

**CHANGE:** Families can affect single-use plastic change

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The answer is to keep working, solid and steady. Maybe a more realistic and compassionate City Hall will come into power.

If not? No worries. Oregonians are rumbling toward a statewide ban.

For me, tackling my own family's SUP levels is a challenge. We phased out disposable cutlery long ago. We try to bring our own containers for takeout food or leftovers. Every so often, something irresistible is only available in a clamshell, and I buy the darned thing.

We wash and reuse 'em, but honestly, how many clamshells does one family need?

I also can't seem to kick my Terra Chips habit. Right now I'm experimenting with ways to transform the crinkly silver packaging into bows for giftwrap.

How can I get the food manufacturers to invest in reusable packaging? I mean, if you can't fight City Hall, you sure as heck can't fight Corporate America! Right?

*Bzzzt.* Wrong.

A few weeks ago I called up Newport Avenue Market in Bend, the employee-owned corporation that now owns Melvin's here in Sisters. I didn't plan to pester them about plastics; I was seeking support for our farmers' market.

But I got chit-chatting with a nice guy named Joe, who

turned out to be the general manager. I mentioned that Newport seems to put a lot of stuff in SUPs.

"We just had a presentation about that today!" he exclaimed. Yep, they were already on it.

I figured I'd push my luck.

"My son loves your smoothies," I said, "but I feel so guilty about those disposable cups, we hardly ever buy them anymore."

There was a pause.

"We don't have glasses for smoothies at Melvin's?"

"Not that I've seen."

Another pause.

"I think we can do something about that," Joe said.

Yesterday my family popped into Melvin's to try their new sushi rolls, made on-site every morning. (I must say, irrelevant to this article, they were quite delicious.)

I wandered back to the kitchen and asked, "Are smoothies available in real glasses?"

Yes, they are, a cook named Amber said. I told her of my phone conversation.

"Joe?" she said. "He brought these glasses here himself a couple weeks ago."

Wow. No hunger strike. No jail time. *One phone call.* That's all it took to encourage a local business to take positive action.

Change is possible. It takes patience and persistence.

And the gumption to make one phone call.



PHOTO BY TL BROWN

Amber Webb, a cook at Melvin's by Newport Avenue Market, holds a shiny, reusable smoothie glass.



PHOTO PROVIDED

Casting for Recovery will hold a fly-casting retreat for breast-cancer survivors at Lake Creek Lodge in September. A fundraiser set for March 16 supports the endeavor.

**Cancer group to host fundraiser**

Casting for Recovery Oregon North, a self-funded organization which holds free weekend fly-fishing retreats for breast-cancer survivors, will hold a fundraising dinner and auction on March 16 at Lake Creek Lodge in Camp Sherman.

All monies raised will enable 14 breast-cancer survivors to attend the sixth-annual fly-fishing and healing retreat free of charge. The 2-1/2 day retreat will be held September 27-29 at Lake Creek Lodge.

Casting for Recovery's healing outdoor retreats are for women with breast cancer,

at no cost to the participants. CfR's retreats offer opportunities for women to find inspiration, discover renewed energy for life, and experience healing connections with other women and nature. The retreats are open to women with breast cancer of all ages, in all stages of treatment and recovery.

For women who have had surgery or radiation as part of their breast-cancer treatment, the gentle motion of fly-casting

can be good physical therapy for increasing mobility in the arm and upper body.

The dinner and auction will start at 6 p.m. on Saturday, March 16. Tickets are \$75 per couple, or \$40 per person, which includes wine and dinner. For more information about the event and auction items, visit the Facebook page. To purchase dinner tickets or to donate, visit <https://castingforrecovery.org/nor>.



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