consumption of local foods with SNAP incentive (and similar) programs funded by grants and local fundraisers.

Willamette Neighborhood Housing Services



A private, nonprofit community development organization with a 25-year history of commitment to improving lives and

strengthening communities through quality affordable housing, homeownership, economic opportunity, and community partnerships. Services include the development of multifamily rental housing; owner-occupied housing units; resident and community health services; and more. A focus on healthy homes, neighborhoods, and communities has become a unifying theme in much of WNHS' work and is informing our approach to housing development and management, and resident and community engagement

Center Against Rape and Domestic Violence (CARDV)



CARDV's two-fold mission is to provide services and support to those affected by sexual and domestic violence, and to provide education and leadership within the community to change the societal

conditions that cultivate these forms of violence. During Fiscal Year 2016-2017 CARDV responded to 6,297 crisis and support line calls, provided crisis response support to 3,579 adults along with 658 children and teens, and much more.

Corvallis Bicycle Collective



Education is one of the Bicycle Collective's fundamental services. From Open Streets Corvallis, Corvallis Spring Roll, and other community events, to leading workshops during National Bike Month, to mentoring volunteers and shop users every day, bicycle education is integrated into everything they do. The Collective continues to provide tools, stands, and technical assistance at no cost to users of their do-it-yourself community bicycle shop.

Greenbelt Land Trust (GLT)



Greenbelt Land Trust works to conserve and protect native habitats, working lands, and lands

that connect residents to nature. The Trust acquires land through purchase, conservation easements, and occasionally through land donations. Over 3,000 acres of critically important lands are currently under permanent protection by the Trust, and are being managed to build resilient water systems, enhance habitat for wildlife, and create productive natural ecosystems.

Philomath Community Gleaners



A non-profit community membership organization in which members work side by side to provide a "helping hand" not a "handout". Members glean food, household supplies, and

wood. There are currently 274 gleaners in the group, which includes 50 gleaner households and 58 adoptee households. Adoptees are elderly or disabled. There are 89 children under 18. In June 2017 the group collected over 10,000 pounds of food from local stores and farms.



Court Appointed Special Advocates (CASA)



CASA serves children and youth under the age of 18 in Benton County who have suffered from abuse or neglect, serving 100% of qualifying children in Benton County that have become wards of the state. CASA-Voices For Children

also recently had eleven new advocates sworn in to become voices for abused and neglected children. No other community organizations in Benton County offer a similar service. CASA is proud to be able to provide a voice for each abused and neglected child in the custody of the state in Benton County.

Chintimini Wildlife Center



Chintimini Wildlife Center provides care for injured and orphaned wildlife, with the goal of returning them to their natural habitat. In 2016 they helped more than 1,600 animals. In addition to helping local wildlife, their goal is to foster a connection between people and wildlife through education.

Friends of Corvallis Parks and Rec



Friends of Corvallis Parks and Recreation is 501(c)(3) non-profit dedicated to protecting and improving parks, recreation programs, and facilities for every Corvallis resident.

They enhance and preserve the livability of our community, and provide support and generate funding for the operation of public parks, natural areas, historic resources, and more. They work directly with the City of Corvallis Parks and Recreation Department to carry out their mission.

Ten Rivers Food Web



The Ten Rivers Food Web creates opportunities for the community to

help strengthen our local sustainable food systems, and take part in pioneering and exciting new programs like the Community Food Land Trust and local sustainable hydrogen fuel production. They are working to ensure that our regional food shed will be robust in the face of ecological and economic pressures.

Community Outreach, Inc



The mission of Community Outreach, Inc. (COI) is to help people help themselves lead healthy and productive lives. They provide for the basic human needs of their

clients, serving more than 5,500 individuals each year. Since 1971 COI has served those who are at risk of or are currently experiencing homelessness by using a holistic approach focused on the individuals or families in crisis.

Grace Center for Adult Day Services



Grace Center's mission is to provide day services that optimize the cognitive

and physical abilities of seniors and adults with disabilities so they can remain as independent as possible and in their homes. Since 1983, they have been keeping families together and our communities intergenerational. The only adult day services center in Benton, Linn, & Polk counties, Grace Center is a vital resource for our community.

