



As the newest addition to your Board of Directors, I want to introduce myself. I am a sixth generation Oregonian, born in Central Point. I grew up in the Willamette Valley and earned my undergraduate degree here. While I have deep roots in Oregon, I spent eight years living in four other states, as well as two years in Portugal. Fifteen years ago, I settled in Corvallis. Since 2008, professionally I have worked with community advisory councils on community health improvement planning. Community input is important in all the work I do. It is one of several reasons I joined the Co-op Board and why I'm on the First Alternative Owner Relations Committee.

This fall, just after joining the Board, I participated in the annual Co-op Café, sponsored by National Co-op Grocers, where I spent a full day working with co-op experts and enthusiasts from across the Northwest. Throughout the day, we asked ourselves how co-ops can compete in a market of franchises which hold strong market shares allowing them to give deeper discounts than are manageable for cooperatives. We delved into the question of what makes co-ops special in our communities.

Exploring that question is complicated for me. I love our co-op, yet I also have had mixed feelings and frustrations, based on assumptions I have made and certain experiences over time. Yet, rather than walk away, I want to become even more actively involved in something that means so much to me and to our community. I value the Co-op's local products, the smaller store sizes, the awesome staff, the high quality bulk selection, the Co-op Kitchen selections, the hot and cold bar, the eating area, and the fact that I trust

the products I buy here because they have been well-researched and fit within our Product Selection Guidelines.

The Co-op's Product Selection Guidelines outline our membership's expectations related to the quality of the products we offer. They prioritize local products and reflect what we believe to be environmentally and socially responsible practices. These guidelines set a high standard, in line with our cooperative values, which often increases costs. Yet, at every Board meeting I've attended, I have seen that the Co-op Board and staff are working very hard to keep costs down. They continue to work on strategies to bring deeper discounts while maintaining economic viability.

At our November Board meeting, your Board reaffirmed our Product Selection Guidelines and approved our 2018 budget. A week after the meeting, Board Directors had the opportunity to bag groceries during the Thanksgiving holiday rush. This gave me the chance to ask some of the shoppers what they love about the Co-op. At the Co-op October Fest, I staffed a table with fellow Director, Richard Cunard. We served cold brewed coffee and talked with shoppers. One person who spoke with me is an original Co-op Owner. He shared his concerns about, and his vision for, the Co-op. That meant a lot to me. That sort of interaction is the reason I joined our Board. I want to represent you—our Owners. I look forward to—and will actively pursue—opportunities to hear your thoughts about Co-op policies and our vision. I am looking forward to the February 3rd Wine Soirée, where once again your Board of Directors will mingle with other Co-op owners.

Throughout the months of February and March, First Alternative Co-op will be seeking applicants for the Board of Directors. Elections for three-year terms are in June. If you are interested in working to shape the Co-op's future, please consider attending a meeting and potentially running for the Board. The Board meets at 6:00 pm for three hours the 4th Tuesday of the month. Owner input is encouraged. 🌱

# JANUARY CLASSES

Wednesdays, Jan. 3rd - Jan. 31st, 5:30-6:30pm • South Store Meeting Room

## Intermediate Chen Style Taijiquan

Cost: \$50/month or \$80 if two people sign up at once.

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.

Thursday, Jan. 4th, 12-5:30pm • South Store Meeting Room

## Red Cross Blood Drive

Make an appointment by going to [redcrossblood.org](http://redcrossblood.org) and help save lives.

Saturdays, Jan. 6th & 20th, noon-1pm • South Store Meeting Room

## Pilates-Yoga

Cost: \$5 suggested donation, no registration required

This Pilates class is centered around Pilates moves with some yoga fusion to connect movements and offer a well-rounded workout of strengthening and nurturing the body. Pilates is largely focused on strengthening the core and pelvic floor. When done regularly, Pilates improves posture, develops flexibility and strength, and aids in maintaining the body for everyday life. Bring a yoga mat and join Diana in this journey to health and well-being. Diana Blau has been a self-practitioner of yoga and Pilates for 5 years. She is a certified Pilates instructor and currently in a Yoga-Meditation program. She loves exploring the human body's potential and developing her physical intelligence. She finds joy in assisting and motivating others to do the same.

Saturdays, Jan. 6th & 20th, 1:30-4:30pm • 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/](https://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 [dcneedlestcm@gmail.com](mailto:dcneedlestcm@gmail.com) or by phone or text at (541) 829-1985.

