Another month has gone by and what a beautiful spring we are having! Speaking of spring, it is also that time of year to elect Board members for three positions. We have six Board-endorsed candidates for the three positions. Elections will be conducted from June 1st to June 21st. Thank you, candidates, for your willingness to serve on the Board!

Unless you have opted to receive your ballot by mail, you will receive the election notice via your email address on record. You should have received the email communication opt out forms to your home address via the US Post Office in early April. The form also requested that Owners update their information of record, if needed.

We have approximately 2,600 Owners who have not requested a ballot by physical mail and, unfortunately, have not given us their email addresses. If you fall into this category and wish to vote, please either provide the Co-op your email address or update your information on record to receive your ballot in the mail. We’ll also have ballots available in the stores. The Board would like to strongly encourage you to use electronic voting, which saves a significant amount of paper, time, and money. Along with the ballot for the election of Board members, we will be asking three or four short survey questions. The questions are still being developed, but may ask Owners about communication and engagement with the Board, and possibly other items.

"We have six Board-endorsed candidates for the three positions. Elections will be conducted from June 1st to June 21st."

Last month the Co-op Board President, Jim Mitchell announced the fantastic news that the Co-op will be issuing a patronage dividend for the first time in eleven years! A patronage dividend notice with the dividend amount will be sent out to all qualified Owners by the end of June. The notice will specify the options for redeeming your dividend including an option to donate your dividend. Owners with a calculated dividend of less than $2.00 will receive a coupon which can be used against future purchases at the Co-op. The cost of issuing and tracking a dividend of less than $2.00 exceeds the value of the dividend.

At the last Board meeting, an update on the Strategic Planning Committee charter was provided. Development of the charter is progressing and will hopefully be finalized at the May Board Meeting. The Committee will be tasked with projects that will assist the Board and management on planning future short-term and long-term projects and initiatives to improve the stores and services we provide, and to ensure the business can be sustained and grow into the future. If you are interested in participating on the Committee as an Owner, the Board will be recruiting to fill several positions. Look for an announcement soon.

"We have six Board-endorsed candidates for the three positions. Elections will be conducted from June 1st to June 21st."
June Co-op Classes

Saturday, June 1, 11am -12:30 pm
South Store Meeting Room

Sound Current Yoga™ with Harold Keith
Cost: free • What is Life?

“All of life is in Vibration! Everything is Vibrating! Why? What is generating this endless and “unstruct” Sound? This eternal “voice”? A.K.A. The Word, Logos, Nam, Spirit, Bani, Shabda, Song, etc. (There are many nam-es for the essence of Life!) Each of us is “resonating” with this multi-universal infinite is-ness. In fact, it is us! The whole thing is alive! Remember conscience? Keith is teaching this ancient science for free. Find out more about your true self! The next talk is at the First Alternative South Store Meeting Room, Saturday, June 1st from 11 am - 12:30 pm at 1007 SE 3rd St., Corvallis at no charge. Soundcurrentyoga@gmail.com. Website: YogadaKriyaSuraShadbyoga.com.

Thursday, June 27, 6:30 - 8 pm
South Store Meeting Room

Finding & Living In Your Purpose

Are you living your dream? Do you feel you are on the right path to fulfill your soul’s purpose? In this workshop we will ask even deeper questions and do some exercises with the intention to help you re-frame where you are in life. Oftentimes stress behaviors and disharmonious feelings can be our higher self, nudging us to discover the quality and essence of our light for the intention of sharing it. “Be yourself. The most important thing you will ever do is become who you were meant to be.” —Lisa Hammond

Owner Mail Call

Dear Co-op Owners,

We would like to hear from you! Questions, comments, great notions... Send us letters and we’ll publish what we can every month in The Scoop. Not all letters will be published, but we’ll do our best! Letters over 250 words will be edited for length. All letters are subject to editing for spelling, grammar and clarity. Letters should include the author’s name, Owner number, and contact information. Contact information will not be published. Opinions expressed are not necessarily supported by the Co-op, Board, staff, or Owners.

Email your letters to: scoop@firstalt.coop or mail them to 1007 SE 3rd St., Attn: The Scoop. Deadline for submissions is the 15th of the month prior to the publication date.

