



From the Board of Directors



Blanche Sommers
Board Treasurer

Greetings from the Board. One of the benefits of ownership in the Co-op is the right to vote for members of the Board of Directors. I hope all of you vote in this year's election that is going on now. Voting gives you a chance to actively participate in the governance of your Co-op. The Board is responsible for directing the Co-op's affairs and making decisions regarding its future course on behalf of the Owners. One of its main duties is to make sure the Co-op is a thriving business so that it can continue to be a valuable asset and benefit to the community. The Co-op's Ends Statements describe the ways in which it strives to benefit its community as well as its Owners. These benefits include providing locally-produced, healthful food, providing information about healthy choices and acting as a model for sustainable, ethical business practices and environmental stewardship. More about the Ends Statements can be found on the Co-op's web site (firstalt.coop/our-coop/governance) under Co-op Documents.

As far as being a thriving business, 2017 was the Co-op's best year for some time. The year ended with a net profit of about 1.5% of total sales. That is a contrast with recent years when the

year ended with little or no profit. This accomplishment was due to the hard work of all of the staff and management of the stores, and thanks to all the Owners and non-Owners who shopped and supported this locally-owned business. It didn't hurt that Corvallis was in the path of an epic celestial event, by which I mean of course, the eclipse last August. That event provided a major boost in sales during a normally fairly slow time of year and significantly impacted that final result.

As part of its responsibility to make decisions regarding the future course of the Co-op, the Board is tasked with determining the best use of that profit. We anticipate the coming year will present significant need for additional funds. Our loan agreement with our major lender requires us to keep a sufficient amount of cash on hand to ensure that we have enough reserves to carry on our business. These reserves are used to buy inventory so we can keep the shelves stocked and provide enough funds for payroll every two weeks. Having sufficient cash also ensures that we can pay our loan and lease payments when they are due. The amount of funds we need actually increases when sales increase since we may need to buy more inventory or add staff.

We also foresee a need for funds to use for deferred maintenance. During the last several years, when sales have

been lower, we have been trying to make equipment limp along for as long as possible, but that is a strategy that can only go on so long before it begins to catch up with you. Having additional funds will enable the Co-op to perform much needed repairs.

In addition to these pressing needs, the Board wants to ensure that we are in a stronger financial position in general so that we are better able to adapt in the future. If our funding needs are sufficiently met, we can pay off some of our debt and reduce our expenses over the long term.

The Board has decided to retain the earnings from 2017 and not declare a patronage dividend this year so that we can use the earnings for deferred maintenance, increasing cash reserves, and paying down debt. One good year is not a trend, although we certainly hope and expect that our future looks bright. In 2017 the Co-op returned nearly \$373,000 to Owners in the form of discounts, mostly through Owner Sale Day. These discounts have increased dramatically in recent years and are another significant benefit of ownership.

I want to reiterate that Owners have a chance to participate in this year's election by returning their ballots. Additional information about the election is available in this issue, in either store, or on the Co-op's website at: firstalt.coop. Thanks for voting and supporting your co-op. 🍏

June Board Committee Meetings Schedule

Owner Relations Committee The primary conduit for communications and relations between Owners and Board.
Tues. June 12th, 3pm South Store meeting room

Board Recruitment & Elections Committee Works to enhance Board performance and recruit qualified candidates.
Thurs. June 21st, 6pm North Store meeting room

Finance Committee Reviews, analyzes, and makes recommendations on financial matters.
Wed. June 13th, 4:30pm North Store meeting room

First Alternative Board of Directors Comprised of elected Owners, the Board puts cooperative principles into action.
Tues. June 26th, 6pm South Store meeting room

CO-OP CLASSES JUNE 2018

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

Chen Style Taijiquan

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

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

Saturday, June 8, 7 - 9pm • South Store Meeting Room

Improving our Inner Health with Qigong: An Ancient Practice for the Modern Lifestyle

Cost: Free. No registration needed.

