

Calendar of Events

- October 24, 2018 **Women in Business: Marketing Yourself as a Female Entrepreneur**
101 Eat & Drink
101 NW Jackson Ave
Corvallis, OR 97330
12:00 PM - 01:30 PM
- January 18, 2019 **71st Annual Celebrate Corvallis**
CH2M HILL Alumni Center
725 SW 26th St
Corvallis, OR 97331
05:30 PM - 08:30 PM

October 5, 2018
- October 21, 2018

Fill Your Pantry Online Pre-sales
Benton Country Fairgrounds, Guerber Hall
110 SW 53rd Street, Corvallis OR 97333
Corvallis, OR
12:00 AM - 12:00 AM PST
Yadira Ruiz, 309-287-4216
fillyourpantrycorvallis@gmail.com
Fill Your Pantry 2018

Description: 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 or at the event on November 4.

October 23, 2018

Greeters: Trillium Children's Farm Home
Trillium Children's Farm Home
4455 NW Hwy-20
Corvallis, OR 97330
08:30 AM - 09:30 AM PST
Join Corvallis Chamber Greeters for an hour of networking while learning about Trillium Children's Farm Home.

October 23, 2018
- November 1, 2018

Learn@Lunch for Nonprofits
Lumina Hospice Annex
2314 NW Kings Blvd. Ste. B
Corvallis, OR 97330
12:00 PM - 01:00 PM PST
Jess Hampton, 541-230-1036
TheCenter@nonprofitsteward.org
Bring your lunch and learn with us! The Center for Nonprofit Stewardship is offering bite-sized workshops for nonprofits interested in affordable and accessible learning opportunities. Each workshop is from 12:00pm to 1:00pm.

The sessions:

- *Tue, Oct 23: Practical ways to engage your board in fundraising*
- *Thu, Oct 25: Board roles and responsibilities*
- *Tue, Oct 30: Building business partnerships*
- *Thu, Nov 1: Maximizing board meetings*

Visit <http://bit.ly/lunchcorvallis> for full session descriptions and to register. Just \$20 per session!

What you get:

- *1hr training with CNS professional staff*
- *30-day access to three e-learning videos*
- *Handouts in your inbox*
- *Activities to use with your organization*

October 24, 2018

Travel With A Purpose
Corvallis-Benton County Public Library
645 NW Monroe Ave.
Corvallis, OR 97330

07:00 PM - 09:00 PM PST

Marie Long, 503 949 4504

Marie.L@globalnutritionempowerment.org

Learn about upcoming trips to Indonesia and the Philippines by local non-profit, Global Nutrition and Empowerment. Hear about years of work in villages of Nepal and new projects in Southeast Asia. Find out how you can volunteer to teach women nutrition to prevent birth defects and improve health on trips in March and April 2019. Interact with villagers and see parts of Indonesia and the Philippines rarely visited by outsiders.

October 25, 2018

Leadership Workshop: Coaching and Team Building

LBCC Benton Center

757 NW Polk Ave

Corvallis, OR 97330

06:00 PM - 07:30 PM PST

Extended Learning, 541-917-4929

greena@linnbenton.edu

Presented by the SBDC, designed for business owners.

Taught by Bret Carpenter.

Leadership: Vision Development

Create an inspiring vision of the future for your organization. Develop or revise your vision statement, and learn how to communicate that vision. Participants will be supported through vision statement development using a number of visual and text based tools that facilitate vision development.

Meets Thursday, Oct. 4, from 6-7:30 p.m. at the Benton Center. Registration is \$29.

Leadership: Vision Engagement

Motivate and inspire employees to engage with your vision. Understand your own leadership style and develop behaviors and tools to engage others with your organizational vision. Learn how to determine your leadership style. Once a style is established, strategies for using transformational leadership tactics will be discussed. Vision engagement "tools" such as observation, surveys and business storytelling will be presented.

Meets Thursday, Oct. 11, from 6-7:30 p.m. at the Benton Center. Registration is \$29.

Leadership: Managing the Vision

Make sure your vision is implemented and supported organization-wide. Participants will be introduced to strategies for hiring the right people for the organization to support the company's vision. Internal marketing techniques will be introduced. The development of company intranets and management systems will be discussed.

Meets Thursday, Oct. 18, from 6-7:30 p.m. at the Benton Center. Registration is \$29.

