



# From the Board of Directors, October '18



## Richard Cunard Board Position

The August Board meeting always feel to me like a transitional point in the year. Coming on the heels of the Owner Rendezvous as the Summer comes to a close, we turn our attention to coming events. This past meeting was no different, with the Board preparing for the Board Retreat and the Cooperative Board Leadership Development Program (also known as the CBLD). The Retreat in particular is a major event for the Board; each one I have attended has been highly eventful and provided significant insight into the next steps for both the Board and the Co-op.

These training sessions help the Board understand and stay apprised of the Co-op's financial status, our monetary commitments, and other matters relevant to strategic planning.

This month, Mark covered the manner in which the Co-op judges its financial health. Much of this is a measure of available funds against various commitments, such as how many days the Co-op can operate solely on available cash. The Co-op is also required to maintain certain financial standards for our loans, such as maintaining a certain amount of debt-to-equity.

As I mentioned in a previous article, presentations and lectures like these are of great value to the Board. Speaking personally, they have been extremely helpful in my ability to understand our monthly reports, as well as better comprehend and contribute to discussions about Co-op finances.

Later on, the discussion moved to the subject of the open seat on the Board of Directors. Following the retirement of Blanche Sommers and Robert Williams, only one new candidate, Damien Hommel, ran for the Board this past election cycle. While the Board is able to perform its duties with fewer than ten members, it is far from optimal, and, as such, we are hoping to fill the position sooner rather than later.

In a case where the Board is left with

open seats, the current directors are empowered to appoint new members until the Board is full. This occurred last year, when current Board member, Camille Freitag, was appointed. As with last year, the Board discussed possible strategies for recruitment. Recruiting directors to the Board has been a challenge we have faced in the past. Both the Owner Relations Committee and Board Recruitment and Elections Committee have worked to increase the Co-op ownership's awareness and interest in the Board elections, and, hopefully, convince more Owners to run for the Board of Directors. To that end, I would ask our readership if there is anything that would make them more interested in the Co-op's governance? Is there anything that you would want to know about the Board of Directors, or what running for a seat entails? I encourage anyone to reach out if they have questions or comments on the subject. The first 10 minutes of every Board meeting is open for Owner comment, and we can always be reached at [faboard@peak.org](mailto:faboard@peak.org).



The meeting began with Owner comments and some general housekeeping regarding the meeting agenda. Our Finance Manager, Mark Tarasawa, provided a session of finance training for the Board. Mark is kind enough to periodically give presentations that cover a variety of subjects surrounding the Co-op's financial management, having in the past covered subjects such as our accounting methodology, budgeting, and expenses.

## New Owners in August:

# 36

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



## October Board Committee Meetings Schedule



**Owner Relations Committee** The primary conduit for communications and relations between Owners and Board.  
**Tues. Oct. 2nd, 1:30pm** South Store meeting room

**Board Recruitment & Elections Committee** Works to enhance Board performance and recruit qualified candidates.  
**Tues. Oct. 2nd, 6pm** South Store meeting room

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

**First Alternative Board of Directors** Comprised of elected Owners, the Board puts cooperative principles into action.  
**Tues. Oct. 30th, 6pm** South Store meeting room

# BEANS 4 BAGS ELECTION 2019

First Alternative's Beans for Bags program encourages bag reuse while supporting local charities. After their groceries have been packed up, customers take one bean token from the register for each reusable bag they brought from home or each reused box provided by the Co-op. Shoppers then choose the organization(s) they'd like to support by placing those bean tokens in the corresponding jars in the Bean Towers near every exit.

Every year we put out a call for local charitable organizations that would like to receive these donations, then let our Owners vote for their favorites. Sixteen organizations are selected each year, with four organizations taking their turn every quarter. At the end of the quarter, we make a donation to these organizations proportionate to the bean tokens they received.

This year, we had an unprecedented response to our outreach effort, with 34 candidate organizations appearing on the ballot! We've never had so many candidates, each of them deserving of your assistance. We hope to receive more votes than ever before too, because voting is crucial to a properly functioning democracy, regardless of its size.

Read all about the candidates on the following pages, then fill out your ballot—included at the end—and vote at either store. Ballot boxes will be available at Customer Service from October 1st - 31st. We will announce the winners soon after.

Meanwhile, bring your reusable bags from home—or grab a reused box provided by the Co-op—and grab your token(s) after checking out! Through Beans for Bags, you're helping preserve our planet and helping support your community.



## Benton County Furniture Share



Furniture Share's mission since 1998 has been to provide locally-grown and locally-made healthy food and redistribute quality used furniture to children, families, and individuals in need, thus diverting items from the landfill.

From July 1st, 2017 to June 30th, 2018, we served 4,986 clients. 3,078 of those clients were children and 1,896 received beds. We diverted 652 tons of waste by redistributing 26,102 items, saving our clients \$1.95 million dollars.

Funds from this donation would be applied to our general operating funds, more than 90% of which go to sustaining client services to target populations through our BEDS for KIDS, Feeding Our Future, and Furniture for Individuals in Crisis projects. The goal of these projects is to ensure safety, health, comfort, and quality of life to those within Linn, Benton and surrounding counties.

Furniture Share is one of two organizations who support Oregon in this capacity. New agencies from across the state reach out to us in search of support for their clients every day. Over the last few years our client base has continued to grow, while our funding has decreased. Last year we served nearly 5,000 clients with only 3 part-time employees and one full-time Executive Director. Every dollar we receive goes directly to benefit of our clients, across various Oregon communities, with a significant impact to Linn and Benton Counties.

## Calapooia Watershed Council on behalf of Linn Benton Salmon Watch

**Linn - Benton Salmon Watch** The Calapooia Watershed Council shall promote and sustain the health of the Calapooia Watershed. Stewardship, restoration, education, community involvement, and strategic partnerships are the tools we use in pursuit of this purpose. Calapooia WC is submitting this form on behalf of Linn Benton Salmon Watch, whose mission is to provide experiential education and encounters with Pacific wild salmon to connect students and adults with nature and empower community engagement.