We all spend a lot of time, money, and effort keeping our physical bodies healthy. But what about our inner bodies? Everyday our mental, emotional and energetic systems undergo as much stress, if not more. Qigong is an ancient Chinese system of improving and harmonizing the flow of the body's vital Energy or "Qi". It takes only few minutes a day of Qigong practice to increase your health and vitality. By regulating the flow of Qi in the body, Qigong strengthens the immune system which can help prevent disease, lower stress, and reduce recovery time from an injury or illness. Daily Qigong practice brings a feeling of inner peacefulness and energetic calm. It's the perfect antidote to the toxic stress of everyday modern life. This free one-hour talk by Medical Qigong Practitioner Jeffrey J. Kelly MTCM, will introduce you to some of the mysteries of Qi, the amazing healing power that is within us all.

Saturday, June 9, 1 - 6pm • South Store Meeting Room

Bread and Pizza Baking Class

Cost: \$75. Contact Jeff at jfrankmiller@gmail.com to reserve a spot.

A benefit for Confluence, a Willamette Valley LGBT Chorus. Jeff Miller will teach a hands-on course on French, sourdough and other bread-baking techniques. Ends with a pizza dinner, baked by the class, and each attendee goes home with bread, live starter and recipes. Contact Jeff at jfrankmiller@gmail.com to reserve a spot.

A Special Message From Your Board of Directors

First Alternative is controlled by you, the Owner. First Alternative Owners are consumers who give input and make decisions about the store, its philosophy, products, and services. One way you can influence decision-making is to elect Board candidates who support your ideas.

The Board Recruitment and Election Committee prepared this Election Special especially for you. This committee endorses, as nominees, interested Owners who have the experience and skills needed to guide our \$17 million local business.

The First Alternative Board of Directors is responsible for directing the Co-op's affairs.

As representatives of the Owners, the Board:

1. establishes overall policies and objectives
2. sets financial goals and approves major financial transactions
3. selects the General Manager and evaluates their performance
4. reviews and approves budgets
5. guides the long-term vision of the Co-op through its Ends Statements.

Presented on the following pages are candidates nominated by the Board Recruitment and Election Committee to run for open Board positions beginning in July. Please read the candidate information carefully before exercising your right as an Owner to elect new Board members.

Please cast your ballots before 10pm on June 21st

The current First Alternative Board of Directors appreciates your participation in this election.





Rebekah Fowler Incumbent

Candidate Statement

A sixth generation Oregonian, I spent ten years living out of state and out of the country before returning home in 2000. I have lived in places where good food was scarce and also where it was abundant. For the past decade, I have worked professionally with community advisory councils on community health improvement planning for Medicaid members. 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 serve on the Owner Relations Committee.

Good nutrition and access to well-sourced food is fundamental to individual and community health and should be accessible to all. Supporting local business is important for our economy. Owner input is crucial to shaping and maintaining the Co-op's Vision. Your vote will allow me to continue my focus on Owner and community relations for our Co-op.

Candidate Interview

Why do you think Owners should select you to represent them on the Board? Community members, through cooperation, founded the Co-op. Community input is imperative for our continued success in a changing world. With my background and passion for community involvement, I am committed to soliciting input and serving as an Owner representative.

What opportunities and challenges do you see ahead for the Co-op? As competition increases, it is important that the Co-op remains true to its Mission and Vision while maintaining sustainability. The Co-op has the opportunity to demonstrate its unique value to the community.

What is the role of First Alternative Cooperative in the community? The Co-op provides high quality, natural and organic products in community-oriented stores. It strives to be a model for environmental sustainability through purchasing and workplace practices, through supporting local products, by cultivating tolerance and diversity in workplace operations, and by providing community outreach.

