

C O M M U N I T Y

School to host family reading night

The Sisters Elementary School Parent Teacher Community invites Sisters families to the first-ever Common Core Family Reading Night on Thursday, January 28.

Common Core Family Reading Night is free for all to attend and is scheduled from 5:30 to 6:30 p.m. in the Sisters Elementary School commons. Pizza will be available at no charge. Childcare will also be provided at the school.

Attendees can expect to learn tips and tricks to motivate reading at home from other parents, and expert

strategies that work. There will also be time provided to have questions answered about Common Core standards and the Lexia program used by Sisters Elementary School.

Sisters Librarian Paige Bentley-Flannery will also be on hand to discuss opportunities at the local library and distribute game cards for students and families to fill out by participating in different activities involving reading.

“We want to help empower parents with the confidence, skills and

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PHOTO PROVIDED

MaryAnne McDonnell will recount a build trip to Central Asia in a library presentation.

Taking on pain at Sisters Library

By Sue Stafford
Correspondent

Dr. Robert Jeffrey, chiropractic physician, will speak on “Pain – Treatment and Prevention” on Sunday, February 7 at 1:30 p.m. at the Sisters Library Community Room.

Pain — lower back pain, chronic headaches, or pain radiating down the side of the leg — can prove to be more than just an annoyance. Pain is a messenger indicating that something is wrong in

your body. Perhaps you have some new injury and you’re not sure if the source of the pain is in a muscle, joint, or nerve. How do you tell the difference and what can you do about it? Do you need heat or ice or a nonsteroidal anti-inflammatory — and what do those do for your body?

Jeffrey will explore common issues regarding pain as well as discuss basic spine health and the importance of ergonomics: how to properly

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Sisters Habitat builds in Kyrgyzstan

The community is invited to a slideshow presentation by Jack and MaryAnne McDonnell about their 2015 Habitat for Humanity International build trip to the beautiful country of Kyrgyzstan — known as “the Switzerland of Central Asia.”

The presentation will take place at Sisters Library on Thursday, February 11, at 6 p.m.

In September 2015, Sisters Habitat for Humanity sent a team of four to work

with Habitat for Humanity International to complete a home-building project in the village of Barskoon, Kyrgyzstan. The team, known as “Small but Mighty,” consisted of the McDonnells, Sally Benton — all Sisters residents — and Rod Bullard of Canby who assisted Jack and MaryAnne on their 2012 Habitat for Humanity “Everest Big Build” in Nepal.

During the two-week build in Barskoon, the team was able to complete the

foundation and assist in the beginning of building the brick walls of a home for a three-generational family of six; a grandmother, mother and father, and three children.

In September 2016, Jack and MaryAnne will lead another team to Barskoon, a village near the shore of beautiful Lake Issyk-kul — the second-largest alpine lake in the world. They will continue work on the same house

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SISTERS AREA MEETING CALENDAR

BOARDS, GROUPS, CLUBS

Al-Anon Monday, noon, Shepherd of the Hills Lutheran Church • Wednesday, 6 p.m., The Episcopal Church of the Transfiguration. 541-549-8737 or 541-549-1527.

Alateen Thursday, 7 p.m., The Episcopal Church of the Transfiguration. 541-549-1527.

Alcoholics Anonymous Thursday & Sunday, 7 p.m., The Episcopal Church of the Transfiguration • Saturday, 8 a.m., The Episcopal Church of the Transfiguration • Monday, 5 p.m., Shepherd of the Hills Lutheran Church • Tuesday, noon, Big Book study, Shepherd of the Hills Lutheran Church • Thursday, noon, Sober Sisters Women Meeting, Shepherd of the Hills Lutheran Church. 541-548-0440.

Authors Support Group 2nd Friday, 10 a.m., Sisters Area Chamber of Commerce. 541-588-0081.

Black Butte Macintosh Users Group 3rd Thursday, 3:30 to 5:30 p.m., Sisters Library community room. 541-549-1471.

Black Butte Ranch Bridge Club Tuesdays, 12:30 p.m., Black Butte Ranch community room. All welcome; partner required. 541-595-6236.

Celebrate Recovery Thursdays, 7 p.m., Westside Church-Sisters Campus. 541-389-6859.

Central Oregon Council on Aging Senior Lunch Tuesdays, noon, Sisters Community Church. 541-678-5483.

Central Oregon Fly Tyers Guild 4th Saturdays, 10 a.m. to 4 p.m. For location information: 541-549-2072.

Central Oregon Spinners and Weavers Guild 4th Saturday, 1 to 3 p.m. Sisters Library. 541-639-3217.