In the fall of 2017, Linn Benton Salmon Watch offered Salmon Watch field trips in Spanish for Benton County's two Spanish immersion schools. This accomplishment included the recruitment and training of Spanish speaking volunteers, translation of Salmon Watch data sheets into Spanish, and coordination with teachers from Lincoln and Garfield Elementary Schools. As far as we know, these were the first bilingual Salmon Watch field trips in Oregon.

The program is coordinated by a committee representing the Calapooia Watershed Council, Siuslaw National Forest, Oregon Department of Fish & Wildlife, and Benton Soil and Water Conservation District. Field trips take place on the South Santiam River in Sept. - Oct., and on the Alsea River in October-November. The Steering Committee offers one teacher training and three volunteer trainings for free in the months preceding the field trip season. Salmon Watch would not be possible without our wonderful volunteers and community supporters.

## CASA-Voices for Children



CASA-Voices for Children's mission is to recruit, train, and professionally support court appointed community volunteers to advocate for each abused and neglected child in Benton County who is within the legal custody of the state.

CASA-VFC serves approximately 120 children annually from birth to 18 years of age. CASA-VFC continues to serve 100% of the children in Benton County within the Child Welfare System - this means each child is provided with an advocate that can voice their best interest, giving them the best chance to heal from trauma. Recently, in June, seven new advocates were sworn in to become voices for abused and neglected children.

There are no other community organizations that offer a similar service or mission in Benton County. CASA-Voices for Children is proud to be able to provide a voice for each abused and neglected child in the Child Welfare System in Benton County. We are one of two CASA programs in Oregon that can serve 100% of the children in our county. We are grateful to each of our supporters that enable us to continue to do so.

## Center Against Rape and Domestic Violence (CARDV)



CARDV's mission is two-fold: 1) To provide services and support to those affected by sexual and domestic violence 2) To provide education and leadership within the community to change the societal conditions that cultivate these forms of violence.

During 2017 CARDV responded to 6,297 crisis and support line calls; provided crisis response support to 3,579 adults and 658 children and teens; sheltered 116 adults and 85 children for a total of 3,092 bed nights; helped 860 adults and 30 teens navigate the legal system; provided medical accompaniment to 190 adults and 25 teens.

## Chintimini Wildlife Center (CWC)



CWC provides care for injured and orphaned wildlife, with the goal of returning them to their natural habitat while fostering a connection between people and wildlife through education.

In 2017, we served over 1,600 wildlife patients through rehabilitation at our animal hospital. We provided outreach education by presenting our raptor ambassadors at nearly 100 presentations to people within the community of all ages, and engaged our community's youth in spring and summer camps at our Center. Funds from Beans For Bags would be used for general operating expenses.

## Coastal Range Food Bank, Inc. (CRFB)



The Coastal Range Food Bank's mission is providing assistance to individuals and families so they can help themselves. CRFB has a strong commitment to linking our clients to additional resources that will help address both their short and long-term needs. We continually look for new partnerships and this year we became a WorkFare site for qualifying SNAP recipients with the Oregon Employment Department and the Department of Human Services. We're located in an isolated area with few

local jobs sites. CRFB's participation in this program provides a place where SNAP recipients can complete their required hours.

100% of the funds we would receive will be used to purchase food for our Food Assistance and Nutrition Program. Since we are an all-volunteer non-profit and our Trading Post covers our overhead costs all grants and donations are used for the purchase of food.

There are no other social services, supermarkets, café's or food pantries within a 25-mile radius of our Blodgett location.

## Community Outreach, Inc. (COI)



Community Outreach Inc.'s mission is helping people help themselves lead healthy and productive lives. A COI success story: a twenty-year-old newly single mom came to COI's shelter with her two-year-old son. While at COI she received counseling for depression, participated in life skills classes, including parenting skills, and enrolled in case management. With the help of her case manager she was able to find employment and gain work experience, and within a few months she and her son moved into a home of their own.

Funds would be used to cover the cost of food, supplies, and staff supporting our shelter and supportive services including shelter, food and kitchen facilities, medical and dental care, mental health and substance abuse treatment, case management, life skills classes, and affordable childcare.

Community Outreach, Inc. provides for the basic human needs of our 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 individual or family in crisis.

## Corvallis Bicycle Collective



The Corvallis Bicycle Collective's mission is to enhance health, safety, sustainability and happiness through bicycling. In spring 2018, we hosted two Empowerment Bucks Pop-Up Bike Shops: one at Lincoln and one at Garfield elementary during their monthly St. Vincent de Paul Pantry Day. We partnered with School Health Navigators to identify underserved kids and families who needed a bicycle. Participants used their Empowerment Bucks—CBC gift certificates—to get bicycles. Participants also received helmets and bike lights for free. Our "Ask-a-Wrench" mobile bike repair station was on-site to make adjustments and minor fixes. Spanish speakers were on-site to translate, too. Between both pop-up shops, 52 bikes and 60-plus helmets found new homes.

Funds would support operating funds to get bicycles under people. From our Empowerment Bucks program to pop-up bike shops in underserved neighborhoods; to our community events, Corvallis Spring Roll and Open Streets Corvallis; to our community do-it-yourself bike shop where free use of tools, stands, and technical assistance are available to anyone; to our free bike repair classes every May. Support from First Alternative's Beans for Bags program will empower people to use active transportation, especially bicycles.

Our annual community building event, Open Streets Corvallis, showcases a different neighborhood each year and demonstrates neighborhood improvements that enhance the pedestrian and bicyclist experience. More than 2,000 people attend. It's a vibrant, hands-on festival experience to complement improvements in the usability and sustainability of our city spaces for all ages and abilities, especially our residential streets and neighborhood parks. Our 2019 event will be in south town.