Education and Certification

- PhD, Social Psychology; Miami University of Ohio
- M.S. Experimental Psychology; Central Washington University
- B.S., Psychology; Portland State University
- Graduated from South Salem High School, Salem, Oregon

Certifications: Meeting facilitation from both Interaction Associates and Leadership Strategies

Present Occupation

Community Consultant, self-employed

Business Experience

For five years, I have coordinated the InterCommunity Health Network Coordinated Care Organization's Community Advisory Council and its three county advisory committees. The Council is tasked with overseeing a community health assessment, developing a community health improvement plan, and reporting annually on the plan's progress. I manage this project; act as liaison between the community, the CCO, and community partners; and I write the Council's plans and reports. Previously, I coordinated community advisory councils for a mental health organization where I worked to advance the development of peer support services in Benton, Lincoln, Crook, Deschutes, and Jefferson counties.

Community Involvement

Currently, I serve on the First Alternative Board of Directors and its Owner Relations Committee.

I teach Mental Health First Aid courses in Benton, Lincoln, and Linn Counties. When I moved to Corvallis in 2002, I co-founded the It Takes a Village Babysitting Co-operative, which functioned for seven years. In 2014, I served as vice-chair for the Benton County Charter Review Committee.

What long-term goals do you envision for First Alternative? First Alternative has experienced tremendous growth in the past 15 years. The Board must strategically plan for how best to serve the needs of our community in a competitive market while staying true to our Vision, Mission, and Owners. Our corporate competitors have greater buying power via volume purchasing. Through adherence to our Purchasing Guidelines, Owners and our community can be assured that the Co-op offers the highest quality products.



Richard Cunard Incumbent

Candidate Statement

In the three years I have served on the Co-op Board, I have gained even greater appreciation for First Alternative as an example of ethical business practices and community service, and have learned more about the Co-op's business practices and policies. Thus, I feel fully qualified to continue as a Board member.

I have lived in Corvallis for almost six years, and have patronized the Co-op that entire time. Currently, I am finishing my bachelors degree in Computer Science at OSU, and will begin graduate school in the fall.

In my time on the Board, I have served on two committees: the Board Recruitment and Elections Committee, where I helped to organize the 2016 board elections, and the Owner Relations Committee, which I currently chair.

Candidate Interview

Why do you think Owners should select you to represent them on the Board? Having served for three years, I have a strong understanding of First Alternative's business, Mission, and the responsibilities and duties of a Board member. Through serving on two committees, I have gained a great appreciation for the work that the Co-op does. I believe that the Co-op is tremendously beneficial to the local community, and want to help it thrive, both as a business and as a community service provider. As such, if elected, I will continue to work to make sure that First Alternative remains a positive force for our community.

What opportunities and challenges do you see ahead for the Co-op? The Co-op is far more stable financially than when I first joined the Board so I feel the next focus should be on growth. But, we must determine how to do so in an increasingly competitive market while remaining true to our organizational values. I believe this means finding ways to attract new customers, without compromising our mission of being a sustainable provider of natural and local goods. However, we must also adapt as both a business and an organization to our changing culture.

Education and Certification

B.S, Computer Science (June, 2018); Oregon State University

Present Occupation

Full time student

Business Experience

Three years on First Alternate Cooperative Board of Directors

Community Involvement

First Alternative Board of Directors, serving on Board Recruitment and Elections Committee and Owner Relations Committee

My current goal within the Owner Relations Committee is to improve communications with members of the community. I'd like to encourage participation by Co-op Owners in the shaping of our policy, as well as educate non-owners on the purpose and practices of First Alternative. Your vote could allow me to continue this work.

What is the role of First Alternative Cooperative in the community? I see First Alternative as an institution of positive influence in Corvallis and the surrounding communities. Our focus on local suppliers is extremely important, and maintaining it is vital to our identity and the economy of the region. Equally valuable is our emphasis on ethical labor practices and fair compensation for our employees. These are not only morally positive, but practical, measurable benefits to Corvallis our community. These practices, in addition to the community support we provide, such as providing funds to local charities through our Beans for Bags program, are what I see as First Alternative's role within the community.

