

The First **50th** Alternative **Scoop**

March 2020

Interested in becoming an Owner? Just ask us how!

**New Owners
in December:**

44



**From the
Board of
Directors
Jim Smith
Treasurer**

In January, we received some really bad news. Fellow Co-op Board member Joel Hirsch passed away in a traffic accident on the evening of January 7th. At the January Board meeting, Board members shared fond memories of Joel. Joel made many contributions to the community by being a passionate supporter of many local causes. Joel served on the Co-op Board for nearly 9 years and was also a four term Corvallis City Council member. Joel especially enjoyed food and music (I think in that order!) and was a strong advocate for the average person.

On a more upbeat note, **Happy 50th Anniversary to First Alternative Co-op!** The Co-op kicked off its 50th anniversary celebrations with the Winter Wine Soiree on February 7th. Many more events will occur during the year,



like a combined in-store celebration of our anniversary and Earth Day, which is also turning 50 this year. Running from Wednesday April 22-Sunday April 26, each day will bring new opportunities to learn and save. Then on August 22, we're having a large party in the community! For more details, stay tuned to the Scoop or follow the Co-op on Facebook, Instagram, or Twitter by searching for @firstaltcoop.

Come join us in these celebrations which mark a major milestone in the history of the Co-op as it continues its mission to provide healthy food to the community. And don't forget, a number of local businesses are producing special edition commemorative beverages, foods, and other items. Look for them as you shop!

At the January 28th meeting, the Board welcomed one of our First Alternative employees as a guest attendee. The Board encourages both employee and Owner attendance at our meetings which are held on the last Tuesday of each month at the South Co-op meeting room.

With the Board not meeting in December due to the holidays, many topics were covered at the January Board meeting. The meeting started with the normal routines of approving and clarifying meeting minutes and management reports. The Board

also reviewed and approved the updated election guide which incorporates electronic voting into the procedures. Electronic voting was a huge success with voter participation more than doubling with the 2019 election.

By the way, if you are interested in running for the Board, please contact BREC@firstalt.coop. Elections are in June with an application deadline of March 31, 2020. You'll find more details on the next page.

As the Board increasingly focuses on strategic planning, the Strategic Planning Committee is organizing and refining its focus. Board members are also conducting monthly self-education sessions to prepare themselves for future planning decisions.

At the January meeting, an update was provided by Board member Jasmin Woodside on the progress of the South Corvallis Urban Renewal District. Jasmin has also been asked to join the South Corvallis Advisory Board. Next, Rob May reported on possible Co-op collaborators who might work with the Co-op on any next steps. As we work through the strategic planning process, Camille Freitag is also spearheading the review and updating of our Global Ends statement which provides our strategic focus. We review our Ends statement annually but refer to the document constantly.

Inside this issue:

Board Seeks Directors / Owner Email Request: 2

Co-op 50th Products: 3

Co-op Classes / Mail Call: 4

Wine Soirée Pics: 5

Sustainability Town Hall: 6

Community Calendar: 7-8



March Board Committee Meetings Schedule



Board Recruitment & Elections Committee:

Working to recruit qualified Board candidates.

Tuesday, March 10, 6 pm North Store Meeting Room

Finance Committee: Reviews, analyzes, and makes recommendations on financial matters.

Wednesday, March 11, 5 pm North Store Meeting Room

Owner Relations Committee: The primary conduit for communications and relations between Owners and Board.

Wednesday, March 11, 6 pm South Store Meeting Room

First Alternative Board of Directors:

Elected Owners putting the cooperative principles into action.

Tuesday, March 31, 5:30 pm South Store Meeting Room



Open 7-10

Co-op Board Seeks New Directors

If you would be interested in a job that is challenging, demanding and very rewarding you may want to consider a position on the First Alternative Board of Directors. Each year, at this time, the Board Recruitment and Elections Committee conducts a search for qualified candidates to run for election to the First Alternative Board. Our directors operate using a system known as Policy Governance.

Policy Governance frees our directors to do the really exciting work of creating a vision of the future of First Alternative. Ten or twenty years from now, what roles will the Co-op play in the community? Who will benefit from its existence? How will our Guiding Principles be put into practice?

The Policy Governance system also means that the Board does not participate in the day-to-day operations of running our stores. The Board supervises the General Manager and creates policies that guide management in the operations of the stores. The management team is free to implement these policies in any reasonable way and the Board monitors compliance with the policies and updates them as necessary.