## Corvallis Daytime Drop-In Center (CDDC)/Homeless Employment Launching Project (HELP)



Our mission is to respond to significant needs of local individuals, especially those who are experiencing homelessness, low income, mental health, or dual diagnosis issues by providing dignified personal assistance and advocacy. The CDDC provides a warm, safe, day-time haven for the local population of those people who are homeless or nearly homeless, where they may avail themselves of the following programs, services, and offerings, including: mental health counseling, medical screenings, assistance with obtaining housing, and much more

HELP, a project of CDDC, provides free temporary employment assistance to those same individuals. After a thorough, national background check to ensure safety for our community employers as well as our workers and volunteers, we match homeless or nearly homeless who want to work with employers in the community who need help with various projects. The CDDC serves an average of 90-100 persons per day. Many of our clients have substance abuse issues, but most of them applying for work through the HELP program have achieved sobriety. HELP clients can establish a work history and references, regardless of possible past petty crimes that have previously excluded them from work, allowing more employment possibilities which reduces the burden on social services. In the process they have proven their own self-worth and built self-confidence and a sense of hope.

## Corvallis Environmental Center (CEC)



Our mission is to educate, engage, and inspire people to get involved in creating a healthy, sustainable community.

At our SAGE garden, a 1-acre educational plot located in a central community park area, we grew over 7,000 pounds of produce, all of which was donated to local hunger relief organizations, like the food bank and Stone Soup. We have also piloted a "Veggie Rx" project that partners with community health centers to screen individuals for issues of food insecurity and then issues them tokens to redeem at our bi-weekly farmstand where they can obtain fresh, local produce for free.

Through programs focused on environmental literacy, food and farming education, local food security, energy conservation and climate action, the CEC believes in the power of community partnerships to build collaboration and achieve common goals, ultimately bettering the health and wellbeing of Corvallis and beyond.

## Corvallis Sustainability Coalition



To promote an ecologically, socially, and economically healthy city and county.

Our Harvest Sunshine project has resulted in many households in Corvallis making the transition from fossil fuel-derived energy to renewable solar energy. We are now working with local businesses and schools to partner them with the Oregon Clean Power Cooperative and make the transition to solar.

The funds from this donation would be used to support our various action team projects.

We are a network of more than 350 partner organizations and hundreds of individual volunteers working together to create a sustainable community. We have action teams working in 12 topic areas: Community Inclusion, Economic Vitality, Education, Energy, Food, Health & Human Services, Housing, Land Use, Natural Areas, Transportation, Waste Prevention, and Water. We foster increased communication and collaboration. Our wide-ranging projects encourage both individual lifestyle changes and systemic change.

## First Alternative Recycling Center



The Co-op Recycling Center provides multiple resources for most of your recycling needs in Corvallis and the rest of the valley. They are the only place in town where you can recycle Styrofoam and are a focal point in South Town that helps fulfill our community's needs for recycling items that would otherwise go to the landfill. In an average year they recycle 3,700 lbs. of metal, 1,420 cubic yards of Styrofoam, 840 cubic yards of commingle items and 510 cubic yards of glass. The center is operated on a zero dollar budget; community support is vital to its success.

## Fresh & Local, First!



Our mission is to make fresh, local food the first choice for all residents of Benton and Linn counties. Fresh fruits and vegetables are necessary for good health, but more expensive than many processed foods of lower nutritional value. We aim to incentivize low income residents to shop at local farmers' markets by matching the value of their SNAP benefit up to ten dollars.

As an all-volunteer organization, every penny we raise goes to helping low income residents of Linn and Benton counties access fresh nutritious food, while also supporting small local farmers, who also often struggle financially, so they can make a living farming in the responsible, sustainable, and socially just ways that benefit all of us. In our first forays into fundraising, we managed to raise nearly \$4,400.

The funds from this donation would be used to incentivize SNAP at Farmers' Markets in Linn and Benton counties, by matching SNAP value up to \$10 per match day.

Fresh & Local, First! shares values with the First Alternative Natural Foods Co-op, including the importance of supporting local farmers. We believe this common ground makes us an exemplary candidate for the Beans for Bags Program.



## Friends of Corvallis Parks & Recreation



Working to enhance and preserve the livability of our community and the quality of life for all residents. Providing support and generating funding for the operation of public parks, natural areas, cultural and historic resources, recreation facilities and programs and help strengthen and expand these services. Advocating for public parks, trails, natural areas, cultural and historic resources, recreation facilities and programs that are accessible and affordable for all.

The funds from this donation would go towards replacing the Peace Pole in Central Park. The old pole was made of wood and eventually rotted. The new pole will be made of limestone providing for a long life span. The Peace pole has the phrase 'May Peace Prevail on Earth' in 14 languages.

The City of Corvallis Parks and Recreation Department manages 1,800 acres of developed parks, 1,240 acres of natural areas, and 22 miles of trails. They also provide over 2,800 recreational, educational and active living programs annually with over 95,000 registrations, offer 554 programs to those over age 50 and manage the Osborn Aquatic Center and the Majestic Theatre.

## 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 that they can remain as independent as possible and in their homes.

A quote from a current family caregiver we provide services to: "My husband with early onset Alzheimer's loves to go here. They tailor the program to fit the person and are very caring, wonderful people... They go above and beyond what most programs do."

Since 1983, Grace Center has been keeping families together and our communities inter-generational. The only adult day services center in Benton, Linn, and Polk counties, Grace Center is a vital resource for our community. We are a health and social center offering exercise, health monitoring, activities, and a multitude of therapies that benefit social and cognitive health. We specialize in both memory care and post-rehabilitation. Our multidimensional services and varied specialties allow us to serve a large range of disabled & elderly adults. We also provide respite to family caregivers.

## Greenbelt Land Trust (GLT)



Greenbelt Land Trust works to conserve and to protect in perpetuity the native habitats, working lands, and lands of natural beauty that connect mid-Willamette Valley residents to the natural world.

GLT and partners recently hosted a 3-day Peer Mentor Workshop for high school students at Bald Hill Farm. These students will help teach over 200 third-graders during our bilingual outdoor field days. GLT continues to protect and restore native habitats and to conduct public outreach through over 30 free educational events in 2018 that have reached thousands of people.