What long-term goals do you envision for First Alternative? What I see as a major goal for the Co-op is to attract a wider demographic of customers. With more big box stores underselling local business, and the current trend of online grocery shopping, businesses like First Alternative are increasingly seen as 'luxury' grocery stores. Also, most people are largely unaware of the ways the Co-op benefits the community, such as our recycling center program, and our focus on supporting local suppliers. I believe that if these benefits are better communicated, we can grow as a business, while still staying true to our core values.



Demian Hommel Board Endorsed

Candidate Statement

I teach Human Geography at OSU, which is a combination of economics, politics, cultural studies, and environmental science. This means I'm forced to be a generalist. And strange as it may sound, I have an affinity for small, neighborhood grocery stores. There is perhaps nothing more central to building healthy, resilient communities than food, and institutions like the First Alternative Co-op provide an essential service in linking people to systems of production and distribution in a meaningful way. Given the challenges we face as a global society, it's fundamental that we address as much as possible on a local level. Yet, considering the litany of problems we face with every decision, that can become both complicated and exhausting, which is why I both appreciate—and hope to contribute to—the Co-op Board. I feel that I would be an effective member, helping to steer the ship so-to-speak in a committed and compassionate way.

Candidate Interview

Why do you think Owners should select you to represent them on the Board? I think I'm a well-rounded candidate because I know a little about many different topics. As a geography teacher I'm a generalist, but I'm used to synthesizing and integrating complex, disparate information. I'm also dedicated to helping steer the Co-op in an effective and sustainable direction.

What opportunities and challenges do you see ahead for the Co-op? Looking broadly at national and global trends, I see significant challenges ahead for the Co-op and our community: adaptation to climatic and other environmental changes; economic fluctuation and inequality; demographic shifts; corporate monopolies and possible resource shortages; etc. Despite some (or all) of these challenges, I see a major opportunity for the Co-op to continue to provide a foundation for a locally-oriented, globally-responsible society. Working toward food security, community capacity building and ecological integrity is something that matters to everyone, and the Co-op will need to play a central role in a more resilient future.

Education and Certification

Ph.D, Geography; M.S., Geography; B.S., Environmental Science; University of Oregon

Present Occupation

Senior Instructor and Research Faculty; College of Earth, Ocean and Atmospheric Science; Oregon State University, Corvallis

Business Experience

Academic Publishing (as a content creator and sole proprietor); service industry (security, management); construction, and general labor

Community Involvement

University Outreach (teacher, organizer and volunteer); a brief stint as a CASA volunteer in Lane County; Community Art Installation (helped with the vision and design of the “prayer wheel” on 23rd and Hayes – the only prayer wheel in Corvallis currently)

What is the role of First Alternative Cooperative in the community? Much more than selling food, the Co-op is a means of striving toward community sustainability. It provides opportunities for conscious consumption, local business (and farming) support, and meaningful labor. The Co-op model allows for community input and serves as an alternative to corporatization and profit maximization. It's a destination, a meeting place, and a source for good in our community. And, it's adaptive — its role can adjust to the needs and wants of the population it serves.

What long-term goals do you envision for First Alternative? I'm unsure of how good any of us are at long-term visioning. We seem to prefer short-term approaches, and are likely to miss how much can indeed change in years and decades. That said, I think the Co-op should incorporate a strategy of “anti-fragility,” the idea that something can respond to shocks, and get better. There is likely to be plenty of chaos, large and small, in our future. With effective leadership, input from the community, and a framework that responds and adapts, I believe the Co-op can successfully adjust to chaos and become better as a result.

ELECTION 2018 REFERENDUM ON PROPOSED PRODUCT SELECTION GUIDELINE VERBIAGE CHANGE

The Board is proposing some housekeeping changes to the Product Selection Guidelines (PSG) pertaining to products containing chocolate ingredients. This guideline was added to the PSG through an owner initiative that passed in 2012. The revisions would correct a typo, remove parts that no longer apply, update some parts and remove the prohibition of products from the Ivory Coast. The removal of the Ivory Coast restriction is proposed because chocolate products could be produced there that otherwise meet our criteria. Since the original language resulted from an owner initiative, these changes can only be made if approved by a vote of our owners. Please look for this on your voter's ballot.

