

# COMMUNITY

## Making Sisters 'age friendly'

By Sue Stafford  
Correspondent

The Senior Alliance of Sisters is convening a facilitated Community Conversation, including a free light supper, on April 25 at the Sisters-Camp Sherman Rural Fire District Community Hall at 301 S. Elm St.

The community will have an opportunity to learn about and weigh in on issues around the effort to make Sisters an age-friendly community (AFC). The dinner, sponsored by Ray's Food Place

and Sisters Coffee Co., will be served from 4:30 to 5:30 p.m., followed by group discussions beginning at 6 p.m.

Planning for the April 25 event began in early January 2018 with the establishment of work groups to conduct research and collect information on the three key elements of an AFC — built environment, service environment, and social environment.

The information collected by the work groups will be shared at the Community

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## Stove engineering improves health

More than half the world's population — three billion people — cook their meals over open fires on makeshift stoves that smolder all day. The result? Debilitating lung diseases, disfiguring and disabling burns, time and energy lost to the constant demands of wood-gathering, and a billion tons of greenhouse gases released into the Earth's atmosphere every year.

StoveTeam International is tackling this complicated issue with a straightforward strategy: Replace open fires with efficient, safe, and affordable cooking stoves.

On Tuesday, April 24, Nancy Hughes will describe how engineering, technology, innovation, and compassion have combined to build and deliver nearly 70,000 stoves in Mexico and Central America, improving the lives of more than half a million people.

Hughes, who founded StoveTeam International just a decade ago, will speak at The Belfry as part of the Frontiers in Science lecture series sponsored by the Sisters Science Club. The

See **SCIENCE TALK** on page 22



PHOTO PROVIDED

## Students to show Taekwondo skills

Sherri Hermens could barely contain her glee. Her students have been invited to attend the Northwest Taekwondo Championships at Mt. Hood Community College on April 28. For Hermens, who is a paraprofessional in the life skills program at Sisters High School, this trip is the culmination of three years of committed effort to get her students to the point where they are ready to show-off their "chops" in front of other high school taekwondo practitioners from all over the Northwest.

"These kids have worked so hard to get to this point in their development," said Hermens. "I couldn't be more proud of them."

Sherri credits Master Daniel Graff, chief instructor at High Desert Martial Arts in Bend, with the program's success: "For the past two years, Master Graff has inspired us — students, instructors and volunteers — to raise our game."

Sisters Park & Recreation District (SPRD) has hosted the weekly classes led by Master Graff and Sherri at no

charge. According to SPRD Board Chair Bob Keefer, "This is exactly the kind of community partnership, with dedicated volunteers and a worthy cause, that SPRD is more than happy to support."

While the 10 life skills students and their five peer mentors will not spar against opponents at this event, they will show off an array of taekwondo skills including poomse (stances, blocks, punches and kicks logically arranged) and

See **TAEKWONDO** on page 31

## 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.

**Alzheimer's & Dementia Caregiver Support Group** 1st Tuesday, 11 a.m., Sisters City Hall. 800-272-3900.

**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. www.sistersfol.com.

**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 541-719-1230.

**Military Parents of Sisters** Meetings are held quarterly; please call for details. 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)** Mon.-Fri., 11 a.m. to 4 p.m. at SPRD. 541-549-2091.

**Sisters Area Photography Club** 2nd Thursday, 4 p.m., Sisters Library community room. 541-549-6157.

**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, 10:30 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. 541-760-5645.

**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., TSIDI Office. 541-549-8815.

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

**VFW Post 8138 and American Legion Post 86** 1st Wednesday, 6:30 p.m., Sisters City Hall. 541-903-1123.

**Weight Watchers** Thursdays, 8:30 a.m. weigh-in, Sisters Community Church. 541-602-2654.

### 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 online at www.ssd6.org. 541-549-8521 x5002.

### 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** 2nd & 4th Tuesdays, 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** Tuesdays, 7 p.m., Sisters Fire Hall, 301 S. Elm St. 541-549-0771.

This listing is for regular Sisters Country meetings; email information to [teresa@nuggetnews.com](mailto:teresa@nuggetnews.com)