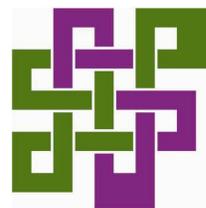
Linn Benton Salmon Watch



The mission of the Linn Benton Salmon Watch is to provide experiential education and encounters with Pacific wild salmon to connect students and adults with nature and empower community engage-

ment. The program is coordinated by a committee representing the Calapooia Watershed Council, South Santiam Watershed Council, Marys River Watershed Council, Siuslaw National Forest, Oregon Department of Fish and Wildlife, and Benton Soil and Water Conservation District.

Corvallis Multi-Cultural Literacy Center (CMLC)



The mission of the CMLC is to provide a place for people of all cultures to come together to share, mentor, and understand cultural literacies; to access resources; and to build a cohesive community in a safe, welcoming environment. programs include

conversation partners, beginning English classes, and citizenship classes. The center also provides assistance with kindergarten registration for bilingual students.

Co-op Community Events Calendar

FREE or by-donation listings only • To submit event, visit firstalt.coop/community/community-calendar

Upcoming Events

Dreams, Soul Travel, and the Wonder of You

Sunday, October 1st, 10:45am - noon
at Eckankar Center (425 SW Madison Ave., downstairs)

Discover how dreams and Soul Travel are sources of inner truth and wisdom and ways to improve the quality of your life. FMI: View www.MiraclesinYourLife.org, www.Eckankar.org or call (50) 233-1595.

Creative Options Housing Tour

Sunday, October 8th, 1 - 5pm at
Willamette Neighborhood Housing's
Seavey Meadows Community Room
(1099 NE Sorrel Place)

Visit a variety of affordable housing types, such as an accessory dwelling unit (ADU), small cluster housing, tiny home, and a Habitat for Humanity passive home. Sponsored by the Corvallis Sustainability Coalition Housing Action Team. See sustainablecorvallis.org for details. Contact: info@sustainablecorvallis.org, (541) 230-1237.

Flora of the Guianas

Monday, October 9th at 7:30pm in
Room 2087 of Cordley Hall, OSU

Christian Feuillet, retired researcher with the Smithsonian, will talk about the flora of the Guianas. He will introduce the Guianas and share his research on the Borage, African Violet and Passion Flower families in that region. This free talk is sponsored by Native Plant Society of Oregon, Corvallis Chapter. For more information contact Judy at judi.sanders@gmail.com.



Know Your Roles—training for allies of undocumented immigrants.

Saturday, October 14th, 9 - 11am at
First Congregational Church
(4515 West Hills Road)

Info on the detention industry and concrete ways to support people who are affected. Presented by Oregon's Rural Organizing Project. Co-sponsored by Community Action for Racial Equity, First Congregational Church, Linn Benton Health Equity Alliance, and Showing Up for Racial Justice. Free, no preregistration required. FMI: (541) 203-0842.

HOUR Exchange: Local Currency Fall Marketplace

Sunday, October 15th, noon-4pm at Old
World Deli, (341 SW 2nd St.)

Come by to meet local vendors and service providers of many kinds! Vendors accept HOURS & US dollars at this free-to-everyone, family-friendly event.

Corvallis Arts Walk

Thursday, October 19th, 2017, 4-8 pm
at various downtown locations

Refreshments, entertainment, prize drawings, and art! You are invited to Walk the CAW and celebrate three years of support for the arts and the artists within our community! Over a dozen galleries, studios, and arts/crafts stores open their doors so curious walkers may see the results of the creative process, sometimes catching artists in the act. Various venues offering artist receptions, demonstrations, live music, and prize drawings. Details and map of locations at corvallisartswalk.com.

Sustainability Coalition Quarterly Gathering

Friday, October 20th, noon - 1:30pm at
Corvallis-Benton County Public Library
(645 NW Monroe Ave.)

Presentations by Coalition partners and action teams, refreshments and networking opportunities. Visit sustainablecorvallis.org for details. FMI: info@sustainablecorvallis.org, (541) 230-1237.

Food Day 2017: Community Apple Crunch

Saturday, October 21st, 9am - 1pm at
Corvallis Farmers' Market, (First St.
and Jackson Ave.)

Celebrate Food Day 2017. Highlights include free Farmers' Market tokens for kids to spend at their favorite Farmers' Market booths and a community "Apple Crunch" for everyone who is at the market. Sponsors include 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, Linus Pauling Institute's Healthy Youth Program, and OSU Food in Culture and Social Justice Program. Contact: info@sustainablecorvallis.org, (541) 230-1237.