A Special Message From the 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 $19 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 online or in the store before 10pm on June 21st

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

I have served First Alternative by being on the Board for two terms and have decided to offer to serve for another term. I’m a true believer in the cooperative business model and how it is implemented through First Alternative. I have been a member/Owner since the early 1980’s. The Board and management have worked through some difficult years and we believe they are behind us and the future looks promising. I am excited about where we are and where we believe we can go to do an even better job providing the high-quality groceries and wellness products our Owners want. I look forward to continuing being of service to the Co-op Owners and customers by serving another term on the Board!

**CANDIDATE INTERVIEW**

Why do you think Owners should select you to represent them on the Board? I was elected to the Board in July 2013 and have served on the Finance Committee, been the Treasurer and Vice-President, and am currently the President. When I started on the Board, First Alternative (FA) was going through some challenging times; the financial health of the Co-op was in jeopardy and competition was increasing. The financial condition is much better now, we are meeting our competition and our sales are growing. The Board is looking hard at how we can better serve the customers of the South Store and that part of our community, and I would like to continue to help the Co-op plan and make changes to ensure FA will survive and thrive into the future.

In my working career I was involved in both operations and policy development for the City. I believe this experience and knowledge has helped the Board and Co-op.

What opportunities and challenges do you see ahead for the Co-op? The opportunities are myriad in providing great food and products as a community-owned store. There are nearly 10,000 Owners of the First Alternative Co-op. This represents a very large percentage of our community’s households. Since we are responsible first and foremost to our Owners, we can be the best and, literally, First Alternative to provide the products our Owners want. The Co-op has been and will continue to be involved in our community in ways other grocery stores do not/cannot. Our profits go back into our stores, into our community, and potentially back to our Owners in the form of patronage dividends.

Challenges are presented by increasing competition from the conventional stores in our area. Although our community benefits by having more choices for wholesome foods and products, we need to compete so that we can continue to do the good things we do for our community. Keeping our purchasing dollars local by spending them at the Co-op benefits us in ways not possible through spending them at the conventional stores. We need to ensure that we have the right products at the right price at First Alternative so we can survive and thrive.

What is the role of First Alternative Cooperative in the community? Because First Alternative is a community-owned store, the services need to be for this community. Not only should the Co-op provide the products and services the Owners want, but also be involved in, and supportive of, our community. This is demonstrated through: being a responsible and environmentally sensitive employer, purchasing from our area farms and producers, providing funds to local charities selected by the Owners, providing the recycling center, being directly involved in community events, and participating in community forums and groups to enrich and strength our community.

What long-term goals do you envision for First Alternative? The primary goal of First Alternative is to survive into the future. As I’ve mentioned before, this will be accomplished by meeting our Owners’ needs and competing successfully in the natural and organic foods and products marketplace. Only by meeting this goal can First Alternative continue to do all the great things it does for our community. I’m confident that together we can meet this goal!
Patrick Monroe

CANDIDATE STATEMENT

I have been in Corvallis for three years. Upon starting at the Co-op my interest in a member-focused company where Owners have input in their store really intrigued me. I knew the Co-op was a slightly different type of store, but wanted to know more. I quickly absorbed knowledge about the Co-op, as well as the history of co-ops in general. The rich history of First Alternative’s almost 50 years in operation is something I am still learning about. However, tidbits from senior staff about a store established through 100% volunteer labor, and in an old house, are always interesting to hear. Eventually I learned about the open Board meetings and found my interest starting to grow after attending one. Eventually, I was told about an opening on the Board and figured it could be a new challenge, and a great way to expand my knowledge of First Alternative and understand the company I was working for.

CANDIDATE INTERVIEW

Why do you think Owners should select you to represent them on the Board? I would like to offer my unique perspective on the inner workings of daily Co-op operations to the Board. Phil Hochheiser, a long-time Co-op employee, is stepping down from the Board, and I think having an employee’s perspective is an extremely important thing to continue.

What opportunities and challenges do you see ahead for the Co-op? The biggest opportunity I see for the Co-op is widening its market to previously unfocused avenues in Corvallis, such as OSU. The Co-op recently started to offer a 15% discount on produce to students on Tuesdays and I have really enjoyed seeing the next generation willing to invest their fixed incomes towards their health and “voting with their dollars.” The biggest challenge is to ensure everyone’s voice is heard and the opportunity is always available for Owners to do so. I think the challenge is getting more Owners involved and finding an appropriate forum for more Owner input. I am always surprised to not see more people at Board meetings, and hope to change that.

