

# COMMUNITY

## City council adopts 'Speak Your Peace'

By Sue Stafford  
Correspondent

The Sisters City Council has jumped on board with the community civility project "Speak Your Peace" — with one dissenting vote.

The Council adopted two resolutions regarding the Speak Your Peace (SYP) nine tools of civility that are part of the Sisters Country Civility Project (SCCP), at their April 14 Council meeting.

During visitor comments, four members of the Citizens4Community (C4C) steering committee reviewed how the SCCP grew out of

interest expressed at last year's Economic Vitality Summit for a way to encourage civil discourse that promotes respect and honesty. Some summit participants had indicated they felt there was no safe platform in the city for open discussion.

Jeff Campbell, president of the Sisters Park & Recreation District board of directors, commended the Council for their willingness to incorporate the nine tenets of civility into their code of conduct. He asked Council to "put aside any personal

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PHOTO BY JODI SCHNEIDER MCNAMEE

John Turner, Peggy Benton and Spud Halsten are fit and fabulous in their 90s.

## Palliative care specialist to speak

Sue Stafford  
Correspondent

Certified hospice and palliative care nurse-practitioner Stephanie Barss will be the fourth and final presenter in the Diane Jacobsen Speaker Series at the Sisters Library on Sunday, May 1, at 1:30 p.m.

Barss welcomes the community to join her for "The End Game" presentation and open forum to address questions they might have regarding palliative care, hospice,

advance-care planning, and resources during any stage of an advanced illness.

The American Board of Medical Specialties officially recognized palliative medicine as a subspecialty in 2006. Palliative care is a system of care that aims to improve quality of life through the management of pain and other symptoms.

Palliative care includes hospice care, but unlike hospice care, which is

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## Staying active in their 90s

By Jodi Schneider McNamee  
Correspondent

Sisters Athletic Club Manager Cindy Tintle knows that folks well into their 90s can benefit from regular exercise.

"At Sisters Athletic Club we currently have three members over the age of 90," Tintle says. "And we are extremely honored to have them as members and are proud of their accomplishments over the years. They have chosen a healthy and active lifestyle by committing to regular exercise."

Exercise helps keep aging bodies healthy by increasing blood flow to the brain, carrying oxygen and other nutrients. It also helps keep blood

pressure and blood sugar at normal levels, lowering the risk for vascular dementia.

Tate Metcalf, owner and operator of Sisters Athletic Club, approached Tintle a couple of weeks ago with a novel idea: Metcalf decided to give all members over the age of 90 who have been a member with them for five or more years a free membership.

"We are as dedicated to their healthy lifestyle as they are and we want to make sure that they stay forever young and continue to come in to the club and inspire those around them," Tintle said.

The members who are receiving a free membership are: Peggy Benton, age 90, Spud Halsten, age 93 and

John Turner, age 91.

Peggy Benton, who has been a member since 2003, explained to *The Nugget* why she decided to join the club at 77.

"I started back then because I thought it would be nice to exercise and get my body in shape at that point. I walked all the time but figured a little more exercise couldn't hurt and it would be good for me. I worked on machines including a lot of bicycling. I have always been part of the Q club, which stands for quality of life. I also love to swim and do water aerobics. My goal is just to keep active."

The Q club was created by

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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.

**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 Tuesday. 541-610-9022.

**East of the Cascades Quilt Guild** 4th Wednesday, September-June, Stitches 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. Materials provided. 541-408-8505.

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

**Military Parents of Sisters** 2nd Thursday, 5:30 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** 2nd Wed., 5:30 to 7 p.m. Sisters Art Works. Public welcome. 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](http://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](http://www.sisters.k12.or.us). 541-549-8521 x4011.

