

### WE BANJO 3: Irish group hits Sisters on West Coast tour

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Irish music, we are bringing our two worlds together creating a powerful, upbeat sound," Howley told *The Nugget*.

The band was branded as a "Celt-grass" group when they played their first show in the U.S. in Wisconsin at the Milwaukee Irish Festival in the summer of 2012 with over 50,000 attendees. "We realized how appreciative and excited Americans were of the Irish culture and music. We felt really celebrated for our first time in the U.S.," said Howley.

Music was always what Howley wanted to do — but he took an early detour. He attended college after high school and focused on mechanical engineering because he felt that he had to try something new.

"I then realized that I wasn't happy doing anything else but music," he reflected. "However, we did not expect to make a career out of something we just love to do."

The band loves to travel and see and experience various cultures because they feel as if they are in their own Irish cultural bubble.

"We've played in Japan and Colombia many times and the language barrier (especially with thick Irish accents) makes things tough sometimes, but every time we go, we learn various traditions and things to say and not to say," Howley said.

Last summer, the band did a tour called "Light in the Western Sky," promoting their first few albums which contained a mixture of traditional and self-written music. The tour's main focus was to raise awareness for mental health and suicide prevention.

The band saw a big connection to songwriting and mental health.

"We realized that songwriting affects more than just one person, and more than those of us writing it. We wanted to get out there and share our music with those who struggle with mental health and try to bring some happiness into their lives," Howley said.

The newest We Banjo 3 album is set to debut this summer with all self-written music containing elements of traditional Irish and folk, as well as their driving background bluegrass sound.

Their winter concert performance will be their first show in Sisters. They have passed through before and performed in Bend, and they have tried many of the independent food spots in both Sisters and Bend.

"We are foodies, so every time we go somewhere we pick an unknown place and

put in on our Google Maps and remember it for next time," Howley said.

The band has toured the West Coast a few times before.

"We feel a strong connection to the West Coast, we feel as if there is a long-lost love story between it and the west coast of Ireland," Howley said.

**“ We feel a strong connection to the West Coast, we feel as if there is a long-lost love story between it and the west coast of Ireland. — David Howley**

We Banjo 3 will be performing at Sisters High School on Monday, February 12. Showtime is at 7 p.m. Tickets may be purchased at the door (advance tickets no longer available).

Preorder the new We Banjo 3 album "Haven" and other package deals set to release in the summer of 2018 here: [www.pledgemusic.com/projects/webanjo3](http://www.pledgemusic.com/projects/webanjo3).

### COLD WATER: Complacency can be deadly

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This becomes a threat to life even if the water is calm and you know how to swim.

Cold water immersion can also cause the heart rate and blood pressure to spike, which increases the risk of heart attack and stroke for some. Some cold water deaths happen immediately and others can take hours. Shock can happen within five minutes while breathing problems can persist for longer.

If you're lucky enough to survive the shock phase, you may lose the ability to use your hands and arms within minutes. Hypothermia kicks in after about 30 minutes. Even those lucky enough to be rescued are at risk of heart failure or unconsciousness when being removed from the water due to a drop in blood pressure.

Being prepared is your best option of staying safe and enjoying the water in Sisters Country year round. Below are some tips the



National Center for Cold Water Safety promotes as their 5 Golden Rules:

1. Always wear your personal floatation device. It doesn't do you any good to just have it available — wear it at all times on the water.
  2. Always dress for the water temperature — no exceptions. No one plans to fall in the water, especially during the winter months where water is at its coolest. Dressing appropriately could save your life.
  3. Field-test your gear.
  4. Swim-test your gear every time you go out.
  5. Imagine the worst that can happen and plan for it.
- To learn more about the dangers of cold water, visit [www.coldwatersafety.org](http://www.coldwatersafety.org).

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