What is the role of First Alternative Cooperative in the community? The Co-op’s role in the community is to improve collaborative consumption to the benefit of our society. Today we live in a society of sharing, whether it be ride sharing, bike sharing, or even sharing of our personal space. Co-ops were founded on a lot of these guiding principles of a cooperatively sharing community. However over the years some of these visions may have blurred. I hope to bring back the community cooperation and a collaborative economy where everyone has a say. I believe our cooperation with OSU and the new generation is a great place to start to invigorate sustainable and sustained collaborative consumption.

What long-term goals do you envision for First Alternative? The biggest long-term goal I would like to tackle is improved education concerning our food system for shoppers. I have a particular passion and focus in produce and hope to work closely with local vendors and farms to increase the educational outlets available to members, including farm tours, farm dinners, and improving the overall communication between farms and consumers. After attending the Organicology conference in Portland, which is about sustainability and organic farming, I realized consumer education is the key to the long term environmental sustainability of our society. I hope to offer Owners more opportunities to learn from local leaders in organics and sustainability in order to continue the movement they have started.
The most important responsibility of a Board member for me is representing the best interests of the Owners. The Board protects the financial and legal interests of Owners, but it also has a duty to reflect their priorities when setting the strategic vision of the Co-op. I have joined the Strategic Planning Committee to help improve processes for engaging Owners in developing a shared vision for the direction of the Co-op. Experience helps me to be better prepared for the job, but I have also grown to care about the Co-op more each year, so my desire to serve is stronger than when I began. I hope you will allow me to continue to serve.

CANDIDATE INTERVIEW

Why do you think Owners should select you to represent them on the Board? Each Board member brings a specialized set of skills, and my main contribution has been in financial management and data analysis. Board service can be hard work at times, and as a graduate student it can be a struggle to balance my workload with my Board responsibilities. But I continue to prioritize serving on the Board because I believe in the Co-op's mission and principles, and I believe I am equipped to serve.

What opportunities and challenges do you see ahead for the Co-op? The Co-op had a banner year in 2018, with strong growth in both stores. Growth has been so strong that the commissary kitchen at the South Store is bursting at the seams, one example of ways demand for our products is beginning to outstrip our capacity to supply. This is a tremendous opportunity, but how we grow as a Co-op to better serve our Owners is a challenge. Engagement between the Board and Owners is crucial to guide the Board in the right direction.

What is the role of First Alternative Cooperative in the community? I believe our role as a cooperative is to provide quality products without cutting corners. The produce sections in our stores are the finest in town. The Co-op prioritizes sourcing from local producers that are organic, ethically sourced and environmentally sustainable. Our employee compensation scales are higher than industry averages. Every dollar shoppers spend at our Co-op is an investment in environmentally sustainable food production, and the people and businesses within the six county area around Corvallis.

What long-term goals do you envision for First Alternative? At a recent board training event, I was struck by the passion younger board directors and managers from all over the country had for cooperative principles and ideals. Leaders from newer co-ops that began in the last recession were talking about democratization of capital, and cooperative ownership as a means of empowerment, echoing the words of those who founded the first wave of co-ops in the Depression of the 1920s.

First Alternative is more than my favorite grocery store, I am participating in an alternative economic system, cooperative ownership. I would like to see the fire and passion reflected by these young directors for cooperative principles shared among our own Owners, and carried forward to the next generation of leaders.
CANDIDATE STATEMENT

Twenty years of service in the U.S. Navy, ten years of program management in the defense industry, and ten years of experience in various positions at a farmers’ cooperative in rural Virginia in support of local agriculture have provided me with a broad and unique base of experiences and skill sets. After a career on a large stage, in retirement I would like to apply my experience locally to support the staff of the First Alternative Co-op in providing the largest possible selection of quality food products at the best possible price to its members and the public, thus contributing to the quality of life within our community.

CANDIDATE INTERVIEW

Why do you think Owners should select you to represent them on the Board? I bring a broad range of experience including, more recently, in business and retail, group process and decision-making, and have considerable experience with policy governance. And, importantly, I have the time to dedicate to the position.

What opportunities and challenges do you see ahead for the Co-op? In a region rich in locally-produced, high quality foods, the opportunity exists to offer an almost endless array of nutritional options at reasonable prices. The challenge lies in expanding and growing the business within our presently limited infrastructure.