Through developing a vision for First Alternative and appropriate policies to implement this vision, our Board members have the opportunity to make truly meaningful contributions to the success of the Co-op now and in the future. Board members set goals at the annual strategic planning retreat.

The directors are elected in June. A full Board is composed of 10 directors elected to three-year terms, with 3-4 positions coming up for election each year. This year there are three 3-year positions open. The Board Recruitment and Elections Committee endorses candidates with a wide variety of skills needed to do the work of the Board, this year with a special focus on Accounting/Finance.

The primary responsibilities of the Board of Directors fall into five main categories:

- To insure the financial stability of the organization
- To set long and short-term goals for the organization

- To hire, supervise and evaluate the General Manager
- To insure the perpetuation of an effective Board
- To provide linkage to the Owners

Requirements for service on the Board of Directors are:

- Be an Owner of First Alternative
- Have an interest in the organization's mission and goals
- Have a willingness to further your knowledge through orientation and training
- Have a willingness to represent the organization to the community
- Provide about 8-12 hours of service per month, distributed approximately as follows:
 - 6-8 hours Board meetings, including preparation and attendance, on the last Tuesday of each month Board meetings are typically 3 hours.
 - 2-4 hours Committee Meetings including preparation and attendance. Committee meets are typically 1-1 ½ hours.
- Participate in 1 annual weekend retreat (local)
- Attend optional Co-op conferences and trainings

Each Board member receives a 15% in-store discount at the register as well as a delicious dinner before each Board meeting. Training, conference opportunities and related travel expenses are covered.

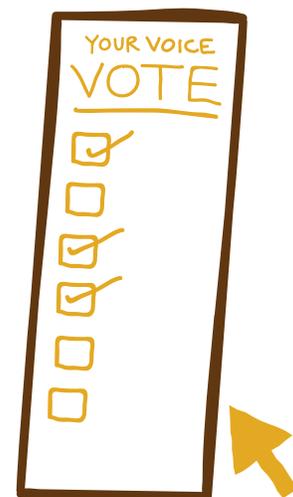
If you would like more information, or would like to request an application packet, please contact the Board Recruitment and Elections Committee chair, at BREC@firstalt.coop. An application packet can also be downloaded from www.firstalt.coop or picked up at the customer service desk.

Please note that all interested applicants must have their application turned in to Customer Service or be e-mailed to BREC@firstalt.coop by March 31. 🗳️

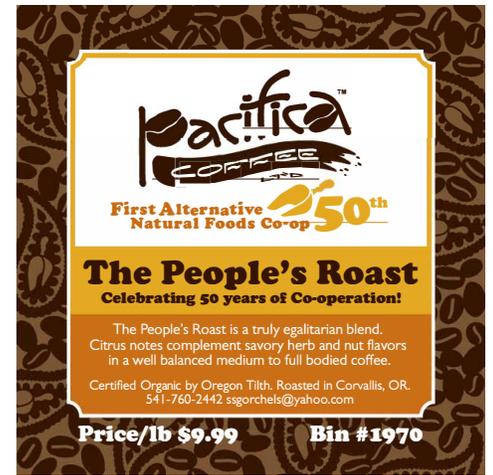
Attention Owners Is your email address up-to-date?

With the introduction of electronic voting, you can now receive your ballot via email! Electronic voting is quick, easy, and secure.

Please make sure your email address is up to date with your cashier or at Customer Service.



Look for these exclusive First Alternative Natural Foods Co-op 50th products as you shop



The cooperative spirit, the great food we sell, and this amazing community have kept us in business for 50 years. To celebrate, we're cooperating with some amazing local companies on commemorative products! Look for these all year long, exclusively at the Co-op:

Bespoken Coffee Roasters Gitwenge: Single origin medium roast coffee made with beans from Gitwenge, Burundi and roasted to perfection down the road. **April Showers Cool Beans Soap:** Get cooperatively clean with the scent of peppermint and the exfoliating power of locally roasted coffee grounds. **Territorial Vineyards Co-op 50th Pinot Noir and Pinot Gris:** We're proud to have been the first store to carry Territorial wines, and honored to carry these exclusive new wines. Raise a glass to cooperation. **Whole Flower Farms Peanut Butter & Jelly Cookie:** Like the Co-op, this gluten free vegan cookie is for everyone. **2 Towns Ciderhouse Barn Dance:** This cider is made with a blend of apples sourced from within 50 miles of the Co-op. **Pacifica Coffee The People's Roast:** For the people, by Pacifica. This exclusive medium-dark blend is available in bulk, and brewed fresh every Friday in the Co-op Deli. **Wild Yeast Bakery Groovy Grains Bread:** An exquisite sourdough loaf handmade with organic Oregon grains and sprouted rye berries. 🍞

Look for more exclusive anniversary products as the year goes on!