Saturday, Jan. 13th, 3-4:30pm • South Store Meeting Room

## Donna's Kitchen Gluten-free Cooking Class

Cost: \$10 (Register on Eventbrite)

Come learn more about gluten-free cooking and eating! Donna Tarasawa, gluten-free home chef of Donna's Kitchen and Outreach Specialist at First Alternative, will provide tasting of pasta options available at the Co-op, as well as several varieties of gluten-free bread. We will also make a delicious gluten-free, dairy-free, maple syrup-sweetened chocolate ice cream in class! 🍷



First Alternative Co-op **SATURDAY FEBRUARY 3**  
**WINTER WINE SOIRÉE**  
**5:30-9 P.M. THE VUE, 517 SW 2<sup>ND</sup>**

Tickets \$15 in advance/\$20 at the door  
Purchase in the store, or [CLICK HERE](#) to buy online (21+ only.)

Enjoy Oregon wines and imports, hors d'oeuvres, cheese, chocolate, and take home a commemorative glass. Out of each ticket sold, \$5 goes to support scholarship funding that helps make Samaritan Health Services Cardiac Rehab Program an option for local low-income patients.

## CO-OP NO LONGER ABLE TO PROVIDE REUSED CONTAINERS

Customers are still able, and encouraged, to bring them from home

We were recently informed by the Oregon Department of Agriculture (ODA) that in order to remain compliant with health codes, our sanitizing of reused containers provided by customers had to end.

The collection bins have been removed from both stores, and support workers who have been part of the sanitizing crew are being reassigned other support positions as they are available.

This is unfortunate news. Thankfully, we were assured by the ODA that customers are still allowed to bring and use their own containers—something we heartily encourage—and First Alternative will continue to make new containers and bags available throughout the store, and sell reasonably-priced glass containers.

A commitment to sustainability remains one of our top priorities here at the Co-op, so rest assured we will never stop looking for new ways to reduce packaging waste in our stores and the world around us. It's your Co-op, so we would like to hear your ideas as well.

For now, please remember to bring your reusable containers from home. Thanks for all your understanding. 🌱



## January Board Committee Meetings Schedule

**Owner Relations Committee** The primary conduit for communications and relations between Owners and Board.  
**Wed. Jan. 10th, 12pm** South Store meeting room

**Board Recruitment & Elections Committee** Works to enhance Board performance and recruit qualified candidates.  
**Thurs. Jan. 18th, 6pm** North Store meeting room

**Finance Committee** Reviews, analyzes, and makes recommendations on financial matters.  
**Wed. Jan. 17th, 4:30pm** North Store meeting room

**First Alternative Board of Directors** Comprised of elected Owners, the Board puts cooperative principles into action.  
**Tues. Jan. 23rd, 6pm** South Store meeting room

I LOVE OUR LIBRARY | CORVALLIS-BENTON COUNTY PUBLIC LIBRARY

**BIG BOOK SALE**  
GREAT BARGAINS ON BOOKS, DVDS AND CDS

**Get great deals while you support the library!**

- Most books \$1-\$5
- Lower prices each day
- Reasonably sized bag or box sale on Sunday (20 books per bag or box)
- Cash, checks, VISA, Discover, and MasterCard accepted
- All proceeds benefit all branches of the Corvallis-Benton County Public Library: Alsea, Bookmobile, Corvallis, Monroe and Philomath

Benton County Fairgrounds  
110 SW 53rd, Corvallis

FRIDAY  
February 23  
6 p.m.—9 p.m.

SATURDAY  
February 24  
9 a.m.—5 p.m.

SUNDAY  
February 25  
10 a.m.—3 p.m.

**FRIENDS OF THE LIBRARY**  
Corvallis-Benton County Public Library

Corvallis-Benton County Public Library • 645 NW Monroe Ave • Corvallis, OR • 541-766-6793  
[cbpubliclibrary.net](http://cbpubliclibrary.net) • [friendsofthecbpubliclibrary.org](http://friendsofthecbpubliclibrary.org)

**New Owners in Nov.**

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

Community Calendar on reverse

# Co-op Community Events Calendar January 2018

FREE or by-donation listings only • To submit your free or by-donation event go to: [firstalt.coop/publications/the-scoop-newsletter/](http://firstalt.coop/publications/the-scoop-newsletter/)

## UPCOMING EVENTS

### School's Out Adventures: Australian Outback

Tuesday, Jan. 2nd - Thursday, 4th, 9am-3pm at Avery House Nature Center (1200 SW Avery Park Dr)

Corvallis schools will be closed January 2, 3, & 4, so send your child (ages 5-10) on a fun and educational adventure. Join Avery House Nature Center from 9am-3pm for aboriginal art, local music, learn about magical marsupials and survival in the world down under! Before and after care is available. Please register in advance online. FMI: Connie, [connie@corvallisenvironmentalcenter.org](mailto:connie@corvallisenvironmentalcenter.org), (541) 753-9211.



