



Regardless of your age, sex, gender, race or any variable characteristics, it's always a good idea to have some basic knowledge about how to defend yourself. Men Against Rape Culture is partnering with the nonprofit organization Warrior Sisters to offer a **Bystander Intervention: Basic Self-Defense Training**. This training will specifically focus on verbal and physical defense skills. Warrior Sisters' lead trainer will be leading the training. The group will be providing training on a variety of tools and skills that can be used to de-escalate a dangerous situation, as well as to defend yourself, and others, if things have already escalated to violence.

The Bystander Intervention: Basic Self-Defense Training will take place from 1-4 pm Saturday, Aug. 26, at the Northwest Fencing Academy (436 Charnelton Street, Suite 100). The event is FREE and open to everyone, regardless of skill level or experience. — *Meerah Powell*

Downtown Toastmasters continues. See Thursday, Aug. 24.
 Emerald Photographic Society Club Meeting continues. See Thursday, Aug. 24.
 Home Grown Community Radio Forming KEPW-FM meetings continue. See Thursday, Aug. 24.
 NAMI Connection Support Group for people w/mental health issues continues. See Thursday, Aug. 24.
 NAMI Lane County's Friends & Family Support Group continues. See Thursday, Aug. 24.
 Ubuntu Contributionism Meetup continues. See Thursday, Aug. 24.
HEALTH Cycle continues. See Thursday, Aug. 24.
 Gentle Exercise for Wellness continues. See Thursday, Aug. 24.
 Intro to Weight Training continues. See Thursday, Aug. 24.
 Nia Fusion Fitness continues. See Thursday, Aug. 24.
 Tai Chi: Level 1 continues. See Thursday, Aug. 24.
 Tai Chi: Level 2 continues. See Thursday, Aug. 24.
 Stress & Anxiety Relief Group Acupuncture continues. See Aug. 24.
KIDS/FAMILIES Family Music Time, 10:15am, downtown library. FREE.
 Babies & Toddlers Storytime continues. See Wednesday.
 Family Science Week continues. See Tuesday.
 Mobile Art Bus continues. See Aug. 24.

LECTURES/CLASSES Steven R. Mark NPS Historian, 7-9pm, University of Oregon Law School, 1515 Agate, rm. 110. FREE.
 DanceAbility Class continues. See Aug. 24.
 Harmony: Community Centered Martial Arts continues. See Aug. 24.
 Massage Techniques continues. See Thursday, Aug. 24.
 Talks at the MNCH continues. See Thursday, Aug. 24.
ON THE AIR "Arts Journal" continues. See Thursday, Aug. 24.
 "The Point" continues. See Thursday, Aug. 24.
 Thursday Night Jazz w/David Gizara continues. See Thursday, Aug. 24.
OUTDOORS/RECREATION GEARS Bicycle Club: McKenzie View Dr. & Sunderman, 8:30am, Alton Baker Park, eugenegears.org. FREE.
 Adult introduction to ki-aikido continues. See Thursday, Aug. 24.
 Board Game Night continues. See Thursday, Aug. 24.
 Categorically Correct Trivia w/Elliot Martinez continues. See Thursday, Aug. 24.
 Centennial chess club continues. See Thursday, Aug. 24.
 Cribbage Tournament continues. See Thursday, Aug. 24.
 Duplicate Bridge continues. See Thursday, Aug. 24.
 Lunchtime Tap & Growler Running Group continues. See Thursday, Aug. 24.

Pool Hall for seniors continues. See Thursday, Aug. 24.
 Tai Chi continues. See Thursday, Aug. 24.
 WDYK Trivia w/Brady continues. See Thursday, Aug. 24.
 WDYK Trivia w/Haley continues. See Thursday, Aug. 24.
 WDYK Trivia w/Kevin continues. See Thursday, Aug. 24.
 WDYK Trivia w/Zach continues. See Thursday, Aug. 24.
SOCIAL DANCE Crossroads Blues Fusion Weekly Blues & Fusion Dance continues. See Thursday, Aug. 24.
 English & Scottish Country Dancing continues. See Thursday, Aug. 24.
 Line Dance Lessons continue. See Thursday, Aug. 24.
 Music & Dance Workshops w/Taller de Son Jarocho continues. See Thursday, Aug. 24.
SPIRITUAL Insight Meditation continues. See Thursday, Aug. 24.
 Refuge Recovery continues. See Thursday, Aug. 24.
 Zen Meditation continues. See Thursday, Aug. 24.
TEENS No Shame Workshop continues. See Thursday, Aug. 24.
VOLUNTEER Friends of Buford Park & Mt. Pisgah Native Plant Volunteer Work Party continues. See Thursday, Aug. 24.