March Classes at the Co-op

March 2nd, 16, or 23rd from 6:30 to 8:30 pm

South Store Meeting Room

Iridology & You (Introduction)

\$25 - Limit 10 people per class, material provided • Iridology is a way of seeing the iris of the eye as a window to health through food, vitamins, minerals, and herbs. It is the science and practice that reveals inflammation and what state it has manifested itself in the body. Learn about body constitution, inherent weaknesses, levels of health and the transitions that can take place through lifestyle changes. My introduction into Iridology started in the late 70s. I was fortunate to be able to be seen by the "Father of Iridology," Bernard Jensen, in the early 80s at his ranch in California. In 1997, I became a certified "Teacher of Iridology" learning directly under Bernard Jensen. The knowledge in Iridology will help you and your family for years. This introductory class will help you understand more how your body responds to good health practices through the delicate structures in the iris. *Bring optional flashlight and magnifying glass*

Wednesday, March 4, 6 - 7:30 pm

South Meeting Room

Self Care Class: Acupressure, Movement & Lifestyle

Free, donations welcome • First Wednesdays of each month we will explore a different topic. March topic: Support for Anxiety & Stress. Learn simple but potent points to hold on yourself or loved ones, as well as easy movements and lifestyle suggestions to support healthy living. Each month. Please R.S.V.P. beeara@beeara.com, (541) 752-1997.

Saturday, March 7, 11 am - 12:30 pm

South Store Meeting Room

Yogada Kriya Surat Shabda Yoga

Cost: free • Consciousness is Life or "God." Without consciousness is anything "Real"? What is first, consciousness or the "things" of Realities (Vibratory Worlds, Multi-verses, etc.) we perceive? It takes consciousness first! So: consciousness is required to experience anything including one's own thoughts, possessions, opinions; empowering "everyone" and "everything." So it can be said that the "outside" exists only with permission of the "inside." If you ask Earth-based scientists what is consciousness, they haven't a clue! (Just external speculation.) Is consciousness the greatest gift? We take it for granted. Keith is teaching the Ancient Science of Consciousness as taught for 1,000's of years (which began) as taught in the Himalayas and then worldwide. Traveling Home on the Sound Current. All of life is vibrating...
Learn more at Keith's free talks Soundcurrentyoga@gmail.com.
Web: YogadaKriyaSuratShabdayoga.com.

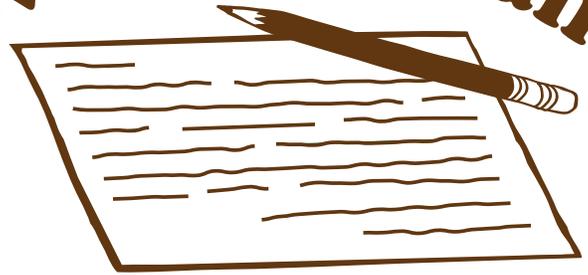
Thursday, March 12, 12:30 - 5 pm

South Store Meeting Room

Red Cross Blood Drive

Sign up at: www.redcrossblood.org • The need is great and we can all help! A little time from your day can help save a life. 🍷

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 info won't be published. Opinions are not necessarily supported by 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. 🍷

Interested in Serving on the First Alternative Co-op Board? *

Collaboratively guide the Co-op's vision, mission, and goals into the future



Work with other community members



Contribute professional skills to a local cooperative business



Learn more about First Alternative Co-op



Represent the interests of Co-op Owners



15% Discount on most purchases

Owners interested in candidacy should contact the Board Recruitment and Elections Committee via e-mail at BREC@firstalt.coop or at www.firstalt.coop. Board application packets are available at www.firstalt.coop and at customer service in both stores. Applications are due by March 31st. Elections will be held June 1-21st.

WINTER WINE SOIRÉE

Scenes from the Soirée

It was another beautiful evening at The Vue Corvallis for this year's Winter Wine Soirée. We were joined by a dozen wineries: 3 Fools, Airlie, Benton Lane, Emerson, Eola Hills, Harris Bridge, La Riojana, Lumos, Silvan Ridge, Sprindrift Cellars, Territorial, and Tye. The drinks were spectacular, the food was delicious, and the conversation was tremendous. Best of all, a portion of every ticket sold was donated to the Samaritan Health Service Cardiac and Pulmonary Rehabilitation Fund. Raise a glass to good health. 🍷



The Anniversary Celebrations Continue...

