

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

# Student art on display at Sisters Library

By Sue Stafford  
Correspondent

For the month of March, visitors to the library are in for a special treat. Practically every bit of wall space throughout the library, as well as the entryway display cases, are filled with art created by the students in Sisters schools, public and private, for the Friends of the Sisters Library (FOSL) monthly exhibit.

Sisters students are fortunate to have access to arts education from kindergarten through 12th grade. Two of the art teachers and supplies

are funded by a grant from the Oregon Community Foundation (OCF), through the Sisters Folk Festival.

Sisters is one of 18 grant sites funded by the OCF. Studio to School is a multi-year program to support collaboration between schools and community arts organizations to design and deliver sustainable arts education opportunities. The Sisters project infuses the arts into learning experiences for all students, grades K-8, and helps develop a culture of music and art

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PHOTO BY JIM CORNELIUS

Gary Yoder puts a kimura hold on Marty Kaczmarek in Brazilian Jiu-Jitsu.

# OSU natural resources instructor to speak

By Craig F. Eisenbeis  
Correspondent

Matthew Shinderman, Senior Natural Resources Instructor at Oregon State University Cascades, will be the guest speaker next week on Thursday, 23 March, for the Bjarne Holm Memorial Speaker Series. This series of outdoor oriented talks is sponsored by the Sisters Trails Alliance (STA).

"I'll be discussing what sustainability means and how the concept relates to the development of trail and

recreation management systems on national forests," said Shinderman. His emphasis will be on the types of tradeoff decisions required for achieving a balance between ecological, social, and economic values associated with public lands and how those considerations fundamentally change outcomes.

"Finally," he said, "I'll discuss some of the impending issues a sustainable trails and recreation system must address."

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# Sisters man thrives with BJJ

By Jim Cornelius  
News Editor

Turning 60 is a milestone in any man's life. Like most, Gary Yoder of Sisters found himself at a kind of crossroads.

"When I turned 60, I thought I could get a rocking chair and be an old man — or I could try something new," he told *The Nugget*.

Intrigued by the Brazilian Jiu-Jitsu (BJJ) program offered by Outlaw Martial Arts in Sisters, he decided to hit the mat and give it a try. BJJ is a grappling-based martial art that emphasizes control of an opponent through locks, chokes and submission holds. BJJ workouts and sparring are

known as "rolling."

"It's the best thing I've ever done," Yoder said of the martial arts practice. "I feel better than I have in 20 years."

Now 63, Yoder recently qualified for his blue belt — a major milestone in BJJ.

"It's a very significant step," said Outlaw Martial Arts proprietor and BJJ instructor Marty Kaczmarek.

BJJ is not about constant validation, with regular progression through the ranks, Kaczmarek notes.

"It's an art that's really true to itself," he told *The Nugget*. "It takes, typically, three to four years between belts."

Thus, a blue belt could be considered close to the

equivalent of a black belt in many other martial arts systems. As a blue belt, Yoder has the skills, knowledge and technique to handle himself in ground grappling — even against a younger, bigger and stronger opponent. A skilled practitioner can neutralize a size and strength deficit and compel his opponent to "tap out" in ways that are quite mysterious to the uninitiated.

"They don't understand what just happened half the time," Kaczmarek said.

That's because BJJ is all about efficiency of movement, and technique. It's a methodical practice of working into position, and it

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## SISTERS AREA MEETING CALENDAR

### BOARDS, GROUPS, CLUBS

**Al-Anon** Mon., noon, Shepherd of the Hills Lutheran Church / Wed., 6 p.m., Episcopal Church of the Transfiguration. 541-549-8737 or 541-549-1527.

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

**Alcoholics Anonymous** Thurs. & Sun., 7 p.m., Episcopal Church of the Transfiguration / Sat., 8 a.m., Episcopal Church of the Transfiguration / Mon., 5 p.m., Shepherd of the Hills Lutheran Church / Big Book study, Tues., noon, Shepherd of the Hills Lutheran Church / Gentlemen's meeting, Wed., 7 a.m., Shepherd of the Hills Lutheran Church / Sober Sisters Women's meeting, Thurs., noon, Shepherd of the Hills Lutheran Church / Step & Tradition meeting, Fri., noon, Shepherd of the Hills Lutheran Church. 541-548-0440.

**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., BBR community room. 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 OR Spinners and Weavers Guild** 4th Saturday, 1 to 3 p.m. Sisters Library (Jan.-Oct.). 541-639-3217.

**Central Oregon Woodworkers Guild** 2nd 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 Caregiver Support Group** 3rd Tuesday, 10 a.m., Ray's Food Place community room. 541-771-3258.

**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 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** 1st Wednesday, 5 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 Wednesday, 6:30 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., Station 602, 67433 Cloverdale Rd. 541-548-4815. See the agenda at 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, 0 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. 541-549-8521 x4011.