Funds from Beans for Bags would be directed to Greenbelt's general operating funds to help support our primary program areas of Land Acquisition, Stewardship, and Public Education.

We are a four-county land trust and work closely with landowners and conservation partners in Benton, Linn, Marion, and Polk Counties. We work to create effective conservation strategies that protect wildlife habitat for threatened and endangered species, water quality, and recreational opportunities. GLT acquires land through purchase, conservation easements, and occasionally through land donations. In 29 years, we have protected over 3,000 acres of critically important lands that are in permanent protection by the Trust, and are being managed to build resilient water systems, enhance wildlife habitat, and restore productive ecosystems. Each year, we bring thousands of people onto the land for a variety of free education events.

## Heartland Humane Society



Heartland's mission is to create a more compassionate community by teaching humane messages to youth, caring for homeless animals, and strengthening the human-animal bond.

A success story: stray cat Jack came to Heartland in a live trap. He was very standoffish, hissing and striking on the top of his feral box, but after he was neutered staff began using high value treats to win his trust. We discovered that he had extremely damaged upper canine teeth, so he was able to get extractions. After a month Jack was a different cat, soliciting attention and acting very friendly. Jack made it onto the adoption floor where an adopter saw him, fell in love, and put him on hold but he quickly became very ill. He went back into isolation with a temp of 103° F. Staff gave him IV fluids and supportive feeding, which further reinforced the human-animal bond. His adoptive family visited him all the time while he was recuperating and, when he got a clean bill of health, was finally able to take him home! From rough street kitty to pampered indoor puss, Jack is truly a Heartland Happy Tail!

Beans for Bags funds will be used for the general operation of the shelter in support of the Adoption Program, Lost and Found Services, Humane Education for youth, the Pet Food Bank, and the Safe Housing Program. Heartland Humane Society is proud to have served Corvallis and the surrounding communities for over 50 years and we hope to continue to do so for many years to come.

## HOUR Exchange



Our mission is to help build and sustain the health of our local economy. We accomplish this by issuing local currency called HOURS. This currency's value is found in the community and based upon the efforts of the community.

Last December we successfully hosted our biggest community marketplace to date. We showcased 40 vendors and circulated over \$3,000 in the community. This event was a collaboration with CIBA and the Sustainability Coalition, and was part of the holiday "Buy Local" campaign.

We operate on a very tight budget of roughly \$3000 a year. A portion of this donation will be used to develop the marketing

materials needed to reach those in our local community interested in taking action to keep our wealth local. Another portion of the funds will go to the programming of our online marketplace, a searchable directory showcasing local goods, products and services. The website makes shopping local a way to build community connections.

We have been growing and rebranding ourselves this last year. We are working to grow and enhance our relevance to a new era of community members. To this end we are actively reaching out into the community to create new connections and find ways to make local currency available to those who value keeping our local prosperity within the community.

## Institute for Applied Ecology



The mission of the Institute for Applied Ecology is to conserve native species and habitats through restoration, research, and education. Our vision is a world where all people and wildlands are healthy and interact positively, biological diversity flourishes, and environmental challenges are met with a social commitment to solving problems with scientific principles.

One thing that sets us apart from other local nonprofit organizations is that we actively conduct research for best restoration practice to produce science-based results that really work to restore rare and endangered species. We publish scientific articles to be used by government agencies and other nonprofit organizations to improve their restoration and conservation efforts. We also have an internship program that engages 15-20 early-career biologists out in the field each year, learning how to conduct scientific research and building their resumes. Additionally, we also host a high school student each year which actively involves a 17 or 18 year old in a scientific research project. We would so appreciate this opportunity to get IAE's work more well-known in the Corvallis community through the Beans for Bags program! Thanks for your consideration.

## Jackson Street Youth Services



Jackson Street Youth Services is here to promote safety, stability, and well-being for youth. We work to prevent homelessness by showing a path to long-term success through building positive relationships and teaching skills for self-sufficiency.

Our Next Steps program recently expanded from four beds to eight, and we'll be adding six more this summer. Next Steps provides 18-20 year olds with housing, stability, case management, skills building, and support that offers them a path away from homelessness and toward independence. It also provides partnerships for youth between education and employment training.

Trained staff assist youth in setting and achieving educational and employment goals, creating healthy connections within the community, and, when possible, reuniting the youth with his or her family.

Our ultimate vision is to end youth homelessness by providing the necessary services to youth who are either currently

homeless or at-risk for becoming homeless. It's crucial that youth and families are aware of our services and how to access them. We can be reached at 1 (800) 901-2904 and through our website at <http://www.jsysi.org>. Will, a youth who utilized both our shelter and our Next Steps program, has benefited immensely, saying "Jackson Street has helped me redirect my life—to be the person I want to be."

## K9 Care A Van



K9 Care A Van's mission is to provide a safe place for pets of the homeless while enabling their owners to access meals, overnight shelter, medical and legal appointments, and other health and welfare services.

This is a new 501(c)(3) and requires raising considerable funds to purchase a mobile kennel—a toy-hauler RV type vehicle converted to our specifications. We can report that we have had a successful beginning with an excellent board of directors and planning team, and two successful fundraising events.

Beans for Bags funds would go toward the purchase of the K9 Care A Van vehicle, if still needed at that time. If the vehicle has already been purchased the funds will go toward operating expenses.

The Heartland Humane Society of Corvallis is fully behind this project because it addresses a crucial need that they cannot provide.

## Lumina Hospice & Palliative Care



Lumina's mission is to provide compassion, comfort and support through your end-of-life experience to help you live out the rest of your life on your own terms, among people who care.

A group of siblings who had a horrible experience with their mother's death brought Lumina hospice in when their father was declining. Hospice supplied the medical equipment and medications to keep their dad comfortable. He spent time with his children and grandchildren and spoke with friends. With the help of hospice, he died comfortably on his own terms and in his own home. The family got to experience a gentler kind of death. Very different from their mom's death.