✿ EARTH WEEK 2020 ✿
5 Days of Sales and Celebration
Wed. April 22 – Sun. April 26
North & South Stores

✿ TURNIP THE BEETS ✿
The Co-op's 50th Anniversary Party
Saturday, August 22
in Central Park



Follow us on Facebook, Instagram & Twitter for sales, specials & news:
@firstaltcoop

Fill your Alternative Transportation Card for a chance to win a free tune-up by PNW Mobile Bike Repair

Congratulations to our January winner:

Dave



All completed Alternative Transportation cards submitted during the month w/name and phone number are entered to win.

Sustainability Fair and Town Hall on March 12 to Highlight Bold Climate Action by Communities



Register by March 6 to Attend This Year's Sustainability Town Hall

"Inspiring!" "Lively!" "Dynamic!" are words that community members have used to describe the annual Sustainability Fair and Town Hall, which will take place this year on Thursday, March 12, at the CH2MHill Alumni Center on the OSU campus. All are welcome, but seating at the Town Hall is limited! Register for the Town Hall at www.sustainablecorvallis.org by March 6th.

The Sustainability Fair begins at 5 pm with more than 60 hands-on exhibits, each representing a partner organization or action team of the Corvallis Sustainability Coalition. A fabulous spread of delicious local food will be offered by Valley Catering, and

attendees will delight to the sounds of the Nick Rivard Jazz Duo. The entire event will be waste-free, and attendees are encouraged to walk, bike, carpool, or take the bus to the event. Bike racks will be available on the south side of the building.

At 7 pm, the focus shifts to the Alumni Center ballroom, where participants will be seated at tables of eight for a fast-paced, interactive Town Hall. The program includes three parts, each with a presentation from the main stage followed by

discussion and activity at the tables. A highlight of the program will be the keynote presentation by Kristin Eberhard, Director of Climate Change and Democracy at Sightline Institute. Sightline Institute's mission is to make the Northwest a global model of sustainability—strong communities, a green economy, and a healthy environment. Eberhard will share examples of bold action that communities in the Northwest and across the country have taken to address climate change.

The program will also include the annual Community Scrapbook, a slide presentation highlighting the sustainability achievements of local organizations and businesses during the past year—actions that are moving our community toward environmental quality, social equity, and economic vitality.

The Fair and Town Hall are organized by the Corvallis Sustainability Coalition. Primary event sponsors are the OSU Office of Sustainability, Blue Sky, First Alternative Co-op, G. Christianson Construction, and Corvallis Radiology. Additional sponsors are Block 15, Owen Dell & Associates, Peak Sports, Sibling Revelry, Town & Country Realty, Valley Catering, Abundant Solar, Audubon Society of Corvallis, Corvallis Electric Bicycles, Element Graphics, First United Methodist Church Environmental Care Team, Fitness Over 50, Greenbelt Land Trust, Marys Peak Group of the Sierra Club, McLellan Temporaries, and Western Pulp Products.

This event is free and open to the public. All are welcome, but space at the Town Hall is limited. Register for the Town Hall by March 6th at www.sustainablecorvallis.org. For more information, call (541) 230-1237. 🍷



Kristin Eberhard
Director of Climate and Democracy, Sightline Institute

About the Sustainability Coalition

The Corvallis Sustainability Coalition, a 501(c)3 nonprofit organization, is a network of local businesses, nonprofits, faith communities, educational institutions, local governments, and community members working to build a sustainable, inclusive community. Their values of environmental quality, social equity, and economic vitality dovetail perfectly with the Co-op's mission, so it's no wonder we routinely partner with them, and so many of our shoppers and staff are volunteers.

A year after it formed in 2007, 135 local organizations were Coalition partners. Their community-first approach struck a nerve with a town that understands real and effective change begins at the bottom with individuals and community groups before filtering up to institutions and governments.

Over 600 community members attended the first Sustainability Town Hall to share ideas and long term goals. By the end, more than 200 people had volunteered to join work groups focusing on twelve different topic areas that were based on the "Corvallis 2020 Vision Statement."

These topics were the basis for the creation of twelve separate but interconnected action teams whose volunteer members would drive sustainable efforts for the next decade and into the future.