Central Oregon Woodworkers Guild 1st Monday. 541-610-9022.

East of the Cascades Quilt Guild 4th Wednesday, September-June, Stitchin’ Post. All are welcome. 541-549-6061.

Friends of the Sisters Library Board of Directors 2nd Tuesday, 9 to 11 a.m., Sisters Library. 541-977-8285.

Heartwarmers (fleece blanketmakers) 1st & 3rd Tuesdays, 1 p.m., Sisters City Hall. Just bring scissors! 503-880-5832.

Hero Quilters of Sisters Thursday, 1 to 4 p.m. 541-549-1028 or 541-548-3304.

Military Parents of Sisters 2nd Thursday, 7 p.m., 17549 Knight Rd., Bend (Plainview area). 541-388-9013.

Oregon Band of Brothers – Sisters Chapter Wednesdays, 11:30 a.m., Takoda’s Restaurant. 541-408-5594.

SAGE (Senior Activities, Gatherings & Enrichment) Wednesdays, 1 to 4 p.m. at SPRD. 541-549-2091.

Sisters Area Photography Club 2nd Wednesday, 4 p.m., Sisters Library community room. 541-549-6157.

Sisters Area SketchUp Users Group 2nd Wednesday, 7 p.m., Earthwood Timber Frame Homes. 541-549-0924.

Sisters Astronomy Club 3rd Tuesday, 7 p.m., SPRD. 541-549-8846.

Sisters Bridge Club Thursdays, 12:30 p.m., The Pines Clubhouse. Novices welcomed. 541-549-9419.

Sisters Cribbage Club Tuesdays, 11 a.m. to 1:30 p.m., Ray’s Food Place community room. 541-923-1632.

Sisters Habitat for Humanity Board of Directors 4th Tuesday, 6 p.m. Location information: 541-549-1193.

Sisters Kiwanis Thursdays, 7 to 8:30 a.m., Brand 33 Restaurant at Aspen Lakes. 541-410-2870.

Sisters Parent Teacher Community 3rd Wednesday, 3:15 p.m., Sisters Elementary C-wing. 971-570-2405.

Sisters Red Hats 1st Friday. Location information: 541-279-1977.

Sisters Rotary Tuesdays, noon, Aspen Lakes Lodge. 541-977-6545.

Sisters Trails Alliance Board of Directors 2nd Wed., 5:30 to 7 p.m. The Pines Clubhouse. 541-719-8822.

Sisters Veterans Thursdays, noon, Takoda’s Restaurant. 541-903-1123.

Three Sisters Irrigation District Board of Directors 1st Tuesday, 4 p.m., TSID Office. 541-549-8815.

Three Sisters Lions Club 2nd Tuesday, noon, Ray’s Food Place community room. 541-419-1279.

VFW 8138 & American Legion 1st Wednesday, 6:30 p.m., Sisters City Hall. Service officer available. 541-903-1123 or 541-549-1132.

CITY & PARKS

Sisters City Council 2nd & 4th Thursday, 7 p.m., Sisters City Hall. 541-549-6022.

Sisters Park & Recreation District Board of Directors 1st Tuesday, 6 p.m., SPRD building. 541-549-2091.

Sisters Planning Commission 3rd Thursday, 5:30 p.m., Sisters City Hall. 541-549-6022.

FIRE & POLICE

Black Butte Ranch Police Dept. Board of Directors Meets monthly. 541-595-2191 for time & date.

Black Butte Ranch RFPD Board of Directors 4th Thursday, 9 a.m., Black Butte Ranch Fire Station. 541-595-2288.

Cloverdale RFPD Board of Directors 3rd Wednesday, 7 p.m., Main Station, George Cyrus Rd. 541-548-4815. See the agenda at www.cloverdalefire.com.

Sisters-Camp Sherman RFPD Board of Directors 3rd Tuesday, 5 p.m., Sisters Fire Hall, 541-549-0771.

Sisters-Camp Sherman RFPD Drills Mondays, 7 p.m., Sisters Fire Hall, 301 S. Elm St. 541-549-0771.

SCHOOLS

Black Butte School Board of Directors 2nd Tuesday, 5 p.m., Black Butte School. 541-595-6203.

Sisters Christian Academy Board of Directors 2nd Thursday, 8 a.m., RE/MAX Revolution office at Outlaw Station. 541-549-4133.

Sisters School District Board of Directors One Wednesday per month, SSD Admin Bldg. See schedule at www.sisters.k12.or.us. 541-549-8521 x4011.

