

**CANCER:** Shared experience can be a tonic

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meetings,” said long-time member Marilyn Ball.

One member recalled her first encounter with the group.

“I received a call from Marilyn telling me about the group and offering me her help. Knowing she was a survivor and a resource for how to navigate what lay ahead was such a comfort!”

SOS was started in 1997 by four women who were all diagnosed with breast cancer. Since then women with all types of cancer have benefited from the group.

“We’ve met monthly ever since,” said Jan Baldwin, one

of the founding members.

Each new member is given a Willow Tree Angel, called “Courage.” The gift reminds members that there are those watching over them, ready to help along the way.

Meetings often have a presenter who covers cancer-related health topics like naturopathic medicine for cancer treatment and prevention, local supplement company Metabolic Maintenance’s products available in Sisters, and a myriad of other interesting subjects. “We have a full year of valuable information scheduled,” said Ball. But meetings aren’t all educational. There’s a time for everyone to share what’s happening in their lives and get advice from fellow members.

When you’re going through cancer treatments there are many mandatory

trips outside of Sisters for all kinds of cancer-related appointments. Having this group and the resources they provide right here in Sisters makes it much easier to take part when another long drive is too much to handle.

“It feels safe to laugh or cry with others who know what you’re going through,” said Baldwin.

The group welcomes new members.

“It’s one of those clubs you hope you’ll never have to join, but if you do, it’s good to have a group of strong, compassionate women to help you meet the challenges of cancer,” said Ball.

To talk to a member and learn more call Jan, 541-549-2015; Marilyn, 541-382-4492; or Maggie, 541-815-8131.



PHOTO BY JIM CORNELIUS

Support Our Sisters does just that for those who have confronted cancer.

**Belfry event explores glacial caves**

Brent McGregor will reveal “Mysteries Beneath the Ice” at The Belfry on Wednesday, February 10.

The community dinner presentation will document the first five years of what has become known as The Sandy Glacier Cave Project. Initiated and co-led by Eddy Cartaya and Brent McGregor, it has grown to include dedicated scientists, cavers and mountaineers. To accomplish ongoing documentation has required annual trips to the Sandy Glacier on Mt. Hood and has resulted in a series of maps, varied collections, as well as atmospheric readings.

This was a rare opportunity to document over a mile of cave passage inside the glacier.

The presentation features one of Oregon’s most



PHOTO BY BRENT MCGREGOR

Brent McGregor will reveal some of the most spectacular sights in Oregon.

beautiful and dangerous landscapes as viewed through narration, stunning photographs and video.

The event starts with

dinner at 6 p.m. and runs till 9 p.m. For menu information and to purchase tickets online, visit [www.belfryevents.com](http://www.belfryevents.com).

**A wall raising...**



PHOTO BY JERRY BALDOCK

Sisters construction students put up a wall on yet another Habitat for Humanity home in Sisters last week.

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