Anyone interested in sustainability is urged to attend the Sustainability Fair and Town Hall on March 6, or one of the Coalition's Quarterly Gatherings at the Public Library. Visit the Coalition's website, sustainablecorvallis.org or on Facebook at @SustainableCorvallis for more details.



Attending a Quarterly Gathering or the Sustainability Fair and Town Hall are both wonderful ways to meet like-minded folks, learn about the community, and learn how to make a positive contribution to it.

Whether you're new in town or have lived here your entire life, your experiences could prove invaluable to the Coalition and the community. People of every age, color, creed, and background are needed if we wish to make this a truly sustainable community.

Like to volunteer or just learn more? Attend a meeting or visit sustainablecorvallis.org.

A version of this article originally appeared in the Fall 2019 edition of the First Alternative Thymes. 🍷

Co-op Community Events Calendar March 2020

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

UPCOMING EVENTS

Strong and Gentle Yoga

Mondays and Thursdays,
9- 10:15 am at Odd Fellows Hall
Ballroom, 223 SW 2nd St.

Strong and Gentle Yoga is an ongoing community yoga class with a contemporary approach to yoga philosophy. This class is suitable for all levels and emphasizes mindfulness and compassion through movement. \$10-15 sliding scale. No one is turned away for lack of funds. Led by Afton Muir, RYT 500. For more info: Afton Muir, muir.afton@gmail.com.

Silent Meditation (non-sectarian)

Tuesdays, noon - 3:30 pm at 333 NW
35th St. at Harrison Blvd. Parking
in Good Samaritan Church.

Enjoy a peaceful, quiet space for personal silent meditation, surrounded by the incredible stained glass work of French artist Gabriel Loire. All are welcome. Outdoor labyrinth also available. For more info: Nancy, silentmeditation4all@gmail.com.

Community Yoga Class

Wednesdays in March, 7-8 pm at Live
Well Yoga, 971 NW Spruce Ave #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. \$7, no one turned away for lack of funds. For more info: Carole Hobrock, frontdesk@livewellstudio.com, (541) 224-6566.

Sustainability Fair & Town Hall

Thursday, March 12 (Fair, 5 - 7 pm;
Town Hall, 7 - 9 pm) at OSU, CH2M Hill
Alumni Center, 725 SW 26th St.

See previous page for details.

Sundays@3 Monthly Concert Series Presents Portland's Resonator Marimba Quartet

Sunday March 15, 3pm at 333
NW 35th St at Harrison Blvd.

Sundays@3 (monthly) Concert Series presents Portland's Resonator Marimba Quartet. Music of Tchaikovsky, Queen, Abba, Beethoven and more. Sure to make you smile. FREE. Donations accepted at the door. For more info: Sundays@3

Concert Series, sundaysat3concerts@gmail.com, (541) 757-6647.

Windows 50 – A Celebration of Gabriel Loire's Glass Artwork

April 4, 11 am, doors open 9:30am - noon
at The Church of the Good Samaritan
333 NW 35th St. at Harrison Blvd.

View, touch, and celebrate the exquisite work of French artist Gabriel Loire at the 50th Anniversary Thanksgiving of his stained-glass window collection located here in Corvallis. Carlotta Collette, author and artist, and David Mayfield, artist, present a story of the windows, their place in art and world history, and the technique used to make them. April 4, 11 am. Doors open 9:30 to noon for guided and self-guided tours. Admission is FREE. Light reception follows the presentation. For more info: Nancy, (541) 757-6647.

Non-Toxic House Cleaning Services

Offering affordable, non-toxic house cleaning services here in Corvallis. Free estimates & excellent local references... even a discount for Co-op Owners! Please call Tracy with any questions or concerns: (541) 730-1625. 🍷

ONGOING EVENTS

Help & Well-being

KORI THE SPOILER - OVERNIGHT PET
SITTING Kurinaleslie@gmail.com or
(541) 740-4382 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."

REFUGEE RECOVERY Corvallis Mondays,
5:30-6:30pm 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.

FOLLOW YOUR BLISS - LAUGHTER YOGA &
LABYRINTH MEDITATIONS Third Mondays, 7
pm at Unitarian Universalist Fellowship Corvallis

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 5:30-6:30pm, Oddfellows
Hall. Ages 16+. Instructor, Andy Bennett, holds 30
years of martial arts experience. Class fee: com-
mitment to practice. FMI: (541) 760-9328. [https://
sites.google.com/site/wutantaichi/home](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,
7-9:30pm. Call for directions. All initiates and
interested parties welcome. Small donation re-
quested. FMI: Margot, (541) 754-3595.