Leadership: Coaching and Team Building

Pass the vision on to others. Participants will explore coaching and support techniques for both one to one and group settings. The concept of removing barriers to success will be covered. Coaching support software will be introduced.

Meets Thursday, Oct. 25, from 6-7:30 p.m. at the Benton Center. Registration is \$29.

October 25, 2018

Passport to Senegal - Dinner and Silent Auction

Willamette Heritage Center

1313 Mill St. SE

Salem, OR 97301

07:00 PM - 08:45 PM PST

Crystal Kelley, 5412247990

crystal@andando.org

Help us strengthen communities in rural Senegal through water, education and healthcare programs. Our annual dinner and silent auction fundraiser is a time to celebrate last year's successes and share opportunities for the future.

Tickets include:

*a delicious Senegalese-inspired dinner
drinks (Sass Winery will be pouring some of their delicious wines and there will be non-alcoholic options)
live music by the Portland Kora Band*

We have are some amazing silent auction items (plane rides; authentic Senegal drums, baskets, etc; wine tours; brewery baskets; salon packages, and more).

Tickets and information at <https://www.andando.org/events>

October 27, 2018

- November 17, 2018

22 Day Veg Challenge

Greater Portland Metro Area

09:00 AM - 09:00 PM PST

Catherine Berlot, 5708983279

cathy@nwveg.org

Interested in trying a plant-based diet? The 22 Day Veg Challenge, sponsored by Northwest VEG, will demystify veganism through daily food and lifestyle challenges. It will be fun and easy, with lots of support available to answer questions and share tips.

October 27, 2018

22 Day Veg Challenge Kickoff! Meal Planning with Emily Forbes

People's Food Co-op

3029 SE 21st Ave

Portland, OR 97202

02:00 PM - 04:00 PM PST

Catherine Berlot, 5708983279

cathy@nwveg.org

Do you get frustrated over what to eat? It's a lot easier to stick to your commitments when you make a plan! Come learn how to create a meal plan the vegan way with Emily Forbes. Emily's mission is to empower you to make healthy choices and feel confident in the kitchen. She offers a number of services including nutrition coaching, cooking classes, and meal planning through her website: <https://www.loveandplants.com>

Emily will show you how to create a workable meal plan that will fit your schedule, budget, nutritional needs, and include foods you already like or that you think you'd like to try. She will demonstrate how to prepare some of the key components of your new plan.

October 30, 2018

**Maximized Giving Financial Seminar
Old Mill Center for Children and Families
1650 SW 45th Place
Corvallis, OR 97333**

05:30 PM - 07:00 PM PST

Kate Caldwell, (541) 757-8068 ext.

kate_caldwell@oldmillcenter.org

Maximized Giving:

*Charitable Contributions and Planned Giving After the Tax Cuts and Jobs Act
Join us at Old Mill Center for Children and Families for a free informational seminar
presented by local experts on charitable giving and long term planning in light of the
new tax laws.*

Presenters:

Lindsay Malachowski, Estate Planner

Smith, Davison & Brasier, PC

Eric Cheney, Certified Financial Planner

Turman Financial Group, LLC

To RSVP, please contact Kate Caldwell at kate_caldwell@oldmillcenter.org.

November 2, 2018

Vegan and Gluten-Free Baking Demo, 22 Day Veg Challenge Event

Fred Meyer 20th Place Workshop

100 Northwest 20th Place

Portland, OR 97209

06:30 PM - 08:00 PM PST

Catherine Berlot, 5708983279

cathy@nwveg.org

Erin Lehn Floresca, long-time NW Veg volunteer, and Christina Norton, vegan/gluten-free baker for Seven Virtues Coffee Roasters, are excited to share their love of the sweet life with others during this vegan/gluten-free baking demonstration. These avid bakers will demonstrate how easy and fun it is to make delectable, crowd-pleasing vegan/gluten-free desserts.