Philomath Open Studios

Two weekends: Oct. 21st & 22nd; Oct.
28th & 29th, noon-5pm at various
Philomath locations

See and buy art at its source! For the 15th year, artists will open their studios for free, self-guided tours. Local wine tasting rooms are also hosting pop up studios. This year's tour includes 31 artists at 15 studios. The Tour allows the visitor "backstage" to meet the artist behind the work, ask questions and see the approach, tools and process for creating a work of art. Tour Guide Maps and artist information are online at PhilomathOpenStudios.com. Brochures at Benton County Museum, the Arts Center in Corvallis, and area galleries.

Showing Up for Racial Justice (SURJ) Meeting

Saturday, October 21st 12:30 - 2:00pm
at First Alternative South Store Meeting
Room (1007 SE Third St.)

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

UPCOMING CONT.

8th Annual Local Eats Week

Sunday, October 22nd-Sunday, October 29th at various locations and times

Savor Local 6 sample plates for under \$10 at Local 6 Connection restaurants. 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.

Shop Local For the Holidays, with Teal

October 26th-December 28th, 10am-6pm, Mon.-Sat.; 10am-5pm, Sun. (328 SW Second St.)

Shop local with Teal, an artist cooperative featuring local Oregon artists, opening for the holiday season in a storefront at 328 SW Second. Teal is welcoming four

new members this year and has eighteen returning members. Handcrafted jewelry, pottery, basketry, glass, soap, fiber arts, paintings and more are available at Teal. Each purchase at Teal supports the arts in our local schools since a percentage of each sale is donated to those programs. FMI: Deb Curtis, wovnenfiredesigns@gmail.com, (541) 619-0742.

Exploring Local Affordable Housing Options

Monday, October 30th, 7-8:30pm at Corvallis-Benton County Public Library

This is the first of two Fall forums on affordable housing in Corvallis. It will feature presentations by Habitat for Humanity and Willamette Neighborhood Housing Services. See sustainablecorvallis.org for details. Sponsored by the Corvallis Sustainability Coalition Housing Action Team. Contact: info@sustainablecorvallis.org, (541) 230-1237.

8th Annual Fill Your Pantry Corvallis

Sunday, November 5th, noon-3pm at Guerber Hall, Benton County Fairgrounds (110 SW 53rd St)

Buy storable foods: grains, beans, meat, veggies, and more, from local growers. Come "fill your pantry" with the season's bounty and invest in the local food economy. Ways to purchase items in bulk or small quantities: Pre-order online beginning Friday, Oct. 6th at www.tenriversmarketplace.com—then pick up your order in person November 5th, and/or purchase items the day of the event. SNAP benefits, debit, and credit will be accepted for pre-orders and event day sales. More info, and a complete list of vendors at: www.tenriversfoodweb.org/fill-your-pantry/. FMI: fillyourpantrycorvallis@gmail.com.



Ongoing Events

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: kirstern@gmail.com, or batmnp@centurylink.net.

ECKANKAR—THE PATH OF SPIRITUAL

FREEDOM Sunday Oct. 1st, 10-noon at 425 SW Madison Ave (downstairs). 10-10:30 Community HU Sing. Join us 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 dream and soul travel." FMI: View www.HearHU.org, www.Eckankar-Oregon.org or call (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: SkyYeager.shamanicsoultending@gmail.com

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP

founded by Paramahansa Yogananda, author of *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. A Tibetan Buddhist Meditation group. We offer meditation, instruction on request, and readings from all 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: maryleighburke@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 Oct. 15th, 10-11, 425 SW Madison Ave (downstairs). ECK Light and Sound Service: "Living the Golden Rule." 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: View www.Eckankar.org, www.MiraclesInYourLife.org, or call (503) 233-1595.

ONGOING CONT.

Wellness

COMMUNITY YOGA Saturdays, 5-6 p.m. at Live Well Studio (971 NW Spruce Ave.) Community Yoga is Yoga for everyone! A yoga practice of posture, breathing, and relaxation that improves overall health and well being. Rotating teachers, often from the Live Well Studio teacher training program. \$7, no one turned away for lack of funds.

CHAIR YOGA Tuesdays and Thursdays, 3-3:45 p.m. at Live Well Studio Chair Yoga by donation. All Ages Welcome! No mat needed. FMI: Jocelyn Fultz, 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.

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: valley-birthnetwork.org google.com/site/wutantaiichi.

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 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 (645 NW Monroe Ave.). 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.

CORVALLIS UKULELE CABARET First Fridays (except July & November) 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.

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

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.

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. 🐸