Beans For Bags funds would be used for "extras" that hospices aren't required by Medicare to provide. Like massage, acupuncture, music tailored for the patients, art through ArtsCare (a program that supplies artists specially trained to work with terminally ill patients), as well as to help fund special final wishes, like with a patient who wanted to bring his family together for one final reunion. We were able to help the out-of-state family get to Oregon and spend a week together at the coast.

Hospice care is a supportive approach to end-of-life care that occurs in the patient's own home or place of residence. Patients are cared for with the assistance of hospice staff and trained volunteers. Medical equipment, supplies and medication related to the terminal illness are all covered within hospice care. Hospice is about ensuring dignity, respect and control at a time when it means the very most.

## Marys Peak Group, Sierra Club



SIERRA CLUB  
FOUNDED 1892

The mission of Marys Peak Group is to explore and enjoy the planet by leading hikes, educational tours and other outdoor activities. We also work to protect the earth through projects like the regeneration of Dunawi Creek and by planting trees along Lamprey Creek to cool and enhance its watershed. We present environmentally oriented lectures each year at the Corvallis-Benton County Library to educate the public. Marys Peak Group provides opportunities for people to gain an appreciation for the importance of the natural world.

Last year, in collaboration with the Confederated Tribes of the Grand Ronde, Marys Peak Group developed a free lecture series on the history and culture of the Kalapuya of this area. More than 900 people attended the three talks with two of the talks overflowing the Majestic Theater. A second lecture series has been created for fall 2018. In the summer of 2016, the Marys Peak Group initiated the Solar Inclusion Project. This program provided a collaborative process for a developer, a financier, a solar installer and a benefactor to provide solar power for low-income homeowners. Marys Peak Group paid for two home systems to be installed in Habitat for Humanity Homes.

## Marys Peak Search and Rescue - Region Three K9 SAR Unit



Our mission is to support the community by having well-trained, certified canine teams able to assist with searches in a variety of capacities: area search, trailing, human remains detection, and disaster response. Our success is measured by having reliable canine resources available 24/7 to assist with missing person searches and emergency response missions through the Benton and Polk county Sheriff offices and other law enforcement agencies. Our unit has been growing and there are presently 4 certified dog/handler teams with several more in training.

We will use the funds to help offset the costs to bringing in master trainers and evaluators from Search and Rescue Dogs of the United States (SARDUS) for our training clinics and certification tests. Region 3 K9 SAR is an all-volunteer unit under Mary's Peak Search and Rescue, which is a 501(c)(3) organization affiliated with the Benton County Sheriff's Office. All the training costs for this commitment are borne by the individual volunteer team members. SAR dog handlers receive almost no compensation from their agency partners for the considerable out-of-pocket expenses necessary to prepare a dog for search and rescue service.

## Marys River Gleaners Association



The purpose of Marys River Gleaners is to provide food related and firewood assistance for low-income, disabled or elderly individuals in the Corvallis community by gleaning from growers who have contacted the organization, disbursement of Food Share foods, by accepting donations from individuals and businesses, etc.

We share and cooperate with like-minded organizations

to ensure food justice and maximize utilization of the full range of resources from edible non-perishables to firewood to compostables. Glens of over one hundred pounds of blueberries and a similar quantity of peas at OSU were a couple of this season's major successes. Funds from this donation would be applied by Marys River Gleaners as a shared food contribution to Linn-Benton Food Share, allowing us to obtain food items for distribution at a small fraction of market cost.

Our membership is divided into two sub-groups, Adoptees and Gleaners. Adoptees are identified as people who are disabled or elderly and Gleaners are identified as families that have an able-bodied individual within the family. All gleaner families are required to participate in 8 hours of volunteer service each month. We have no paid positions in our organization making us a complete volunteer run organization.

## Marys River Watershed Council



MARYS RIVER WATERSHED COUNCIL

To inspire and support voluntary stewardship of the Marys River watershed is the Marys River Watershed Council's (MRWC) mission.

Recently, MRWC collaborated with Greenbelt Land Trust and the Institute for Applied Ecology in an environmental education project that included bilingual volunteers who taught field lessons for Garfield students in Spanish. Additional dual-immersion watershed education will be provided to students at both Lincoln and Garfield 3rd graders with high school bilingual students as their peer mentors.

Beans For Bags donations would go to the general operating funds that are vital to our success. MRWC just celebrated 20 years of successful restoration for improved watershed health, environmental education that inspires and empowers our next generation of watershed stewards, and community engagement that raises awareness about the value and meaning of our precious water. We're grateful to First Alternative Co-op and the community for supporting our next 20 Years!

## Old Mill Center for Children & Families



Old Mill Center for Children and Families is a community-based, family-oriented center empowering children and families of diverse backgrounds to optimize their potential through specially designed education and therapy programs. A multifaceted approach addresses the needs of children aged 0-18 who struggle with mental and behavioral health stemming from causes such as abuse, trauma, adult substance abuse, or domestic violence. In addition to offering in-home support and education for new parents, respite childcare, and counseling for children and families, Old Mill Center offers critical early education for some of the community's most vulnerable children.

A success story: Lonnie and Al wanted to provide a better life for their own kids but neither knew how to be a parent. Utilizing Old Mill Center's parent education, therapy, and counseling, parents like Lonnie and Al, who grew up in families struggling with homelessness, substance abuse, and neglect have been able to turn their family's life around. Despite ups and downs, they are self-reliant and have learned positive methods of parenting.

Donations would be applied to our counseling program's continued training in Eye Movement Desensitization and Reprocessing (EMDR) therapy. This integrative psychotherapy approach has been extensively researched and proven effective for the treatment of trauma, but is largely unavailable to children in our community, especially those in low income families. Our team has provided EMDR services to 26 children and their families. Through donations and grant funding, we hope to continue expanding these services and making this innovative treatment more widely available to at-risk children in Benton County.