What is the role of First Alternative Cooperative in the community? The role of First Alternative Co-op is to position itself as the primary alternative to standard grocery stores selling industrially-farmed food products. We should strive to offer healthful foods at prices that allow maximum participation by all segments of the community.

What long-term goals do you envision for First Alternative? To continue concentrating on aggressive and effective management to grow First Alternative and its ownership base to the point that it can effectively compete with other food stores in Corvallis, in both volume business and at new, larger facilities.

Education and Certification
B.A. in Urban Studies & Economics, Temple University, Philadelphia, PA, 1977

Present Occupation
Retired

Business Experience
• Enlisted service U.S. Navy, 1968-1972
• Commissioned service U.S. Navy, 1977-1993
• Director, Litton Worldwide Services, Bangkok, Thailand, 1994-1997
• Deputy Director of Logistics, VSE Corporation (defense marine engineering firm) Alexandria, Va., 1998-2006
• Various management positions, Culpeper Farmers Co-op, Culpeper, VA, 2006-2016

Community Involvement
Corvallis Lodge 14, Ancient Free & Accepted Masons of Oregon
CANDIDATE STATEMENT

Originally from the flatlands of Illinois, I moved to Corvallis to serve as an AmeriCorps member after graduating college. In my current role as a public librarian, I combine my passion for public service with my love of life-long learning. Of all the reasons that I chose to make Corvallis my home, the accessibility of local food and nature are at the top of my list. I appreciate the Co-op’s commitment to local food, the environment, and sustainability that helps create a vibrant community in Corvallis. My involvement and experience in health foods, democratic governance, and community outreach would make me a committed Board member who can contribute to the ongoing success of First Alternative Co-op. It would be an honor to be able to give back to the Co-op community which has given me so much over the past decade.

CANDIDATE INTERVIEW

Why do you think Owners should select you to represent them on the Board? I bring many years of experience working in the health food industry which will help inform my leadership as a Board member. My early career was spent in a variety of health food settings: locally owned, major chain, and a co-op, in a range of capacities, where I honed my knowledge of retail and customer service. As a public librarian, I advocate for citizen involvement in their communities and I would love to continue that work through serving the Co-op. As a Board member I will strive to represent the Owners and act in our collective best interest in keeping with the Co-op’s mission of ethical and responsible stewardship of our community, goods, and services. I also believe the Board and Owners should strive for diverse and inclusive representation, beginning with more women and people of color in leadership roles.

What opportunities and challenges do you see ahead for the Co-op? We have an opportunity to help shape public perception and accessibility of the Co-op as a leader in the natural and organic food movement in the Willamette Valley. The larger cultural interest in local food systems and economic sustainability provides First Alternative with chances to shine as the vibrant model, even amongst competition. While there are clearly unmet grocery needs in South Corvallis, I look forward to exploring opportunities through the Urban Renewal District. The Co-op will need to continue to keep pace with industry standards as technology brings changes to our everyday lives, including how we shop and engage in commerce.

What is the role of First Alternative Cooperative in the community? The Co-op is a marketplace and community hub for health, innovation and sustainability. In addition to providing fresh, local, and organic food, First Alternative (FA) also contributes to a thriving local economy through our support of Co-op workers, both locally and globally, through fair wages and benefits. “FA is a cooperative community that exists to realize people’s aspirations for a healthy, simple and humane life.” This statement from the Guiding Principles best highlights FA’s role in the community and I would be proud to support the Co-op in fulfilling this mission.

What long-term goals do you envision for First Alternative? Since many of my short term goals have already been met (bulk chips and salsa, alternative transportation punch card, individually sold celery sticks!), I look forward to learning more about the current business affairs and financial standings of the Co-op and how I can help support future endeavors, big or small. I will steward the Co-op to the best of my ability, guided by the collective wisdom of its Owners, so it may continue to evolve to the highest standards of social responsibility and financial solvency. The future of FA is bright and I am excited to put my curiosity and creative thinking into action.
CANDIDATE STATEMENT

I have been a member of the Co-op for many years. I have also been an Owner/Worker for at least 7 years. I have often felt so grateful to live in a community that has the Co-op which has given me an opportunity to work and earn a discount while being a stay at home parent to my three girls. I would love the opportunity to give back to my Co-op community by being a Board member. I have extensive experience as a member and chair of the Corvallis Planning Commission. I can read lots of information and apply evaluation-based criteria and make decisions. I can speak in a manner that is consistent and desirable on a board and/or commission. I can communicate to constituents/members in a manner consistent with bylaws and instructions. I am looking forward to this opportunity.

