

COMMUNITY

Americana Project to celebrate CD release

Sisters Folk Festival is celebrating the 2019 Americana Project release along with the completion of 40 hand-made guitars and ukuleles through the Americana Luthier Program.

On Wednesday, June 12, students of the Sisters Americana Project, led by Rick Johnson, will be releasing their 16th full-length record, "There and Back," with songs written and recorded by students of Sisters High School. The concert is at 6:30 p.m. at The Belfry in Sisters.

In the Americana Project, the educational outreach program of Sisters Folk Festival, Sisters High School students learn to play guitar, write and perform songs, and are introduced to the science and art of audio engineering. The students work with engineer and producer Brent Alan to learn recording techniques, including how to collaborate with friends and fellow musicians. The collaborative nature of music-making has been nurtured through

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PHOTO BY JERRY BALDOCK

Visitors reached for the sky during a free yoga session at Sisters Farmers Market last Sunday.

Cyclists prepare to Crest the Cascades

By Jim Cornelius
Editor in Chief

Over the past decade, the Crest the Cascades ride on the old McKenzie Pass has become one of Sisters' signature events.

The ride events kick off on Friday, June 14 with a pre-ride registration and party sponsored by Blazin Saddles Cycle-N-Style. Riders can come by Blazin Saddles to pick up their ride packet and enjoy hors d'oeuvres, beer and wine.

The Saturday, June 15 ride starts and ends at Village

Green Park in the heart of Sisters. The route offers a 30-mile ride to the summit and back to Sisters; a 53-mile ride up and over the summit to the McKenzie Pass West Gate and back; or a full 76 miles up and over all the way to Yale Campground and back to Village Green. Aid stations are positioned all the way, hosted by volunteers. Riders will relax post-ride at Eurosports and enjoy food, beer and live music.

The event takes place two days before ODOT's planned

See RIDE EVENT on page 30

Sisters tries yoga in the park

Fresh produce picked just minutes earlier at a farm one mile away. Handmade jewelry and blended teas. Hot lunch, crunchy granola, and original new backpacking food made by neighbors.

These offerings were all available at Sisters Farmers Market on opening day last Sunday, along with the toe-tappin' tunes of the duo Appaloosa.

Something new popped up, too: a small group of people practicing yoga, enjoying a little downward dog off to the side of the market's hustle and bustle.

Market Manager Rachel Kelleher had the idea of bringing fresh-air yoga to the lush lawn at Fir Street Park.

Kelleher is a registered nurse by trade and mom to two toddlers. Health is frequently on her mind.

Health starts somewhere: buying fresh veggies at a farmers market, randomly trying yoga.
— Rachel Kelleher

She sees the farmers market as a route to wellness. "Health starts somewhere: buying fresh veggies at a farmers market, randomly trying yoga," she said. "For

some people it's overwhelming to say, 'I'm healthy and always eat organic and exercise every day.'

"But it's easy to say, 'I tried to be healthy today at the Sisters Farmers Market. I bought local and tried yoga.' Change starts small."

Naji's Midtown Yoga of Bend will present vinyasa yoga on June 9, 23, and 30 at 11:30 a.m., with various instructors. The market itself is open from 11 a.m. to 2 p.m. Yoga is not scheduled for Fathers Day, June 16, when the lawn will be used for a free kids' performance workshop with Starshine Theater.

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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.

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, noon, Sisters City Hall. 800-272-3900.

Black Butte Ranch Bridge Club Tuesdays, 12:30 p.m., BBR community room. Partner required. 541-595-6236.

Central Oregon Fly Tyers Guild For Saturday meeting dates and location, email: steelefly@msn.com.

Central OR Spinners and Weavers Guild One Saturday per month, Jan. thru Oct. For schedule: 541-639-3217.

Council on Aging of Central Oregon Senior Lunch Tuesdays, noon, Sisters Community Church. 541-480-1843.

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.

Go Fish Fishing Group 3rd Monday, 7 p.m. Sisters Community Church. All ages welcome. 541-771-2211.

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. 541-549-6469.

SAGE (Senior Activities, Gatherings & Enrichment) Monday-Friday, 11 a.m. to 4 p.m. at Sisters Park & Recreation District. 541-549-2091.

Sisters Family Aglow Lighthouse 4th Saturday, 10 a.m., Ponderosa Lodge Meeting Room. 503-930-6158.

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

Sisters Area Woodworkers 1st Tuesday, 7 to 9 p.m. 541-639-6216.

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 Tues., 10:30 a.m., Shepherd of the Hills Lutheran Church. 541-771-3258.

Sisters Cribbage Club Wednesdays, 11 a.m. to 2 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 2nd Tuesday, 6:30 p.m. at Sisters Saloon. 541-480-5994.

Sisters Parkinson's Support Group 2nd Tuesday, 2 p.m., The Lodge. 541-668-6599.

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. The Pines Clubhouse. 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 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 office. 541-549-4133.

Sisters School District Board of Directors One Wed. monthly, SSD Admin Bldg. See schedule online at www.ssd6.org. 541-549-8521 x5002.

Sisters Middle School Parent Collaboration Team 1st Tuesday, 2 p.m., SMS. 541-610-9513.

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 & 3rd Tuesdays, 5:30 p.m., SPRD bldg. 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 Wed., 7 p.m., 67433 Cloverdale Rd. 541-548-4815. 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 lisa@nuggetnews.com