### Philomath Community Gleaners



Philomath Community Gleaners is 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 280 members in our group, including 58 gleaner households and 52 adoptee households. Adoptees are elderly or disabled. There are 92 children under 18. In July 2018 our group collected over 11,000 pounds of food from local stores and farms. When we have more produce and bread than our members can use we distribute excess to other gleaner groups, Community Outreach, food banks, and soup kitchens. This food is of immense help in the Philomath community. We prevent many tons of food from being sent to the landfill.

The funds will be used for the purchase of food from Linn-Benton Food Share to supplement what we are able to glean. We pay between one cent and \$1.50 per pound for this food, which pays for storage and transportation. We can buy nutritious foods, such as tuna fish, peanut butter, canned foods, frozen vegetables, and household items such as pet food and toilet paper.

### Samaritan Evergreen Hospice



A department of Samaritan Albany General Hospital. Care for terminally-ill patients and their families is provided under

the medical direction of a physician in collaboration with other departments in the hospital, other area hospitals, physicians, area nursing homes, community agencies, medical equipment providers, pharmacies, and other health-care providers. The goal of Hospice is to promote optimum physical, emotional, and mental well-being of all eligible individuals, regardless of race, color, creed, age, sex, handicap, socio-economic status, national origin, or ability to pay. Hospice care is provided based on the mission, vision, and values set forth by Samaritan Health Services. Care continues for the family through the patient's death and into bereavement.

Patients and their families are so grateful for the additional services we fund with donated and grant funding. Some of the ways we would use donated funds is to support our Massage and Music Therapy programs. This is not a service covered by Medicare, but is much appreciated as a comfort measure for our patients.

### Senior Dog Rescue of Oregon

SENIOR DOG RESCUE OF OREGON



The mission of Senior Dog Rescue is to rescue, rehabilitate, and re-home homeless senior dogs.

A success story: a dog named Hank had been beaten, suffered from seizures and a disfigured leg. Because of this, he was very fearful of everything. He was taken in and with the help of a great foster mom, hard work, some training, and significant vet care, Hank recovered well enough to be adopted by a wonderful family. He will be on seizure medication for life, but he is now happy in his new home. Our volunteers, donors, and friends made this possible.

The funds from Beans For Bags would be used in our general operating funds for veterinary expenses for the senior dogs that we take in. More than 95% of our operating funds go for veterinary expenses and dog supplies. So far this year we have re-homed more dogs than we did during the entirety of last year. Our goal is to rescue, rehabilitate, and re-home (or help people keep in their homes) 100 dogs.

### South Corvallis Food Bank



Our mission is to increase sustainable food security in south Corvallis by providing emergency food boxes, information, and opportunities with compassion and respect.

Each month we serve on average 1,100 individuals, 40% of whom are children.

Our emphasis on healthy food enables our clients to eat a nutritious diet, including seasonal fresh local produce when available. In 2017 we distributed 3,940 lbs. of produce from SAGE (Starker Arts Garden for Education) and 2,135 lbs. from Produce For the People, in addition to much local produce donated by individuals and farmers and 52,972 lbs. of non-local produce from Linn Benton Food Share.

In addition to cash, we welcome in-kind donations of sealed, commercially packaged food (no bulk or home-canned items, please) and fresh produce from your garden.

### Ten Rivers Food Web



Our mission is to activate and perpetuate personal, institutional, and public decisions

that incorporate and support environmental, economic, and social factors for a resilient food web.

We had a successful soil amendment sale in the spring getting bulk organic farming and gardening supplies as well as animal feed to local farmers and gardeners. We continue our work to put on the Fill Your Pantry event focused on supporting local farmers, moving late season produce, and getting consumers to think about buying and storing food in bulk to reduce food waste and support their local farmers. Beans For Bags donations would go to our general operating funds in support of new and existing programs. We have exciting new projects we are pursuing grants to develop a regional agritourism map, to host a community food discussion, and continuing work with the Community Food Land Trust and work related to technology for food delivery systems with low to zero emissions.



### Willamette Neighborhood Housing Services (WNHS)



Willamette Neighborhood Housing Services is a private, nonprofit community development organization with a 25-year history of improving lives and

strengthening communities through quality affordable housing, homeownership, economic opportunity, and community partnerships. Services include the development of multifamily rental housing (382 apartments at 19 urban and rural locations) and 55 owner-occupied housing units; resident and community health services; and a NeighborWorks Home Ownership Center. 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.

WNHS has also developed community gardens in each community where our properties are located, providing residents with fresh produce and community-building opportunities. During work parties, residents work together to maintain the gardens. This past season, residents came together to build a wheelchair accessible garden bed for one of our long-time community members.

Funds from this donation will be applied as general operating funds to continue to provide supportive services to our residents and community members.

WNHS is proud to partner with local organizations and businesses. WNHS' goals and mission align with First Alternative Natural Foods Co-op's goals of caring for the community and providing quality, healthy resources.

### Work Unlimited Supported Living



Our mission is to empower people and give them the tools

necessary to be successful in living independently. The aim is a reduction in the rate of homelessness, psychiatric emergency room visits, and the need for law enforcement intervention.

Over the course of many years one of our clients went from needing us to help him with everything, to being his own representative and handling his own finances. He now sets up his monthly medication with our help, schedule his appointments, uses the bus for some appointments and other errands, and handles his own correspondence. He comes to us occasionally for support and encouragement.

Our clients are mostly low income and struggle to make ends meet. We would use the money to buy items that cannot be purchased with food stamps, such as: toilet paper, paper towels, soap, shampoo, etc. This would allow us to have a supply on hand whenever they were needed.

Work Unlimited Supported Living provides support to an underserved community of individuals who have mental health issues, disabilities, and the elderly. We improve the quality of life for our clients by providing individualized support services which fosters a sense of security and empowers participants to live and function successfully.