November 3, 2018

Wildwood Farm Sanctuary Tour: 22 Day Veg Challenge Event

Wildwood Farm Sanctuary

15481 NE North Valley Road

Newberg, OR 97132

12:00 PM - 02:00 PM PST

Catherine Berlot, 5708983279

cathy@nwveg.org

Come meet and get to know some farmed animals! Located on 98 acres in Newberg Oregon, Wildwood Farm Sanctuary is a haven for farmed animals and wildlife alike. They provide life-long refuge and rehabilitation for abused and abandoned farmed animals. Their mission is to help open eyes and reshape the way humans view and treat farmed animals by considering a compassionate and cruelty-free way of living. Shauna Sherick, Wildwood's founder and president, has graciously offered to open up the sanctuary for an open house to meet the animal residents and hear how the sanctuary is working to change the lives of farmed animals. Come join us!

November 5, 2018

Free Class: Positive Approach to Alzheimer's and Dementia Care

Hilton Garden Inn Corvallis

2500 SW Western Blvd

Corvallis, Or 97333

02:00 PM - 05:00 PM PST

Oregon Care Partners, 18009306851

info@oregoncarepartners.com

On Monday, November 5 from 2:00 p.m. to 5:00 p.m., Oregon Care Partners will host a free, instructor-led class in Corvallis titled "Positive Approach to Alzheimer's and Dementia Care" designed to help anyone who cares for an aging Oregonian develop positive approaches to behavioral challenges common in those affected by Alzheimer's and dementia. This 3-hour class is free of charge, thanks to funding from the State of Oregon and partnerships with trusted non-profits including the Alzheimer's Association and Oregon Health Care Association.

WHAT: *A free class for caregivers titled Positive Approach to Alzheimer's and Dementia Care. The class is designed to help anyone who cares for an aging Oregonian learn more about how to support individuals with dementia and Alzheimer's and respond to behavioral challenges. A professional instructor will share real-world experience in an interactive classroom environment. This class is free, thanks to funding by the State of Oregon.*

WHO: *This class is designed for anyone who cares for an aging Oregonian. Individuals that provide care for an aging family member or loved one, as well as those who work in professional caregiver settings, public safety or social work, are invited to attend this free class. Visit www.OregonCarePartners.com to register and sign up.*

WHEN: *November 5, 2018*
2:00 p.m. – 5:00 p.m.

WHERE: *Hilton Garden Inn Corvallis*
2500 SW Western Blvd.
Corvallis, OR 97333

Visit www.OregonCarePartners.com to register and sign up for this no-cost class.

November 7, 2018

Chamber Web Page Webinar

Your Computer

05:00 PM - 06:00 PM PST

Heidi Junge, 541-757-1505

hjunge@corvallischamber.com

Are you maximizing your Chamber membership? Each Chamber member gets a complimentary web page with your Chamber membership. These webpages bring you up higher in internet searches & help you capture referrals - find out how! This is an online training from your personal computer, for members to make the most of their Chamber webpage.

The class will take approximately 30 minutes. Following the presentation members will have an opportunity to ask questions about this program and specifics on how to use the automation.

November 8, 2018

Networking for 8!!!

The Regent

440 NW Elks Drive

Corvallis, OR 97330

12:30 PM - 01:30 PM PST

Held every SECOND THURSDAY of the month 12:30 to 1:30

Come join in this small yet fun group. Bring your business cards, samples, etc. Each person will have about 4 minutes to share a bit about their business all while enjoying a complimentary lunch provided by The Regent. Towards the end of lunch, the marketing manager will give us a short overview of what The Regent has to offer.

There are only 8 spots available for each event, so if you plan to attend you must RSVP! If you have any questions, contact Becky Mutschler at becky.mutschler@gmail.com or (541)760-7324

ONE RESERVATION PER BUSINESS PLEASE!

CLICK HERE TO MAKE YOUR RESERVATION!

November 10, 2018

Whole-Foods Plant-Based Cooking Demo: 22 Day Veg Challenge Event

Fred Meyer 20th Place Workshop

100 Northwest 20th Place

Portland, OR 97209

03:00 PM - 04:30 PM PST

Catherine Berlot, 5708983279

cathyberlot@mac.com

Curious about what people eat on a Whole-Foods Plant-Based (WFPB) diet? Join WFPB enthusiast Linda Hendrickson to learn what foods provide superior nutrition, and how to make them part of your life. Participants will sample and see how easy it can be to make delicious, satisfying, and nutrient-dense dishes such as green smoothies, oil-free soups and dressings, protein-rich veggie bowls, and no-sugar-added desserts. Linda bases her approach on G-BOMBS and the Daily Dozen. G-BOMBS is the acronym for Dr. Joel Fuhrman's daily recommendations of Greens, Beans, Onions, Mushrooms, Berries & Seeds. The Daily Dozen, recommended Dr. Michael Greger, is Beans, Berries, Other Fruits, Cruciferous Vegetables, Greens, Other Vegetables, Flaxseeds, Nuts, Whole Grains, Turmeric, Water, and Exercise.