The current language in our Product Selection Guidelines:

"The product prohibition of slavery chocolate shall apply to all products, and all special orders, that contain any chocolate ingredient (e.g. cocoa powder, cocoa butter, chocolate liquor, cocoa nibs, etc.) Chocolate shall be assumed to be slavery chocolate unless the chocolate meets one or more of the following criteria: 1) Certified Fair Trade 2) Certified Organic 3) Written documentation of the country (countries) in which the chocolate (cocoa) was grown.*

*Written documentation of the country (countries) must not include the Ivory Coast as a source. Written documentation must be kept on file at First Alternative in a location reasonably accessible to shoppers. Any product that fails to meet at least one of these criteria must not be sold after 30 days of an owner vote approving this prohibition. This prohibition shall be rescinded only by a vote of First Alternative owners."

The suggested language for the Product Selection Guidelines:

"All products, and all special orders that contain any chocolate ingredient (e.g. cocoa powder, cocoa butter, chocolate liquor, cocoa nibs, etc.) shall meet one or more of the following criteria: 1) Certified Fair Trade or comparable standard (ex: Rainforest Alliance Certified), 2) Certified Organic. This requirement shall be rescinded only by a vote of First Alternative Owners."

This change simplifies and clarifies our guideline to purchase only chocolate produced using fair labor and sustainable practices. It isn't necessary to specifically restrict the Ivory Coast when fair trade certifications are prerequisite.

BOARD ELECTION VOTING PROCEDURES

Please read completely before completing your ballot

A full First Alternative Board of Directors is composed of ten directors elected to three-year terms, with either 3 (three) or 4 (four) positions coming up for election each year. One-year or two-year positions are sometimes open due to resignations, or because all positions were not filled in a previous year. This year, there are 4 (four) three-year positions open on the Board.

Owners may vote for up to, but not more than 4 (four) candidates. This total of 4 (four) includes votes for write-in candidates as well. Ballots with votes for more than 4 (four) candidates will be declared invalid.

The 4 (four) candidates receiving the 4 (four) highest vote totals will fill the 4 (four) three-year positions. Candidates must receive a minimum of twenty votes to be elected.

Owners will be able to cast votes at any time up to and including June 21. Voting will close at 10pm on that day. Each Owner is entitled to cast one ballot and one ballot only with his or her individual Owner number. Household members may be listed under an Owner number, but only one person is the Owner for the purposes of voting. This means that each Owner number may be used only once in voting and it must be used by the Owner of Record of the share. This complies with the First Alternative bylaw requirement that each share purchased entitles the Owner to one vote. Contact Customer Service if

you are unsure which family member is the Owner of Record. Your ballot and a return envelope will be mailed to you. Extra ballots and envelopes can be obtained from Customer Service in both stores. A plain envelope may be substituted for the preprinted envelope.

Must have on envelope (not on ballot):

- ✓ Your Owner number
- ✓ Your name, printed clearly
- ✓ Your signature

This information is used to verify your Owner status. If this cannot be verified, your ballot will not be counted. Do not put any of this information on your ballot! Envelopes will be separated from ballots after Owner status is verified.

There will be ballot boxes in both stores where marked ballots may be deposited. Alternatively, you may mail your ballot to:

Election Committee
PO Box 2266
311 SW 2nd St.
Corvallis, OR 97339

In order to be counted, ballots must be received at either store by 10pm on June 21. Election results will be posted in both stores and in the July issue of the Scoop.