Voting Owner's name (required): \_\_\_\_\_ Owner Share # (required): \_\_\_\_\_

Voting Owner's signature: \_\_\_\_\_

You must be an active Owner to vote. Owner share payments must be current or paid, share must be in good standing. One vote per Owner number

- Benton County Furniture Share
- Calapooia Watershed Council on behalf of Linn Benton Salmon Watch
- CASA-Voces for Children
- Center Against Rape and Domestic Violence (CARDV)
- Chintimini Wildlife Center (CWC)
- Coastal Range Food Bank, Inc.
- Community Outreach, Inc.
- Corvallis Bicycle Collective
- Corvallis Daytime Drop-In Center (CDDC)/ Homeless Employment Launching Project (HELP)
- Corvallis Environmental Center
- Corvallis Sustainability Coalition
- First Alternative Recycling Center
- Fresh & Local, First!
- Friends of Corvallis Parks & Recreation
- Grace Center for Adult Day Services
- Greenbelt Land Trust (GLT)
- Heartland Humane Society
- HOUR Exchange
- Institute for Applied Ecology
- Jackson Street Youth Services
- K9 CARE A VAN
- Lumina Hospice & Palliative Care
- Marys Peak Group, Sierra Club
- Marys Peak Search and Rescue - Region Three K9 SAR Unit
- Marys River Gleaners Association
- Marys River Watershed Council
- Old Mill Center for Children & Families
- Philomath Community Gleaners
- Samaritan Evergreen Hospice
- Senior Dog Rescue of Oregon
- South Corvallis Food Bank
- Ten Rivers Food Web
- Willamette Neighborhood Housing Services
- Work Unlimited Supported Living

Vote for up to 16 nominees

(ballots with more than 16 votes will be considered invalid)

# CO-OP CLASSES OCTOBER



Wednesday, Oct. 3rd, 7:15 - 8:30pm  
(free intro lecture); Saturday, Oct. 6th,  
10:45 am - 3:45 pm & Sunday, Oct. 7th,  
10:45 am - 1 pm (workshop)

South Store Meeting Room

## Yogada Kriya Surat Shabda Yoga

Cost: \$69 for the weekend. Register on Eventbrite or at  
Customer Service, in-store or at (541) 753-3115

Yogada Kriya Surat Shabda Yoga is a yogic path founded in the United States based on the ancient teachings of the Himalayan masters. When people have completed Hatha, Pranayama, Bhakti, Karma, Raja, Kundalini and many other yogas, they find themselves at the third eye. Although many teachings talk about the third eye and going within through meditation, this path connects the human consciousness to the higher self through the vehicle of the audible life stream or the Sound Current. In this yoga there are specific techniques and trainings which reestablish the connection of the student with his or her eternal self via the infinite aspect of light and sound techniques. This is known as Sound Current meditation. The Sound Current is at the base of all the religious and spiritual teachings and is the Royal Highway Yoga.

Both the free introductory lecture and the weekend workshop will be presented by Harold Keith, founder and teacher of Yogada Kriya Surat Shabda Yoga.

This teaching does not involve postures but covers such topics as life after death, the dream state, out of body travel, the eternal true self and multiple lifetimes, etc. This is not a religion.

Saturday, October, 13th, 1-3 pm

South Store Meeting Room

## The Dark Side of Vaccines

Cost: Free. RSVP on Eventbrite

You may have heard that "vaccines are safe and effective" and that serious adverse reactions to a vaccine are "one in a million." While vaccines have certainly saved lives, there is also a dark side to vaccines that is rarely talked about in the mainstream media. This presentation focuses on the shadow side of vaccines and takes a critical look at vaccine safety and efficacy issues - both past and present.

Luke is a wellness consultant dedicated to creating greater well-being in our world. He is the founder of Gut Resolution where he uses food as medicine and nutritional supplements to help clients experience greater health and wellness.

Saturday October 20th, 12:30 - 2 pm

South Store Meeting Room

## Showing Up for Racial Justice

Cost: donation \$3 - \$5 (more if you can, less if you can't).

Join Showing Up for Racial Justice (SURJ) in education and action toward dismantling institutionalized racism. Everyone is welcome, including children. For more information: [www.CorvallisSURJ.org](http://www.CorvallisSURJ.org) or email at [info@CorvallisSURJ.org](mailto:info@CorvallisSURJ.org).

Friday, October 26th, 6 pm

South Store Meeting Room

## Food for Change Film Screening

Cost: Free

*Food for Change* looks at the current resurgence of food cooperatives in America and their unique historic place in the economic and political landscape. Born in the heartland, cooperatives were seen as the middle path between Wall Street and Socialism. The film profiles several current food co-ops that have revived neighborhoods and communities—right in the shadow of corporate agribusiness and supermarket chains. No other film examines the key role played by consumer-led food co-ops during the decades-long debate over profit-driven monopolies vs. local businesses. Today food co-ops are experiencing a renaissance. People are once again taking control of their lives through the power of cooperation.

Thursday, November 1st, 12:30 - 5:30 pm

South Store Meeting Room

## Red Cross Blood Drive

Sign up at: [www.redcrossblood.org](http://www.redcrossblood.org)

The need is great and we can all help! A little time from your day can help save a life half a world away. Donating blood is fast, easy, safe, and rewarding. 🍏



Grab a free copy of the Fall Thymes next time you're in the store or at one of the 60-plus locations around Corvallis where it's stocked!

# Co-op Community Events Calendar

FREE or by-donation listings only • To submit event, visit [firstalt.coop/community/community-calendar](http://firstalt.coop/community/community-calendar)

## Upcoming Events

### 9th Annual Local Eats Week

Sunday, September 30th - Saturday, October 6th, at varying times and restaurants around Corvallis  
Savor Local 6 sample plates under \$10. Check out [sustainablecorvallis.org](http://sustainablecorvallis.org) for a list of participating restaurants. Sponsored by the Corvallis Sustainability Coalition Food Action Team. Contact: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), (541) 230-1237.

### Sustainability Coalition Quarterly Gathering

Thursday, October 4th, noon - 1:30 pm at Corvallis-Benton County Public Library (645 NW Monroe Ave.)  
Presentations by Coalition partners and action teams, refreshments and networking opportunities. FMI: [sustainablecorvallis.org](http://sustainablecorvallis.org), [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), or (541) 230-1237.

