

SPRD classes offer relaxation techniques

Sisters Park & Recreation District (SPRD) is offering two new classes on relaxation techniques to enhance sleep and to manage pain. Both classes will run for four weeks at the SPRD gym.

Joyce Burk Brown will be teaching a variety of techniques to help beginner to advanced students. She is an occupational therapist and has years of experience working with clients who have chronic or intermittent pain. She taught arthritis self-help classes for years with the Arthritis Foundation.

She also has worked with children and adults on stress management. The classes will include breathing exercises, progressive relaxation, visualization and energy work techniques. There will also be an introduction to acupuncture points for calming and pain relief.

Many people find it hard to quiet the mind and focus when not engaged in a physical activity. Going to sleep, staying asleep, or returning to sleep after waking up are common issues for many people. A slow progression of techniques will help to build your confidence and skills.

Two sessions of classes are offered, day or evening. The classes are scheduled for: Mondays, April 13 through May 4, 4:30 to 5:30 p.m.; and Tuesdays, April 14 through May 5, noon to 1 p.m. Registration is \$30 in-district through the SPRD website, www.sistersrecreation.com, or call 541-549-2091.

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Youth Conservation Corps seeks volunteers

BEND — Youth 16 to 18 years old can now apply for eight weeks of summer employment with the Central Oregon Youth Conservation Corps.

Heart of Oregon Corps, a local non-profit, is recruiting for the education and work program which provides natural resource employment for conservation projects on the Ochoco and Deschutes National Forests and the Crooked River National Grassland.

Nearly 100 applicants will be selected for this summer's program and earn \$9.25 an hour, working 36 hours a week. Projects include building trails, maintaining fences, piling hazardous fuels, restoring campgrounds, improving wildlife habitat and other types of conservation work.

Youth will work nine hours a day, Monday through Thursday, from June 22 to August 13, with crews based in Crescent, La Pine, Bend, Sisters, Redmond, Prineville,

Madras, and new this year, Warm Springs.

Applications must be received by May 1, and are available online at www.heartoforegon.org.

The Central Oregon Youth Conservation Corps program is operated by Heart of Oregon Corps in partnership with the U.S. Forest Service. Funding for the 2015 program secured thus far also includes support and grant awards from the Oregon Youth Conservation Corps, the National Fish and Wildlife Foundation, United Way of Deschutes County, The Autzen Foundation, and The PGE Foundation.

For more information, contact COYCC Coordinator Yancy Wilkenfeldt at 541-633-7834 x24 or Forest Service YCC Coordinator Paul Smith at 541-416-6431.

Woodpecker fest set for Sisters

Registration is now open for the 5th annual Dean Hale Woodpecker Festival, taking place in Sisters from June 18-21.

Festival participants have a choice of attending 14 different guided tours in search of 11 different species of woodpeckers and more than 200 other types of birds that have made the forests and burn areas of Sisters and Central Oregon a birding hot-spot.

The East Cascades Audubon Society (ECAS) sponsors the festival. Each trip, guided by two ECAS volunteers, includes up to 10 fellow birders, so space is limited.

The Sisters and the Santiam Pass regions have witnessed many forest fires, like the Pole Creek Fire in 2012 and the Bridge 99 fire

in 2014. Because burned areas attract bugs, which in turn attract woodpeckers, participants have a chance to see not only common woodpeckers like hairy and downy, but also much rarer species like white-headed, American three-toed, and black-backed woodpeckers.

Few places in the USA are this woodpecker-rich.

Full-day trips are \$30, while half-day trips and the Night Prowl are \$20.

Tours take place under a special-use permit with the Deschutes National Forest. Carpooling is required. Participants are also required to provide their own food and water. For information about the Woodpecker Festival, details on the field trips or to register for the event visit www.ecaudubon.org or email dhwf14@gmail.com.

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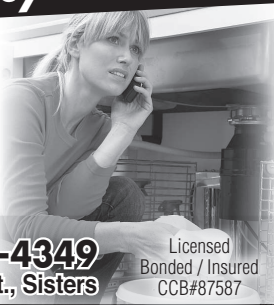
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