Co-op Community Events Calendar

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

Upcoming Events

SAGE Volunteer Work Parties

Tuesdays, June 5th - Sept. 25th, 3 pm - 6 pm at SAGE Garden (SW 45th Place and Country Club Drive)

Everyone is welcome to volunteer at SAGE Garden on Tuesdays. Learn about production gardening and help grow food for families in our community who cannot afford fresh vegetables. No gardening experience necessary; all skill levels are appreciated! Show up when you can; leave when you need! FMI: kylersage@corvallisenvironmentalcenter.org (541) 753-9211.

The Heart of Yoga 200 Hour Yoga Teacher Training - Free Q&A

Thursday, June 7th, 7 pm at Live Well Studio (971 NW Spruce Street)

Teaching is as much a yoga practice as any time you step on your mat. Are you ready to teach yoga or deepen your practice? Do you want to learn more about meditation? Join us for an exploratory discussion of Live Well's 200-hour Yoga Teacher Training. Free. FMI: [Jocelyn Darshana, frontdesk@livewellstudio.com](mailto:Jocelyn.Darshana@livewellstudio.com)

Alaffia Bike Drive

Saturday, June 9th, 9 am - 1 pm at the Corvallis Farmers' Market (corner of 1st Street and Jackson Avenue)

Donate a bike and empower a life with Alaffia and First Alternative's annual Bike Drive. Through their Bicycles for Education program, Alaffia collects and distributes bikes and spare parts to students in Togo, West Africa, making it possible for them to complete their educations. Bike donations will also be accepted at both Co-op locations, June 10th and 11th.

OSUsed Store Yard Sale

Saturday, June 23rd, 10 am - 1 pm at the OSUsed Store, (644 SW 13th Street)

Description: Special Saturday sale featuring res. hall move-out merchandise. Store carries used furniture, computers, household items, office supplies and more. FMI Contact: <http://fa.oregonstate.edu/surplus>, surplus@oregonstate.edu, or (541) 737-7347

The South Store is getting a new coat of paint! Fitzpatrick Paint will be beginning work in the first week of July. We will keep you updated on the progress.



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. 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.

SHAMANIC HEALING CIRCLE 3rd Sunday of month, 2-4pm, downtown Corvallis. Experienced Shamanic Practitioners welcome to volunteer healing skills. Space is limited so please RSVP for attendance and directions. Free, but donations graciously accepted. FMI: SkyYeager@shamanicsoulending@gmail.com

CORVALLIS MEDITATION CIRCLE OF SELF REALIZATION FELLOWSHIP founded by Paramahansa Yogananda, author of the spiritual classic *Autobiography of a Yogi*. Join us Sundays for meditation 10-10:45am followed by an inspirational reading service 11am-noon; and Thursdays for meditation 7-8pm. 761 NW Harrison. FMI: corvallismeditation.org or email srfcorvallismeditation@gmail.com.

PLACE OF TARA Mondays, 6:30-7:50pm, Corvallis Friends Meeting House, 3311 NW Polk Ave. Calm Abiding Buddhist Meditation group: meditation, instruction on request, and readings from Buddhist traditions. FMI: <https://>

placeoftara.wixsite.com/website

BUDDHIST PRACTICE SGI-USA Introduction to Nichiren Buddhism. Informal meetings, all are welcome. FMI: (541) 753-6170.

BAHA'I DEVOTIONAL PROGRAMS The Baha'i communities offer devotional gatherings throughout the county in English and Spanish. Locations vary. FMI: (541) (541) 745-7916, linnbenton.local.bahai.us.

CORVALLIS INSIGHT MEDITATION Come join us for sitting and instruction, Unitarian Universalist Fellowship of Corvallis, 2945 NW Circle Blvd. Email for time/date. FMI: maryleigh.burke@gmail.com.

MINDFULNESS MEDITATION 5:30-7 pm, Friends Meeting House, 33rd & Polk. In the tradition of Zen Buddhist Master Thich Nhat Hanh. FMI: ken.oefelein@gmail.com.

