

O P I N I O N

To your health...

Most of us who live in Sisters Country would say that we choose to be here because of the natural beauty and the sense of community that is becoming increasingly hard to sustain in modern American life.

And a lot of us would say that Sisters gives us an opportunity to enjoy a healthier way of life — in mind, body and spirit. There's a lot to be said for the benefits to all three of being able to hit the road for a ride or get out on the trail for a hike within minutes of leaving home. And living in a community where people genuinely care about each other can't help but be good for you.

All of those qualities draw health and fitness professionals to Sisters. Just as Sisters has

become renowned as an arts-and-music community, it is also becoming known as a hub for those who make a living and a life promoting health, fitness and well-being.

The Nugget has spent the past couple of weeks compiling stories centered around health and fitness, and we can testify that the passion and commitment we have seen in the people who are working and creating in related fields is truly extraordinary.

That's a pretty remarkable gift to all of us, and just one more reason to be grateful to have found ourselves in this place at this time.

Sláinte!

Jim Cornelius
Editor in Chief

Health & Fitness
8.15.18 See pages 14-25

Letters to the Editor...

The Nugget welcomes contributions from its readers, which must include the writer's name, address and phone number. Letters to the Editor is an open forum for the community and contains unsolicited opinions not necessarily shared by the Editor. The Nugget reserves the right to edit, omit, respond or ask for a response to letters submitted to the Editor. Letters should be no longer than 300 words. Unpublished items are not acknowledged or returned. The deadline for all letters is noon Monday.

To the Editor:

This Friday, August 17, the Sisters Veterans Group (VFW, American Legion and Band of Brothers) will be posting flags along Cascade Avenue to honor law enforcement personnel in Central Oregon, throughout our state, and across the nation.

These men and women put their lives on the line every day, on and off the job. They are the ones who enforce the rules and laws that help maintain a civil society and help to keep us safe. Together with other First Responders they work to help protect us and our property.

Wherever you are, please step up and make the effort to thank them for their service to us.

Art Buell



To the Editor:

This is in regards the August 8 letter to the

editor written by Jerry Wright, which I found confusing, to wit, and I quote: "I for one look forward to his (Craig Rullman's) thoughts each week as a breath of fresh air and reason amid the political correctness and downright mean-spirited animosity that is too prevalent through-out our society,...."

I do not understand how he can lump the two terms together. Political correctness would prevent a prominent figure from mocking someone with a disability; doing so is very mean-spirited and promotes bullying. Political correctness would not denigrate a veteran who was captured and tortured; doing so would create mean-spiritedness and suggest that POWs were less than worthy of our compassion and praise. Political correctness would not tell a Gold Star family that their much-beloved

See **LETTERS** on page 11

Sisters Weather Forecast

Courtesy of the National Weather Service, Pendleton, Oregon

Wednesday	Thursday	Friday	Saturday	Sunday	Monday
Sunny 93/60	Sunny 88/54	Sunny 87/50	Sunny 90/53	Sunny 92/56	Sunny 91/56

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Commentary...

On becoming a nonprofit organization

By Audry Tehan

Correspondent

After five years, thousands of shovels full of soil, 50,000 tons of produce, 100 pages of documentation, countless hours of reading legal documents and answering too many questions about noodles growing on trees, Seed to Table officially became a federally tax-exempt nonprofit attaining IRS 501(c)(3) status as of July 28, 2018. We are officially known as Seed to Table Oregon!

The small envelope announcing Seed to Table Oregon's acceptance as a 501(c)(3) organization contained just two pieces of paper. What a small reward for all the work and headaches; but those two sheets of paper represent a wonderful demonstration of the power of our community.

Nonprofits are not born from one person's idea, but from the desire and willingness for a community to support the idea that we can live better lives. The idea for Seed to Table (S2T) sprouted at the Sisters Science Club under the fiscal sponsorship of the Sisters Schools Foundation five years ago. Since then S2T has grown every year until we were at a point where everyone involved knew it was time for the organization to fledge from its comfortable Science Club nest to fly on its own. Unfortunately for me, by the time we initiated the filing process, we had outgrown the IRS "EZ" process for small groups applying for nonprofit status. I had to do the HARD process.

One of the most critical steps for S2T to increase its ability to serve the community was recruiting a talented and dedicated volunteer board of directors. The board members include Jeff Tryens as chair, Barbara Schulz as vice chair, Ted Johnson as treasurer, Meiko Lunetta as secretary and Kendra Littrell as outreach coordinator. Because this will be the only time that I, as the founder, will be able to choose the board I needed to get it. I am pleased to report that this diverse group

leaders of community is already up and running.

When I first looked into how an organization like S2T becomes a nonprofit in Oregon, "The Oregon Nonprofit Corporation Handbook" rose to the top of my list. I was able to make lots of headway just referencing the different sections of the Handbook but after a month of trying to fill out the HARD form myself, I knew we needed professional assistance. Our organization proved to be a little more complex than the average applicant due to our fiscal sponsorship, size and previous donations.

So, with the board's support, we bit the bullet and hired an attorney specializing in nonprofits. With her help we were able to complete the application within the allotted six-month window and avoid the inevitable rejections that can occur when amateurs, like me, fill out what is basically a legal document. A special thanks to our major sponsors these past few years: Sisters Science Club, Sisters Schools Foundation, Sisters School District, The Roundhouse Foundation, Oregon Community Foundation, Metabolic Maintenance, Richard Clise, Sisters Rotary Club, Meyer Memorial Trust, Collins Foundation, Sisters Garden Club, the Willitts family and so many more for believing in us from the beginning!

July 28, 2018 marks the end of the beginning and I am excited to move forward, officially as a 501(c)(3).

Audry Tehan is the Executive Director of Seed to Table Oregon.



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