CANDIDATE INTERVIEW

Why do you think Owners should select you to represent them on the Board? I have the experience necessary to help the Board move forward with decisions in the future. I have worked with lots of different groups of people and have experience with process, listening and reading and learning necessary information to make decisions. I have been an Owner/Worker for the last 7 years and I love the Co-op.

What opportunities and challenges do you see ahead for the Co-op? We have a huge opportunity with the passing of the South Corvallis Urban Renewal District. We need to stay involved and relevant in our community as we see extensive growth and change. The South Corvallis branch of the Co-op is within the boundaries of the Urban Renewal District. Understanding the District’s projects and working with the City, and possibly consultants, to take advantage of the opportunities of the District will be some of the upcoming challenges. All this while balancing two locations! It is very exciting!

What is the role of First Alternative Cooperative in the community? First Alternative’s role in the community is wide ranging, from providing organic vegetables, well-sourced meats, Fair Trade chocolates, to providing meeting room space to non-profit organizations. The Co-op also provides educational opportunities and community events. The Co-op offers a recycling center and donations to local non-profit programs through the Beans for Bags program. It offers a friendly, small grocery store feel that provides quality goods.

What long-term goals do you envision for First Alternative? I envision that the Co-op will continue to grow in a way that is true to the mission of First Alternative. Our community has seen, and will continue to see, substantial growth. The Co-op’s use of space and outreach to the community should continue to evolve.
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 3 (three) three-year positions open on the Board. Owners may vote for up to, but not more than 3 (three) candidates. This total of 3 (three) includes votes for write-in candidates as well. Ballots with votes for more than 3 (three) candidates will be declared invalid.

The 3 (three) candidates receiving the 3 (three) highest vote totals will fill the 3 (three) 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 10 pm 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. 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.

You will receive an email on June 1st which will enable you to access your electronic ballot unless you have opted to receive a paper ballot in the mail. You can request to have a paper ballot mailed to you in the future by filling out an “Change Of Owner Info” form at any register. 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 #1863
311 SW 2nd St.
Corvallis, OR 97333

In order to be counted, ballots must be received by 10 pm on June 21. Totals from electronic and paper ballots will be combined to determine the election winners. Election results will be posted in both stores and in the July issue of the Scoop.

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**Electronic voting provided by Simply Voting**

Simply Voting Inc. is a Canadian online voting vendor with a global reach. Nearly 2,000 organizations including unions, municipalities, associations, home owners associations, student governments, political parties, and more rely on Simply Voting to safely and securely execute their elections.

The Simply Voting online voting system launched in 2003 and is constantly evolving with technology and security innovations. Their reliable infrastructure is built on an enterprise-class cloud computing service powered by high performance IBM hardware.

Their data center is located in a stable mountain zone, safe from natural disasters, staffed 24/7, and all aspects of the operation are monitored by top-notch security. Visit www.simplyvoting.com to learn more about how they run successful elections.

**Electronic Voting Q & A**

**Question:** Why is the Co-op switching to e-voting?
**Answer:** Our bylaws used to require First Alternative to physically mail a paper ballot to each Owner until recent legislation changed, allowing us to incorporate e-voting. This year we saved the cost of creating and mailing about 8,000 ballots. This also saves labor by requiring fewer hand counts and saves a lot of paper.

**Question:** How do I vote online?
**Answer:** Owners who have not requested a paper ballot will receive an email invite to vote using their Owner number as credentials. There will be a link to the voting site in the intial email. If we do not have a valid up-to-date email address from you, please request a “Change of Owner Info” form at any register or complete the one on the opposite page and return it on your next shopping trip.