### Sound of Soul Event

Sunday, Jan. 7th, 10 - 11 am at Eckankar Center, (425 SW Madison Ave., downstairs). Experience chanting HU, contemplative time, and spiritual conversation with others of like heart. FMI: View [www.MiraclesInYourLife.org](http://www.MiraclesInYourLife.org), [www.Eckankar.org](http://www.Eckankar.org) or call (503) 233-1595.

### Sustainability Coalition Annual Meeting

Friday, Jan 12th, noon - 1:30 pm at Corvallis-Benton County Public Library Join us for an overview of the past year's accomplishments and what's planned for 2018. Refreshments provided by First Alternative Co-op. Sponsored by the Corvallis Sustainability Coalition. Contact: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org); (541) 230-1237

### Still We Rise Rally

Saturday, Jan. 20th, 1pm at Corvallis Central Park (650 NW Monroe Ave.) Join the Corvallis Changemakers and Mid-Willamette NOW to commemorate the one-year anniversary of the historic Women's March and to rally forward towards a better future. The rally will feature singing, speakers, musical entertainment, and opportunities to network with the community. FMI: Bouquet Harger, [jbharger@gmail.com](mailto:jbharger@gmail.com)

### Dine-Out To Support The Sustainability Coalition

Tuesday, Jan. 23rd, 11am-9pm at Laughing Planet (127 NW 2nd St.) Laughing Planet will be donating a portion of the entire day's sales to the Coalition. Enjoy delicious food, while supporting us! FMI: <https://laughingplanetcafe.com>, (541) 286-4048

### Alpha Course

Wednesdays, beginning Jan. 25th, continuing for 12 weeks, 6:30 pm at St. Mary's Catholic Church (501 NW 25th St.) Alpha is a 12 week introduction to the Catholic faith. Each evening begins with a dinner at 6:30 pm, followed by a talk and small group discussion, with the opportunity to ask questions and express opinions. Limited space, register early. See [www.stmarycorvallis.org](http://www.stmarycorvallis.org) for a video and registration information. FMI: Lynette Martin, [lymartin@stmarycorvallis.org](mailto:lymartin@stmarycorvallis.org), (541) 757-1988



### 2018 Friends of the Corvallis-Benton County Library BIG Book Sale

Friday, Feb. 23rd, 6pm-9pm; Saturday, Feb. 24th, 9am-4pm; Sunday, Feb. 25th, 10am-3pm at Benton County Fairgrounds (110 SW 53rd St.)

Friends of the Corvallis-Benton County Library BIG Book Sale on Feb. 23-25, 2018. Books, DVDs, CDs. Most Books \$1-\$5. Lower prices each day. Proceeds are used to fund all activities at the libraries: Alsea, Corvallis, Monroe, and Philomath. FMI: Katherine Inman, [kinman90@gmail.com](mailto:kinman90@gmail.com) (541) 753-0078. 🐾



## VOLUNTEERS NEEDED

Corvallis Men's Shelter

A safe place for  
homeless men to sleep

Open until March 31st, 2018

Volunteers needed for various jobs  
Shifts: Evening, overnight, morning  
Must be 18 years of age

For more information or  
to volunteer, contact:  
[corvmensshelter@gmail.com](mailto:corvmensshelter@gmail.com)

You can make a difference in a  
person's life here and now!

## 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](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)

**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](mailto:kitstern@gmail.com), or [batmnp@centurylink.net](http://batmnp@centurylink.net).

**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: [SkyYeagershamanicsouttending@gmail.com](mailto:SkyYeagershamanicsouttending@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](http://corvallismeditation.org) or email [srfcorvallismeditation@gmail.com](mailto: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](http://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](mailto: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.oeflein@gmail.com](mailto:ken.oeflein@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](mailto: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](http://www.corvalliszencircle.com).

**ECKANKAR—THE PATH OF SPIRITUAL  
FREEDOM** Sun. Jan. 28th, 10-11am at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "Serving Gog: On the Job Training" FMI: View [www.Eckankar.org](http://www.Eckankar.org), [www.MiraclesInYourLife.org](http://www.MiraclesInYourLife.org), or call (503) 233-1595.

### Wellness

**CHAIR YOGA** Tuesdays and Thursdays, 3-3:45 p.m. at Live Well Studio Well suited to those with medical or physical limitations. You do not need to be able to get yourself to the floor or to stand for extended periods of time to practice. Yoga's breathing and gentle movement help ease pain, maintain comfort, decrease stress and improve overall health throughout life. All are welcome. FMI: Theresa McLaren (541) 224-6566.

**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. **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](http://CorvallisAikikai.com). FMI: kiko denzer, (541) 740-7243, [potlatch@cmug.com](mailto: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](http://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](http://www.valleybirthnetwork.org) [google.com/site/wutantaichi](http://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](http://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 Phillipson, [revbonnie@hotmail.com](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](http://www.neighborhood-naturalist.com), (541) 753-7689. 🐾