

Changing the way we eat

By Bonnie Malone
Correspondent

There is a food community in Central Oregon with a goal to change the way people eat and understand food. At the Anthony Bourdain Dinner on the Ranch, guests learned about the cooperative efforts of these groups in bringing healthy local foods to the table. They have a special kind of bond, beginning with a focus on food sustainability, availability and shared resources.

NeighborImpact is central collective for these organizations that include High Desert Food and Farm Alliance, Locavore, Seed to Table, Mahonia Gardens, Rain Shadow Organics, Boundless Farms and several farmers markets.

“We have 28,000 food insecure people in Central Oregon,” said Meiko Lunetta of High Desert Food and Farm Alliance. “The challenges in getting healthy food to people are both geographic and economical. There needs to be nutritionally affordable foods available in broad locations so people don’t stop at the fast food joint.”

As Lunetta explained NeighborImpact food education programs, Chef James Fink of Wild Oregon Foods Restaurant impulsively offered to teach some classes. His natural energy surges when he talks about using local food sources, which was mirrored by people from each of these healthy foods programs.

“While I went expecting to find out more about the providers,” said Janet Stover McClain, “the most impactful part for me was hearing how these farmers either pair up with, or actually are non-profits who work within the community to educate about food, and to provide fresh, healthy nutrition to those who normally assume this quality of food

is only available to those who can afford the quality,” McClain, a dinner guest, is a retired school teacher.

So far this year, 4,000 pounds of food has been donated to food banks in Central Oregon. Even farmers markets have vendors who donate their leftover foods at the end of a market day to food banks and nutrition programs.

Audrey Tehan from Seed to Table told the story of two elderly women who cried when they saw the high quality of produce available to them at the Kiwanis Food Bank in Sisters.

“Those are the rewards,” she said.

Food-education programs are a big part of this healthy future for Central Oregon. Seed to Table educates 2,000 school children a year in how to grow produce organically. Locavore holds classes for another 700 elementary school children, including what tools are needed and when to plant. The grocery itself is stocked with organically grown local foods seasonally dictated.

Jenna Pike expressed the enjoyment of educating the public on the variety of beef cuts and exposing the population to more interesting meats like tongue.

Nicole, a guest who is a nurse in Prineville, finds all the food education programs in the region to be inspiring and extremely helpful in generating better health. “People are beginning to understand the importance of what they eat,” she stated simply.

For more information: NeighborImpact: www.neighborimpact.org; High Desert Food and Farm Alliance: www.hdfffa.org; Splitting Aces Livestock: www.aceslivestock.com; Seed to Table: www.seedtotable.org; Locavore: www.centraloregonlocavore.org; Rain Shadow Organics: www.rainshadoworganics.com.

Providing Camp Sherman coverage

By Conrad Weiler
Correspondent

Camp Sherman has a population of 250 residents and until recently had a resident Deputy Sheriff, Dave Blann. With his recent passing, local residents have worried about local police coverage.

Many people in Camp Sherman felt the community was safe because of Blann, whether he was actually there physically or not.

“I was unaware that Dave only worked the area part of the time — one thought he was around full-time,” said Peggy Anderson.

Camp Sherman is in Jefferson County. The county has a population of 24,000 and a land area of 1,700 square miles. That’s a large area for police coverage, and, emergency coverage may become more important in summer months when the campgrounds fill and many visitors come to the local area.

Sheriff Jim Adkins, Jefferson County Sheriff, earlier this year held a community meeting with Camp Sherman residents to answer questions about future police coverage. The Jefferson County seat is in Madras, 80 miles from Camp Sherman. Sheriff Adkins explained that deputies from other county areas would cover Camp Sherman in a sharing nature.

Sheriff Adkins said he would return to Camp Sherman and continue discussion with local folks about



PHOTO BY CONRAD WEILER

Jefferson County Sheriff’s Office personnel visited Camp Sherman to discuss emergency coverage.

police coverage. Wednesday of last week saw Sheriff Adkins back, true to his word, and much of his department came with him to meet with local folks in Camp Sherman and discuss coverage.

The meeting was held at the Camp Sherman Community Hall and the many deputies explained their duties and backgrounds with the large crowd.

In an emergency, not only would some of these deputies respond to Camp Sherman, other police agencies would also respond. The Black Butte Ranch Police, U.S. Forest Service personnel, Oregon State Police, Deschutes County Sheriff’s deputies, and two reserve members from Sisters would also be available in cases of Camp Sherman emergencies.

Presently, Deputy Sheriff Mark Foster, a Camp Sherman resident, volunteers his time to monitor and protect his community.

Also, there are ongoing

meetings between Ellen Wood, Lorie Hancock, and a committee with Sheriff Adkins concerning Camp Sherman police coverage and finding a resident replacement for Blann.

Some of the recommendations for safety included remembering to lock doors at home, lock parked cars, and place light movement sensors around the outside of homes. There was discussion of the possibility of neighborhood watch teams. Residents should be alert for suspicious activity in the area, and call 911 for emergency help.

A demonstration of working together in emergency situations was the recent fire training exercise in Camp Sherman with the Sisters-Camp Sherman Fire Department and Cloverdale Fire units to become familiar in Camp Sherman with fire hydrant locations, take water out of the Metolius River to fight fires, and practice other skills.

PODXBEND

FROM PORTLAND TO BEND
OR FROM BEND TO PORTLAND AND BACK,
ATIYEH BROS. DELIVERS.

Introducing Atiyeh Bros. rug cleaning and sales services to the Bend area. We’ll pick up your rugs, clean them in our state of the art facility, and deliver them back to your home. If you’re ready for a new rug, our experts will work with you to select options to try at home before you commit!

For more information or to schedule a time, visit atiyehbros.com/Bend
Cleaning Services 503-234-5495 | Retail Showroom 503-639-8642

Atiyeh Bros.
SINCE 1900

Projects Small Or Large Start With Our Dream Team of Building Pros

GOT QUESTIONS? Lumber • Paint
Hardware • Tools • Siding • Doors
Windows • Fencing • Decking
Plumbing & Electrical Supplies



HOYT'S HARDWARE
& BUILDING SUPPLY, Inc.

FREE Local
Delivery
Serving Sisters
Since 1976

Hours: M-F 8-5, Sat. 8-4:30, Closed Sundays
440 N. Pine St. • 541-549-8141 • www.hoyts.net