MEMORY LOSS SUPPORT GROUP Every sec-
ond 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. FMI:
Gene Dannen, (541) 753-1342.

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

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

*Ongoing Events Calendar
continues on next page...*

Spirituality

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 Gyaltzen, 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. Discussion groups are relaxed and informative. For more info: Antonia Miano, pemaantonia@yahoo.com.

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) 990-5957 or puregratitudel@gmail.com. Snacks provided.

ECSTATIC DANCE CORVALLIS Sundays, 10:30 am - 12:45pm Odd Fellows Hall (223 SW 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, (415) 335-6213.

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

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 Open to all who are inspired by the teachings of Paramahansa Yogananda. Please join us for our Sunday or Thursday meditation services! All are Welcome! www.CorvallisMeditation.org or www.yogananda.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: 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 Devotional gatherings throughout the county in English and Spanish. Locations vary. FMI: (541) 745-7916, linnbenton.local.bahai.us.

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

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. Sun. March 22, 11 am - noon at the Eckankar Center of Corvallis, 875 Grant Ave. Join us for an ECK Light and Sound Service on "Is Karma Your Loving Gift From God?" Bring your stories and insights to share. Eckankar welcomes people of all faiths and backgrounds. FMI: www.Eckankar.org, or call 503.233-1595.

Peace & Advocacy

MID-WILLAMETTE N.O.W MEETING Third Tuesdays, 7:15 pm - 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, Corl House in Woodland Meadows Park. FMI: (541) 754-2557, CorvallisSecular.org.

DANCES OF UNIVERSAL PEACE Second Thursdays 7 - 8:30pm, Unitarian Universalist Fellowship, 2945 NW Circle Blvd. Simple, easy-to-learn circle dances honoring spiritual traditions from around the world. \$5-10 donation. FMI: Bonnie Parr Philipson, revbonnie@hotmail.com.

Entertainment

SECOND SATURDAY ARTS DAYS Second Saturdays I - 4 pm at The Arts Center (700 SW Madison Ave) join us in the gallery for all ages art making. Materials provided, FREE of charge. FMI: Jen Hernandez-Cornelius, (541) 754-1551 x655.

SHAPE NOTE SINGING GROUP Second Sundays 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. FMI: Hannah Field, (541) 929-4301. We meet from 1:30-3:45 pm

DANCE PLANET Saturday, March 14, 7:30 - 9 pm. Dance your own way to a joyous blend of

music and rhythms from around the globe and across the decades. This family friendly event will take place on most second Saturdays of the month, at the Unitarian Universalist Fellowship, 2945 NW Circle Blvd, Corvallis. Admission is a suggested \$5 - \$10 donation, with proceeds going to Earth-friendly causes.

CORVALLIS BELLY DANCE PERFORMANCE GUILD Third Saturdays, 7 pm at Old World Deli, 341 SW Second St. Donations appreciated. FMI: corvallisbellydance.org or (541) 497-4419.

CORVALLIS UKULELE CABARET First Fridays 7-9pm South Co-op Meeting Room (except Jul. & Nov.), open mic, jam, & singalong. Fun for all ages & skill levels. Hosted by Suz Doyle & Jeanne Holmes. FMI: (541) 602-5537 or CorvUkeCab@gmail.com.

GRAPHIC NOVEL BOOK CLUB first Tuesday of every month in the library's board room. New members always welcome. Check out a copy of the month's selection from 2nd floor reference desk of the Library. FMI: bonnie.brzozowski@corvallisoregon.gov, (541) 766-6965.

CELTIC JAM Every Tuesday, 7 - 9 pm, Imagine Cof-fee. All levels of players are welcome. FMI: (541) 286-4340, imagine.cof@gmail.com.

EZ BLUEGRASS JAM every Sunday 2 - 4 pm, 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 First Saturdays 7 - 8 pm, 101 NW 23rd St. (Park and enter through the rear, corner of 23rd and Monroe Ave.) FREE. All ages and skill levels welcome. Instruments provided or BYO. Hosted by Michelle Lovrich. FMI: drumcircleconnection@gmail.com.

Environment

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

MARYS RIVER WATERSHED COUNCIL MEETING Second Tuesdays, 6:30 - 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.or.us/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. 🍌