November 13, 2018

Greeters: Ticor Title

Ticor Title

400 SW 4th Ave

Corvallis, OR 97333

08:30 AM - 09:30 AM PST

Join Corvallis Chamber Greeters for an hour of networking while learning about Ticor Title!

November 16, 2018
- November 18, 2018

Cardwell Hill Cellars Pre-Thanksgiving Open House
Cardwell Hill Cellars Tasting Room
24241 Cardwell Hill Dr.
Philomath, OR 97370

11:30 AM - 05:30 PM PST
Nancy Chapel, 714 315-7622
chapel@cardwellhillwine.com

We can help with your preparation for "Turkey Day". Our staff will be here to make food pairing recommendations and offer tastes of our entire lineup of wines. We will be featuring discounts on the last few cases of 2016 Pinot Gris and introducing the Bard Chard our 2017 Chardonnay. All seven of our Pinots will be open for tasting. Also take away one of our 1.5 Liter Magnums to make a "big hit" during your Thanksgiving celebration.

November 17, 2018

22 Day Veg Challenge Closing Celebration! Cooking Demo and Panel Discussion
Fred Meyer 20th Place Workshop
100 Northwest 20th Place
Portland, OR 97209

02:30 PM - 05:00 PM PST
Catherine Berlot, 5708983279
cathy@nwveg.org

Come celebrate your participation in the 22 Day Veg Challenge and let us know how things went! We will have a Vegan for the Holidays cooking demonstration by Kris Eisenman. Kris is a Physicians Committee for Responsible Medicine Food For Life Instructor and a professionally trained chef. She will demonstrate and share plant-based recipes for some traditional Thanksgiving side dishes. Kris will also discuss ways of keeping the extravagant holiday eating to just the holidays, and share additional wintertime recipes that are delicious yet healthy. If you have a favorite holiday dish that you just don't know how to veganize, bring the recipe and join us for the Q&A to leave with lots of great ideas.

We will also hear from a panel of speakers: Stephanie Feldstein from the Center for Biological Diversity will talk about the environmental impacts of eating meat, Daniel Redwood, DC, Director of the online Master of Science in Human Nutrition and Functional Medicine Program at the University of Western States will speak about the nutritional aspects of a vegan lifestyle, and John Collins will share heartwarming stories about rescued farm animals at Out to Pasture Sanctuary.

November 18, 2018

Fungus Family Fun
Peavy Arboretum
NW Peavy Arboretum Rd
Corvallis, OR 97330

10:00 AM - 02:00 PM PST
Jennah Stillman, 5417539211
engage@corvallisenvironmentalcenter.org

Join us at Peavy Arboretum to investigate mushrooms and more, hike in the local forest, and enjoy a day of outdoor exploration with the whole family. Learn from our educational mushroom display with expert mycologists on site, enjoy creative fungus art and activities, and join us for guided hikes throughout the day, or adventure on your own through the world of fall fungus among us!

November 20, 2018

No Greeters

November 30, 2018
- December 4, 2018

Corvallis Nativity Festival
The Church of Jesus Christ of Latter-day Saints
4141 NW Harrison Blvd
Corvallis, OR 97330

11:00 AM - 08:30 PM PST
Pamela Richardson, 5412501789
coordinator@corvallisnativityfestival.org

The Corvallis Nativity Festival is a family-friendly, community event, which runs for 5 days during the first weekend of December. Hundreds of community members have shared their nativity sets (crèches) during the festival's 24-year history. Come and enjoy the never-ending variety of beautiful and inspiring nativities. They range from simple to whimsical to elegant to homemade. The hundreds of different nativities make this a unique holiday experience.

December 5, 2018

Chamber Web Page Webinar
Your Computer

05:00 PM - 06:00 PM PST
Heidi Junge, 541-757-1505
hjunge@corvallischamber.com

Are you maximizing your Chamber membership? Each Chamber member gets a complimentary web page with your Chamber membership. These webpages bring you up higher in internet searches & help you capture referrals - find out how! This is an online training from your personal computer, for members to make the most of their Chamber webpage.

