

## Gear swap helps Sisters youth enjoy outdoors

Outdoor enthusiasts in Sisters can shed their old gear or pick up new-to-you outdoor gear all while helping more local youth enjoy the outdoors.

On Saturday, September 28, 10 a.m. to 4 p.m., Hike-N-Peaks along with Black Butte School and Sisters High School Integrated Environmental Expedition (IEE) program, and Sisters Middle School ECoS (Earth Community Self) program will host a community gear swap. Last year the event raised over \$2,000 to support getting kids outside climbing peaks, skiing the slopes of Hoodoo, and surfing on the Oregon Coast. Last year, sellers made almost \$1,800 selling everything from skis to slack lines — and even an inflatable toilet. Buyers thought they got a great deal on stuff, too, organizers report.

This year you can consign your own outdoor and athletic gear, come by to purchase used gear in good condition, or donate gear directly to the schools to sell. Schools will divide the profits to use for outdoor education programs.

Schools are looking for lightly used outdoor and sporting items in good condition. Some ideas include: backpacks, tents, sleeping bags and pads, bikes, ski and snowboard equipment, hiking gear, binoculars, and equipment for sports (cleats, lacrosse sticks, tennis rackets, and volleyballs). Outdoor apparel in good condition is also welcome, such as jackets and gloves.

Those interested in donating gear may bring items to Hike-N-Peaks without a price tag and will receive a tax-deductible donation receipt. Gear Swap organizers will price and sell the equipment, with 100 percent of the profit going to the schools. People wishing to sell their lightly used gear on consignment should attach a price tag that includes their name and phone number. Sellers will receive 60 percent of the item's price; schools will receive 40 percent.

All gear should be brought to Hike-N-Peaks on Friday, September 27, between 4-7 p.m. or Saturday September 28 between 8-10 a.m. Special arrangements for drop-off can be made by contacting Hike N Peaks. It should be in good, clean condition. Hike-N-Peaks is open 10 a.m. to 5 p.m. daily. For

more information, contact the store at 541-904-0778 or email [sharri@hikenpeaks.com](mailto:sharri@hikenpeaks.com).

Items that go unsold must be picked up by sellers on September 28 between 4 and 5 p.m. or by special arrangement. The remaining items will be donated directly to the schools who may consign them for additional profits, or, where appropriate, to charitable organizations.

Shoppers can browse and buy quality used outdoor supplies, equipment, and clothes at Hike-N-Peaks on Saturday, September 28 between 10 a.m. and 4 p.m. Hike-N-Peaks is located at 103 E. Hood Ave. in Sisters.

## Program helps prevent falls

Each year, thousands of educators, caregivers, health and aging professionals, and older adults across the country focus their efforts on one goal: preventing falls. That's why Sisters-Camp Sherman Fire District is partnering with the National Council on Aging (NCOA) and the Falls Free Initiative to celebrate Falls Prevention Awareness Day on September 23. This year's activities will focus on the teamwork needed to prevent falls effectively.

Falls are a leading cause of injury for people aged 65 and older, but they are not an inevitable part of aging. There are proven ways to prevent them. Sisters-Camp Sherman Fire District's fun community event will empower older adults to stay active, independent, and safe in their homes and communities.

Activities will include: a tai chi demonstration, information regarding our Home Safety Program, File of Life Program, Matter of Balance classes, free blood pressure screenings and more.

The event will take place at the Sisters-Camp Sherman Fire District Community Hall at 301 S. Elm St. from 4 to 6 p.m. on September 23. For the past three years, the Sisters-Camp Sherman Fire District has partnered with the Central Oregon Council on Aging and the Sisters Park and Recreation District to reduce the number of falls in Sisters Country. In 2018, our statistics showed a reduction in those types of emergency calls.

"If falls prevention isn't something that you're thinking about now, I promise there is someone in your life

who's worried about it," said Chief Roger Johnson, fire chief for the Sisters-Camp Sherman Fire District "This kind of education can change a community, and that's why we're proud to support Falls Prevention Awareness Day as part of our year-round commitment to supporting older adults in Sisters Country."

"Falls prevention is a team effort that takes a balance of education, intervention, and community support," said Kathleen Cameron, senior director of NCOA's National Falls Prevention Resource Center. "This is an opportunity to empower and educate everyone about their roles in preventing falls."

In addition to the event, find out more about Falls Prevention Awareness Day at [www.ncoa.org/FPAD](http://www.ncoa.org/FPAD).



*Sisters*  
**HOEDOWN**  
 ← Dance to →  
**The Moss Brothers**  
**Saturday, September 21st** ☆ **5-9 p.m.**  
**67480 Cloverdale Road**

*Join Us in Raising Funds to Support*


**The Rotary Club of Sisters | Sisters Kiwanis**  
**Sisters Band of Brothers | Warfighter Outfitters**


**GRAND PRIZE DRAWING - A TASTE OF SISTERS**  
**The Depot Cafe | The Gallery | Sisters Saloon**  
**Three Creeks Brewing Co. | The Open Door**

**LIVE AUCTION AND SILENT AUCTION**  
 ☆ Available for Purchase ☆  
*Hot Dogs, Hamburgers, Veggie Burgers, Desserts, Wine and Beer*  
**Tickets \$20/person (kids 12 & under FREE)**  
 ☆ Contact Hal at 808-864-5683 ☆