

**C O M M U N I T Y**

# Keeping students mentally healthy

By Erin Borla  
Correspondent

There are a variety of things that affect even the youngest Sisters residents, things that have a direct impact upon their mental and emotional health. Even through budget constraints the Sisters School District has creatively patched its way through to ensure the mental-health needs of the students are met.

Students at all three schools and their families have the opportunity to connect with either District employees or contractors

with varying concerns on an as-needed, weekly or even daily basis.

District providers are available to share tools for handling stress in a positive way and getting along with others. Some experiences, like learning how to develop and handle friendships, peer pressure, keeping calm in school and even finding their own sense of humor (without overdoing it), are things the students can work through utilizing those tools.

Other students may require more in-depth

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PHOTO BY JEFF OMODT

Kiwanian Barbara Bott presents scholarship to Janette Jaun.

# Sisters becomes a 'Purple Heart City'

By Sue Stafford  
Correspondent

Sisters was designated as a Purple Heart City with a proclamation adopted and read at the May 12 Sisters City Council meeting.

The Purple Heart is a United States military medal awarded in the name of the president to those military personnel wounded or killed while serving in the U.S. Armed Forces.

The designation as a Purple Heart City signifies

the City's honoring of almost two million veterans since World War I who have received the military decoration. The proclamation pronounces Sisters' appreciation for the sacrifices our Purple Heart recipients made in defending our freedom and the belief it is important to acknowledge them for their courage and show the honor and support they have earned.

Sisters joins about 14

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# Kiwanis boosts career training

Sisters Kiwanis recently awarded Sisters resident Janette Jaun a Career Opportunity Fund (COF) scholarship to pay for training as a phlebotomist. Phlebotomists are trained to draw blood from a patient for medical testing, transfusions or donations.

Kiwanis awards scholarships to Sisters-area adults who are seeking a career change.

The Kiwanis Career Opportunity Fund program assists adults (25 or older) who are financially unable to return to school or retrain for a career change. Since its inception, the fund has awarded more than \$52,000 in assistance to help 40 Sisters-area residents reach

their educational goals.

Jaun will enroll at Oregon Medical Training in Bend to learn her new profession. The course provides basic knowledge and skills necessary to draw blood (venipuncture) in a clinical setting. Students receive instruction in basic anatomy and physiology, regulatory and ethical issues, safety and infection control, blood collection equipment, and venipuncture procedures.

Jaun said her goal is to work in the medical field, a profession that will provide her the higher income she needs to raise her three children. She also emphasized that without the financial support from Kiwanis it would be impossible to pursue the training at Oregon Medical

Training.

The Kiwanis Career Opportunity Fund provides assistance to start, augment or complete a career, which may include vocational, technical, artistic or general fields of study. Funds are available to qualified residents within the Sisters area. Kiwanis does not set limitations on potential use of the award.

COF applications are available on the Kiwanis website: [sisterskiwanis.org/about-us/career-opportunity-fund](http://sisterskiwanis.org/about-us/career-opportunity-fund); at the Sisters Habitat for Humanity office; from Family Access Network or by calling 541-410-2870.

To donate to the COF, make checks payable to Sisters Kiwanis COF, POB 1296, Sisters, OR, 97759.

## 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. 541-639-6216.

**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. 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** 1st Thursday, noon, Ray's Food Place community room. 541-419-1279.

**VFW 8138 & American Legion** 1st Wednesday, 6:30 p.m., Sisters City Hall. 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 Out West Realty 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.