### Fill Your Pantry 2018

Pre-sales: Friday, October 5th - Sunday, October 21st; Day of sales and pre-sales order pick-up: Sunday, November 4th, noon - 3pm at Guerber Hall, Benton County Fairgrounds (110 SW 53rd Street)  
Ten Rivers Food Web invites you to fill your pantry with the season's bounty and invest in the local food economy. Purchase storable grains, beans, veggies, frozen fruit and meats, and more from

local growers. Two ways to buy: online store sales from October 5 - 21 at [www.tenriversmarketplace.com](http://www.tenriversmarketplace.com), or at the event on November 4th. Sponsored by Ten Rivers Food Web. More information, plus a complete list of vendors, on our website: <http://www.tenriversfoodweb.org/fill-your-pantry> or email [fillyourpantrycorvallis@gmail.com](mailto:fillyourpantrycorvallis@gmail.com).

### Navratri

Tuesday, October 9th - Wednesday, October 17th, 7:30 pm at Live Well Studio (971 NW 10st Street)  
Navratri is a 9 day celebration of the divine feminine. Join Jocelyn for practices ranging from meditation and mantra to chanting, pranayama and asana. Come to one or all of these special events. Each day will hold a new practice! This class is donation based. No one turned away for lack of funds. FMI: Jocelyn Darshana, (541) 224-6566.

### 2040 Vision & Climate

#### Action: Make It So!

Tuesday, October 16th, 5:30 - 8:30 pm at Corvallis High School (1400 NW Buchanan Ave.)  
Find out how you can be part of our community's 2040 Vision Action Plan and implementation of the Corvallis Climate Action Plan. Open House (5:30 - 7 pm) will feature displays, food, and music,

followed by round table discussions (7 - 8:30 pm) to help prioritize community issues. Kids' activities and child care provided. Sponsored by Imagine Corvallis Action Network and Climate Action Advisory Board. Contact: [Cynthia.Solie@corvallisoregon.gov](mailto:Cynthia.Solie@corvallisoregon.gov).

### Teal Cooperative Opening

Monday, October 29th - Friday, December 28th, 10 am - 6 pm most days at 139 SW Third St.  
Teal, an artist cooperative with 20 + artists displaying their work this year, opens October 29th at 139 SW Third Street (formerly Gracewinds Music). Join us for our opening reception on Nov. 9th and shop local this year! FMI: [DebCurtiswovnfiredesigns@gmail.com](mailto:DebCurtiswovnfiredesigns@gmail.com).

### Solarize Your

#### Home or Business

Monday, October 29th, 7 pm at Corvallis-Benton County Public Library (645 NW Monroe Ave.)  
Making the transition to solar energy makes sense - both to protect our future AND to save you money! Presentations by local solar experts will help you find out how. Sponsored by the Corvallis Sustainability Coalition. Contact: [info@sustainablecorvallis.org](mailto:info@sustainablecorvallis.org), (541) 230-1237.

## Ongoing Events

### Help & Wellbeing

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

**ARE YOU A GIRAFFE?** Do you know, practice, and enjoy NonViolent Communication (NVC)? The Oregon Prison Project is welcoming new volunteers in bringing NVC to Oregon's incarcerated men and women. FMI, please call Tina Taylor at (541) 753-2255, or email [tinataylor.co](mailto:tinataylor.co). Web: [oregonprisonproject.org](http://oregonprisonproject.org). "We transform lives and create safer communities by teaching empathy and Nonviolent Communication to inmates." FMI: Tina Taylor, [tina@tinataylor.co](mailto:tina@tinataylor.co), (541) 753-2255.

**REFUGE RECOVERY** Corvallis Mondays, 5:30 - 6:30 pm at Unitarian Universalist Fellowship of Corvallis, 2nd floor, room 9, (2945 NW Circle Blvd.) A non-theistic recovery program that does not ask anyone to believe anything, only to trust the Buddhist-oriented process and do the hard work of recovering from addiction of any kind. FMI: Gavin Sublett, (541) 908-0864.

**COMMUNITY YOGA** Saturdays, 5 pm at Live Well Studio, 971 NW Spruce Street, Suite 101 Corvallis, OR 97330 Yoga for all levels, all bodies. The teacher changes from week to week so you'll always have something new to experience. Suggested Donation \$7. No one turned away for lack of funds. FMI: [JocelynDarshana@livewellstudio.com](mailto:JocelynDarshana@livewellstudio.com)

**AIKIDO FOR ALL** Tues & Friday, 6-7:30 pm at 6735 SW Country Club Dr (fitness over 50)  
Aikido, 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 LABYRINTHS 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.

**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.

## Ongoing Events, continued

### 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. We invite 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](mailto: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](mailto: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](http://corvallismeditation.org).

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

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

**BAHA'I DEVOTIONAL PROGRAMS** 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](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.oefelein@gmail.com](mailto: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, [RASALI2@yahoo.com](mailto:RASALI2@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. Oct. 28th, 11 am at the Eckankar Center of Corvallis, now located at 875 Grant Ave. ECK Light and Sound Service: "Becoming the Loving Heart" FMI: View [www.Eckankar.org](http://www.Eckankar.org), [www.MiraclesInYourLife.org](http://www.MiraclesInYourLife.org), or call (503) 233-1595..

### 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 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, (541) 929-4301.

**CORVALLIS UKULELE CABARET** First

Fridays 7-9pm South Co-op Meeting Room (except Jul. & Nov.), open mic, jam, & sing-along. 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.or.us/field\\_trips.shtml](http://www.audubon.corvallis.or.us/field_trips.shtml).

**NATURALIST ADVENTURES** Tracking, wild edibles, native plants, and birding: 3rd Sundays, 9am-noon. FMI: [www.neighborhood-naturalist.com](http://www.neighborhood-naturalist.com), (541) 753-7689. 