**Question:** How do I know my e-vote was counted?
**Answer:** You will be taken to a confirmation page and an email will also be sent to you automatically after submitting the ballot.
Owners, be sure to cast your ballots by 10pm on June 21st!
**Co-op Community Events Calendar June 2019**

**FREE or by-donation listings only** Submit event at: firstalt.coop/publications/the-scoop-newsletter/

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### Upcoming Events

#### Community Yoga
Saturdays, June 1, 8, 15, 22, and 29, 5:30 - 6:30 pm at Live Well Studio, 971 NW Spruce, Suite 101.
Community Yoga is yoga for everyone! A yoga practice of posture, breathing, and relaxation that improves overall health and well being. Rotating teachers, sometimes from the Live Well Studio Teacher Training Program. No one turned away for lack of funds. For more information: Jocelyn Darshana, frontdesk@livewellstudio.com.

#### South Town Farmers’ Stand
Tuesdays until Oct 29, 5 - 7 pm at 1470 SE Alexander Ave.
A free, family- and dog-friendly farmers’ stand and market in South Town. Multiple farmers selling seasonal produce, starts and other products.

#### Living Simply In a Complex World
Wednesday, June 5, 6 - 7 pm.
A six-week course and discussion group. Email sandy@peaceful-seasons.com for more details, or call (541) 797-5510 to register.

#### Compassion for Each Other, Caring for Environment
Sunday, June 16, 3 pm - 5 pm at Unitarian Universalist Church, 2945 NW Circle Blvd.
Please join us to celebrate the Buddha’s birthday and Enlightenment called, Saga Dawa, with Lama Tsering Gyaltser. Lama will teach on increasing our compassion, loving kindness, equanimity and rejoicing, to others including animals. Short Buddhist teaching, musical performance and Vegetarian Snacks. For more information: Antonia Miano pemaantonia@yahoo.com, (831) 431-9072.

#### Follow Your Bliss - Laughter Yoga & Labyrinth Meditations
Monday, June 17 (and every third Monday), 7 pm at Unitarian Universalist Fellowship of Corvallis.
Experience laughter and labyrinth meditations to learn how to follow your bliss and realize peace. Based on principles from Traci Mc. Merritt’s book, Laughing Labyrinth Timepeace. All ages and abilities welcome. 15 - 10 suggested donation. Tracimc@verizon.net. For more information: Traci Mc. Merritt (541) 760-8557.

#### Ongoing Tibetan Buddhist Practice Discussion and Teachings
Sunday, June 30 (and last Sunday of each month) 10 am - noon at 1333 Main St., Philomath.
Please join us as accomplished Meditation teacher Lama Gyaltser, student of Dudjom Rinpoche, leads a Buddhist discussion group. For practitioners who want to deepen their understand of Buddhism and/or meditation and for beginners who are interested in meditation and have questions. Lama Gyaltser is a scholar and accomplished practitioner, yet down to earth. His discussion groups are relaxed and informative, meant to guide us where we are on the path to peace. For more information: Antonia Miano, pemaantonia@yahoo.com.

#### OSUsed Store Yard Sale
Saturday, June 22, 10 am - 1 pm at the OSUsed Store, 644 SW 13th St.
Special Saturday sale featuring residence hall move-out merchandise. Store carries used furniture, computers, household items, office supplies and more. The OSUsed Store will host all its normal sales in June plus this bonus sale. For more info, contact: http://fa.oregonstate.edu/surplus, surplus@oregonstate.edu, or (541) 737-7347.

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### Ongoing Events

#### Help & Well-being

**KORI THE SPOLER - OVERNIGHT PET SITTING** 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 tina@tinataylor.co, Web: oregonprisonproject.org. “We transform lives and create safer communities by teaching empathy and Nonviolent Communication to inmates.”

**REFUGE RECOVERY** Corvallis Mondays, 5:30 - 6:30 pm at Unitarian Universalist Fellowship of Corvallis, 2nd floor, room 9. 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. Yoga for all levels, all bodies. The teacher changes from week to week. Suggested Donation $7, No one turned away for lack of funds. FMI: Jocelyn Darshana, frontdesk@livewellstudio.com.

**TAI CHI CLASSES** 5:30 - 6:30 pm, Oddfellows Hall. Ages 16+. Instructor, Andy Bennett, holds 30 years of martial arts experience. Class fee: commitment to practice. FMI: (541) 760-9328. https://sites.google.com/site/wutantaichi/home.

**TRADITIONAL SHOTOKAN KARATE** Tuesdays and Thursdays, 7 - 9 pm, Fingerboard Extension 120 NW 2nd St. Learn the forms. Non-aggressive. FMI: Reed, (541) 754-3254.