The class will take approximately 30 minutes. Following the presentation members will have an opportunity to ask questions about this program and specifics on how to use the automation.

December 11, 2018

Greeters: Evergreen Hospice House
Evergreen Hospice House
4600 Evergreen Place SE
Albany, OR 97322

08:30 AM - 09:30 AM PST
Join Corvallis Chamber Greeters for an hour of networking while learning about Evergreen Hospice House!

December 13, 2018

Networking for 8!!!

The Regent

440 NW Elks Drive

Corvallis, OR 97330

12:30 PM - 01:30 PM PST

Held every SECOND THURSDAY of the month 12:30 to 1:30

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December 18, 2018

No Greeters

December 25, 2018

No Greeters

January 1, 2019

No Greeters

January 18, 2019
- January 20, 2019

14th Good Earth Home, Garden & Living Show

Lane Events Center

796 W. 13th Street

Eugene, Or 97402

05:00 PM - 09:00 PM PST

Beth Little, 5414849247

info@eugenehomeshow.com

14th Good Earth Home, Garden & Living Show

Jan 18-20, 2019

Lane Events Center - Convention Center: 796 W 13th Ave, Eugene (541) 484-9247

America's 1st Sustainable Home & Garden Show Returns!

Over 225 Sustainable Exhibits for the Home, Garden & Life. Explore 7 Pavilions of Green Good Earth Living: Home, Garden, Food, Transportation, Art, Wellness, and ReUse. Enjoy National Green Building Experts, Sustainable Living Experts, NW Authors, Live Music, Organic Eats, 80 Eco-Friendly Seminars, Green Neighbors, and Our Signature Chickens Over the Aisles!

FREE admission with canned food donations. FREE Parking.

Fri: 5pm-9pm, Sat: 10am-8pm, Sun: 10am-5pm

www.EugeneHomeShow.com

February 16, 2019

7th Annual Run Your Tutu Off 5k

Crystal Lake Park

09:00 AM - 01:30 PM PST

Furniture Share, 541-754-9511

community.outreach@furnitureshare.org

Yes, you heard us right...Run Your TuTu Off and WE mean that literally. This awesome event is for everybody to join the fun, support Beds for Kids by Furniture Share, and show off those creative TuTus. If you have never participated in a 5K walk/run before, don't fret. You can run, walk, skip, show off some ballet moves, bring your favorite four-legged run/walk buddy...whatever! Dress up in YOUR TuTu (be prepared pictures will be taken). Enjoy a nice cup of hot chocolate before lining up at the starting line. Rules: Have a great time and wear that TuTu!!

This Timed Race begins at 9:00 a.m. @ Crystal Lake Park in Corvallis, OR. This easy, paved, course with no hills make this the perfect event for people of all ages and skills. Early registration closes January 5th, but if you register by February 4th you'll be gifted a 2019 Run T-Shirt! Teams of 10+ receive; special pricing, the opportunity to partner with one of our sponsors or privately fundraise to earn (\$1,500+ raised) Custom Run Shirts for the entire team, an invitation to our exclusive sponsor brunch after the event and a special social media shout out! Individuals also have to opportunity to fundraise and sponsor themselves (\$500+ raised) for an invitation to brunch and a social media shout out.

March 7, 2019

- March 10, 2019

40th Lane County Home & Garden Show

Lane Events Center

796 W. 13th Street

Eugene, Or 97402

05:00 PM - 09:00 PM PST

Beth Little, 5414849247

info@eugenehomeshow.com

40th Lane County Home & Garden Show

March 7-10, 2019

Lane Events Center - Convention Center & Expo Halls: 796 W 13th Ave, Eugene (541) 484-9247

Springtime on every Aisle! Shop & compare 325 exhibits featuring experts, products and services for homes & yards. Learn "How-to" at 50 home & garden seminars. Spring Gardens in Bloom, Big Plant Sales, \$3,000 in KEZI-9 Prizes.

American Family Insurance is the Official Show Sponsor.

FREE admission with canned food donations. FREE Parking.

Thurs: 5pm-9pm, Fri: 5pm-9pm, Sat: 10am-8pm, Sun: 10am-5pm

www.EugeneHomeShow.com