CORVALLIS MEDITATION COMMUNITY Learn meditation techniques to relax and recharge body and mind. Tuesdays, 5:30-6:30pm, 3311 NW Polk St. FMI: [Carolyn, \(971\) 218-6798](mailto:Carolyn,(971)218-6798), RASALiLA2@yahoo.com.

Ongoing Events, continued

A COURSE IN MIRACLES 7:30pm. Join us as we read & discuss this spiritual classic, after a meditation. FMI: (541) 929-3951.

FALUN DAFA GROUP 9-11am. A meditation practice based on principles of Truthfulness-Compassion-Tolerance. FMI: Hong (541) 754-9938.

CORVALLIS ZEN CIRCLE weekly meditation. FMI: www.corvalliszencircle.com.

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM Sun. June 24th, 11am at 425 SW Madison Ave, (downstairs) ECK Light and Sound Service: "Keys to Spiritual Survival: Gratitude and Creativity." FMI: View www.Eckankar.org, www.MiraclesInYourLife.org, or call (503) 233-1595.

Help & Wellbeing

KORI THE SPOILER - OVERNIGHT PET SITTING Kurinaleslie@gmail.com or (541) 750-0006 voice mail for free estimate

CHAIR YOGA Tuesdays and Thursdays, 3-3:45 p.m. at Live Well Studio Sliding scale. FMI: [Shawna Harvey](mailto:Shawna.Harvey@live-well-studio.com) 541-224-6566

FREE TEEN YOGA Wednesdays, 4 - 5 pm at Live Well Studio, 971 NW Spruce Street, Suite 101, Corvallis. All Teens Welcome. All Levels. Free Class! FMI: [Live Well Studio, frontdesk@live-well-studio.com](mailto:LiveWellStudio@live-well-studio.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](mailto:kiko.denzer@live-well-studio.com), (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](mailto:Reed@live-well-studio.com), (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](mailto:Margot@live-well-studio.com), (541) 754-3595

WEEKLY LAUGHTER YOGA IN LABYRINTHS FOR HEALING & PEACE Wed. 7-7:45pm. Hosted by Traci Mc. Merritt, LYL (541) 760-8557 www.Laugh-in-Labyrinth.com.

HEART OF THE VALLEY BIRTH NETWORK Every 3rd Wed. 6-7:30pm, Waldo Hall, Rm. 272, OSU. Open to anyone interested in mother-friendly maternity care. FMI: www.valleybirthnetwork.org goggle.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](mailto:Gene.Dannen@live-well-studio.com), (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](mailto:Carolyn@live-well-studio.com) 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](mailto:Bonnie.Parr@live-well-studio.com) [Philipson, 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](mailto:Hannah.Field@live-well-studio.com), (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](mailto:Christine@live-well-studio.com), (541) 738-2610.

CORVALLIS COMMUNITY DRUM CIRCLE 1st Saturdays 7-8pm, 101 NW 23rd St. (park and enter through the rear, corner of 23rd and Monroe.) FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich. FMI: drumcircleconnection@gmail.com.

Environment

OSUSED STORE PUBLIC SALES Tuesdays 5:30-7:30pm and Fridays 12-3pm. 644 SW 13th St. FMI: <http://fa.oregonstate.edu/surplus>, surplus@oregonstate.edu, (541) 737-7347.

MARYS RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30-8pm, Philomath City Council Chamber, 980 Applegate St., Philomath. All welcome! FMI: coordinator@mrwc.net

AUDUBON FIELD TRIPS 2nd Saturdays. Meet at 7:30am. Great for beginners and birders new to the mid-valley. Visit local refuges and birding areas. FMI: www.audubon.corvallis.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. 🍷

Through the Garden Gate

19th Annual
**Albany
Garden
Tour**

Saturday, June 16th

10 am to 4 pm

Tickets \$15.00

Tickets Available at:

Tom's Garden Center
Albany Visitor Center
Nichols Garden Nursery
Garland Nursery

Online: www.linnmastergardeners.com



Presented by:
Linn County Master Gardeners

