

Obituaries

Carol Flohr Morgan

November 16, 1961 – April 26, 2015

Carol Flohr Morgan, age 53, of Sisters passed away on the evening of April 26 after a long struggle with Scleroderma and early-onset Alzheimer’s diseases.

Carol was born in Sunnyvale, California, on November 16, 1961 to parents Katharine and Richard Flohr. She graduated from Saratoga High School in California in 1979 and attended West Valley College and Humboldt State University in California. Carol joked that she was indeed a “Humbolt Honey.” For much of her life she lived and worked in Oroville, California and the surrounding area. She was proud of the work she did in manufacturing motorcycle parts. She lived the last three years with her sister Jan’s family in Sisters, Oregon, and finally in a care facility in Bend, Oregon.

Carol was a passionate, funny, sensitive, and caring woman. She had an amazing sense of humor, which was very useful growing in a family of five children. Carol was as quick with a practical joke as she was with a kind word. She was truly grateful for the kindness of others. Her caring and compassion for friends and family and fondness for animals was evident her entire life. Many people remember Carol’s dog Abigail following her to school and walking across the stage with her at high school graduation. Carol never ceased to appreciate and enjoy the simple beauty in her world. Her comments on wildflowers in a field, roses in her garden, and animals nearby were heartfelt. Her days sunning on the



beach or collecting for her rock garden were a blessing. Carol loved her “hard rock” music and knew the lyrics to most any tune. She said she had lost track of the number of concerts she had attended and absolutely enjoyed riding in her nephew’s van while Pink Floyd played as loud as possible. In the care facility where she lived during the last year of her life, Carol frequently was the lead on “dance day” or the first with a joke.

Carol is survived by her son, Brandon Morgan, 19, of Roseville, California. Brandon was the love of Carol’s life and she spoke of him often and with great pride. Carol referred to Brandon as her “smart one.” Becoming a mother was Carol’s greatest miracle and a gift that she never quit marveling over.

Carol is also survived by her sisters Diane DeDominicis, Jan Liming, Patty Sprong; and her brother, Stuart Flohr. Nieces Melissa, Jessica, Sarah, Jenni, Shelby; and nephew John also survive Carol.

Carol’s life will be remembered and celebrated at a time and place to be determined. Donations in memory of Carol can be made in her name at your local Humane Society or in support of Hospice anywhere.

Nancy Gulnac Williams Roberts

July 28, 1949 – April 15, 2015

Nancy Gulnac Williams Roberts of Redmond passed away April 15, 2015, at Hospice House in Bend, after a long battle with cancer.

Nancy was born July 28, 1949 in Watsonville, California, to Bill and Teresa (Garcia) Gulnac.

Nancy never met an animal she didn’t love. And horses to cats, she spoiled them all. She enjoyed camping, fishing and riding her

horse. She was especially fond of her time spent riding with the girls at Rim Rock Riders and the Redmond Saddle Club.

Nancy is survived by her two children, a brother and her grandchildren.

Per Nancy’s request, no services will be held. Memorial contributions in Nancy’s memory may be made to a local hospice organization of one’s choosing.

Obituaries Policy: The Nugget Newspaper does not charge a fee to publish obituaries. Obituaries may be up to 400 words and include one photo. Obituaries outside these guidelines are handled by The Nugget Newspaper advertising department. Obituary submissions must be received by noon on Monday. Obituaries may be submitted to The Nugget by email or hand delivery to our office located at 442 E. Main Ave., Sisters.

Sisters woman to host retreat

By Diane Goble
Correspondent

What distinguishes an “elder” from someone who is “older”? “There is a big difference between simply becoming old and aging consciously — with intent,” says life coach Susan Prince.

Prince, who recently moved back to Sisters, is a longtime Hospice volunteer, provides elder support for the Tree of Life Women’s Initiation Program and is active in the Conscious Elder’s Network (consciouselders.org). She will be co-facilitating a retreat titled “Choosing Conscious Elderhood,” with Ron Pevny this summer at Breitenbush Hot Springs.

Class size is limited and participants are advised to make reservations early.

Pevny, who lives in Durango, Colorado, is the founder and director of the Center for Conscious Eldering, a national

organization that offers people support in realizing their potential as they age. Pevny conducts workshops and retreats across the country, facilitates the Conscious Aging Alliance and recently authored “Conscious Living, Conscious Aging.”

This weekend retreat, for people in or approaching their senior years (50+), provides a dynamic, experiential introduction to conscious aging and the types of inner work that are important to the process. This introspective time can be the pinnacle of one’s personal development and a significant opportunity to begin exploring ways to serve the larger community — even the planet.

Participants will explore both the challenges and the gifts of the elder stage of life — leaving with a renewed sense of passion and purpose.

Choosing Conscious Elderhood will be held June



PHOTO PROVIDED

Susan Prince.

28-July 4 at Breitenbush Hot Springs Retreat & Conference Center in Detroit, Oregon.

Register with Ron Pevny at ron@centerforconsciouseldering.com or www.centerforconsciouseldering.com.

For information about the retreat, contact Susan Prince at 415-233-3243 or princes2241@att.net.

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