CORVALLIS

AND THE REGION

THURSDAY, August 24: NAMI Lane County's Friends & Family Support Group, 6-8pm, 1720 34th St., Florence. FREE.
FRIDAY, August 25: OSUsed Store Sale, weekly public sale w/furniture, computers, office supplies, etc., 12-3pm today & 5:30-7:30pm Tuesday, Property Services, OSUsed Store, OSU Campus, Corvallis. FREE.
SATURDAY, August 26: Outdoor Stone Sculpture Show, 11am-4pm, Camp Suttle Lake, Sisters. FREE.
 McKenzie River Unity in the Community Festival, live music, food, vendors, noon-8pm, Blue River Community Park, Blue River. FREE or don.
 Fanny Rugburn presents: *Sister Act*, 8pm, Class Act Theatre, 509 Kingwood St., Florence. \$10.
SUNDAY, August 27: Daoist Meditation Group: "Guarding the One," 9-10am, First Alternative Co-op North Store, 2855 N.W. Grant Ave., Corvallis. FREE.
MONDAY, August 28: Feed Your Brain, learn how stress effects the brain & how nutrition supports it & how to make a blueberry spinach avocado smoothie, 6-7:15pm, Natural Grocers, 1235 N.W. 10th St., Corvallis. FREE.
TUESDAY, August 29: OSUsed Store Sale continues. See Friday.

WEDNESDAY, August 30: Death Café Corvallis, Got thoughts about mortality? noon, Interzone, 1563 N.W. Monroe Ave, Corvallis, facebook.com/groups/deathcafecorvallis. FREE.
 NAMI Lane County's Connection Support Group in Florence, 6:30-8pm, New Winds Apartments Community Rm., 750 Lauren St., Florence. FREE.

ATTENTION OPPORTUNITIES

Due date for the calendar is noon the Thursday before the Thursday issue in which you would like your event published. For example, if you'd like to be included in our August 31 edition, please follow our formatting guidelines w/the date, name of the event, time, place, address & send it to cal@eugene-weekly.com in the body of the email by Thursday, August 24 at noon.
 Ongoing volunteer opportunity: Change a life, be a mentor w/ Sponsors Inc. Contact jsmith@sponsorsinc.org or 541-735-6400.
 Call to artists: Rights of Nature now accepting submissions for a logo. "Our mission is to educate the community regarding the inherent Rights of Nature, & to establish legal rights for the protection of ecosystems & natural communities so that they may exist, evolve & flourish." Submissions requested as donation. Contact River for details: riversweet8@gmail.com.
 Call for artists for "Inside/Outside the Box" at The Arts Ctr. in Corvallis.

Visit theartscenter.net/call-artists-insideoutside-box/ Deadline is Oct. 1.

Call for submissions: 2018 Oregon Book Awards, books written by Oregon writers w/an original publication date between Aug. 1, 2016 & Aug. 31, 2017. Guidelines are available at literary-arts.org/what-we-do/oba-home/books-awards/awards.

Citizens Review Board, make a difference in the lives of children in foster care & volunteer 1 day a month to review their cases, for more info see courts.oregon.gov/crb or call 541-682-2411.

Eugene Public Library: Searching for volunteers at Downtown Library desk. Shifts are 2 hrs per week. Current openings on weekends. Contact Amy at 541-682-8335.

Soromundi Lesbian Chorus of Eugene is open to new members in September. Non-audition chorus open to all women. Rehearsals are every Tuesday from 7-9pm & begin Sept. 5. For more info, email mundimembership@gmail.com.

Oregon Money Management: Assistants offer support to people w/limited incomes & assets who need help w/organizing financial papers, budgeting, etc. Volunteers are certified through online training. Contact Kristi at 541-682-4177.

Lane Arts Council offers artists the opportunity to display & sell their work at the First Friday ArtWalk, please email artistalley@lanearts.org for more info.

Holly Residential Care Ctr: Be a personal connection for residents, socialize & help w/busy activities calendar, contact October at 541-607-8587.

Senior Meals: Meals on Wheels in Spfd is looking for volunteers to deliver lunchtime meals weekly. Contact Spfd Site Coordinator Tracey McGovern at 541-736-4408.

Elder Help: Volunteers needed to provide companionship, transportation, reading, etc. Training & on-going support provided. Contact Clarence at 541-517-6396 or RSVP at 541-741-6000 for details.

HIV Alliance: Seeking multiple volunteers for its Prevention Program & Education programs, as well as general office & administrative support. Contact Patti at 541-729-0633.

Nearby Nature: Summer Day Camp Volunteers Needed. Looking for teens & adults who enjoy hands-on outdoor experience sharing nature, science, art, adventure, gardening & play w/children 3-12 years old in Alton Baker Park. For info call 541-687-9699, ext. 2.

United Way Summer Reading Spots: Volunteer to read w/children for an hour in the park this summer at locations in Eugene, Spfd or Cottage Grove. 541-741-6000.



OMT is a private career school that is dedicated to quality healthcare education in the fields of Phlebotomy, Pharmacy, and EKG technology. Our courses and instructors are certified by the Higher Education Coordinating Commission. We offer courses in Springfield as well as in Bend.

PHLEBOTOMY TECHNICIAN COURSE: August 28th to November 16th

EKG TECHNICIAN COURSE: September 2nd to November 18th

PHARMACY TECHNICIAN COURSE: October 19th to February 8th

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