**REIKI HEALING CIRCLE** First Thursdays, 7 - 8 pm. Call for directions. All initiates and interested parties welcome. Small donation requested. FMI: Margot, (541) 754-3595.

**MEMORY LOSS SUPPORT GROUP** Every second Tuesday from 1:30 - 3 pm, 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.

**GLUTEN-FREE & PALEO SUPPORT GROUP** Third Saturdays, 9 - 11 am, Natural Grocers, 1235 NW 10th. Learn more about gluten intolerance, celiac disease, paleo lifestyle and how to eat healthy and heal. FMI: (541) 602-1065.

**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! Email vegansandvegetarians@gmail.com to join the listserv or for more info.

**CORVALLIS VEGETARIAN EDUCATION GROUP** Events in Corvallis, including monthly dine-outs. Non-vegetarians welcome. Open to all. FMI: Corvallisveg.org.

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### Food

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Ongoing events calendar continues on next page...
**Spirituality**

**GRATEFULNESS GATHERINGS** Fourth Wednesdays, 6 - 7:30 pm at Co-op South Store Meeting Room. Experience, deepen, share the power of living gratefully. A non-profit event co-sponsored by The Network for Grateful Living; gratefulness.org. A different theme each month. FMI: Joe Martines, (541) 990-3957 or puregratitude1@gmail.com. Snacks provided.

**ECSTATIC DANCE CORVALLIS** Sundays, 10:30 am - 12:45pm Odd Fellows Hall (223 NW 2nd St) Come “sweat your prayers!” A journey of self-discovery through music & movement for exercise, stress release, emotional expression, and celebration of life. No moves to learn—just a freeform dance to a varied mix of organic and electronic beats in a warm, playful, inclusive community. Music by DJ Baron von Spirit and guests. FMI: Peter Weinstein info@ecstaticdancecorvallis.com, (86) 335-6213.

**KIRTAN** Second Friday of each month, 7-8:30 pm at Unitarian Universalist Fellowship, 2945 NW Circle Blvd. We invite you to sing and chant with us! Kirtan is an easy yet powerful way to meditate. FMI: kitstem@gmail.com or batmnp@centurylink.net.

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

**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 10-10:45 am followed by an inspirational reading service 11 am -noon; and Thursdays for meditation 7-8 pm, 761 NW Harrison. FMI: corrallismeditation.org.

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

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

**BAHAI DEVOTIONAL PROGRAMS** Devotional gatherings throughout the county in English and Spanish. Locations vary, FMI: (541) 745-7916, linnbenton.local.bahai.us.


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

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

**CORVALLIS MEDITATION COMMUNITY** Learn meditation techniques to relax and recharge body and mind. Tuesdays, 5:30 - 6:30 pm, 3311 NW Polk St. FMI: Carolyn, (971) 218-6798, RASALILA2@yahoo.com.

**ECKANKAR—THE PATH OF SPIRITUAL FREEDOM** Sunday June 23, 11 am at the Eckankar Center of Corvallis, 875 Grant Ave. ECK Light and Sound Service. Join us to experience the HU, the Sound of Soul. FMI: Eckankar.org, MiraclesInYourLife.org, or call (503) 233-1595.

**Peace & Advocacy**

**MID-WILLAMETTE N.O.W MEETING** Third Thursdays, 7:15pm - 8:15 pm at First Alternative Co-op South Meeting Room. Join monthly meetings of the local chapter of the National Organization for Women, whose goal is to achieve and protect equal rights for women. FMI: midwillamettenow@gmail.com.

**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** Third Saturdays, Meet 2 -4 pm, Cori House in Woodland Meadows Park. FMI: (541) 754-2557, CorvallisSecular.org.

**AMNESTY INT’L WRITERS GROUP** Second Monday, 7 pm, First United Methodist Church, 11th & Monroe, Rm. #106-B. Write letters to prisoners of conscience. FMI: (541) 619-1379.

**DANCES OF UNIVERSAL PEACE** Second Thursdays 7-8:30 pm, 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.

**Environment**

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

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

**AUDUBON FIELD TRIPS** Second Saturdays. Meet at 7:30 am. Great for beginners and birders new to the mid-valley. Visit local refuges and birding areas. FMI: www.audubon.corvallis.org/field_trips.shtml.

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