

COMMUNITY

Suicide prevention resources available

Deschutes County Health Services – Suicide Prevention Program reminds local residents of available resources as we enter the holiday season.

While the holidays can be a season of cheer, it can also be a difficult season for those who have lost a loved one — whether to suicide or other means.

Local suicide prevention resources are available at www.deschutes.org/suicideprevention or on the Central Oregon Suicide Prevention Alliance’s website at www.preventsuicideco.org. The Deschutes County Crisis Line is also available 24/7 at 541-322-7500, select option 9.

“Suicide is a very complicated act,” the health department noted in a press release. “No one single thing causes it. However, in many cases, a mental-health condition can be part of it, and these conditions

are treatable. It is important to reach out for help. There are signs that may mean someone is at risk for suicide.”

Suicide warning signs are:

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Action that is anxious or agitated; behaving recklessly.
- Sleeping little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.



PHOTO BY SHERVIN LAINEZ

Dustbowl Revival returns to Sisters in one of a series of winter concerts staged by Sisters Folk Festival.

Festival announces winter concerts

Tickets are now on sale for Sisters Folk Festival’s 2020 Winter Concert Series. A three-show series pass and individual concert tickets are available.

This year’s series features compelling bands all fronted by dynamic women — including standout mandolin player Sierra Hull — bringing timely and innovative Americana music to Sisters this winter. The dates of the three-show series are January 15, February 21 and April 9, 2020.

On Wednesday, January 15, Las Cafeteras will return to Sisters with their socially engaged show and uplifting, positive message. A product and reflection of the diverse, hard-working, politically active neighborhood of East Los Angeles, Las Cafeteras presents songs of activism and celebration on their second studio album, “Tastes

Like L.A.” The album offers a powerful counterpoint to the current dominant news narrative, while encouraging people of all backgrounds to cherish both what makes them unique and what unites them all. With open hearts and open minds, Las Cafeteras offers a timely and affirmative statement to confront a troublesome time.

Over the past decade, Las Cafeteras has demonstrated that in art as in life, borders are meant to be crossed. Las Cafeteras’ new album includes songs about longing for home, love, joy, community and the fight for a better world. Citing inspiration from Nina Simone’s quote, “It is an artist’s duty to reflect the times,” members of Las Cafeteras use their music to tell stories about the streets where they were raised, the communities they live in today and their dreams for

the world they hope to see in the future. With their infectious and uplifting spirit, Las Cafeteras demonstrates that while the struggle for peace, justice and equality is a serious matter, it doesn’t mean that you can’t have a good time along the way. If anything, the joy they bring to listeners offers an inspirational soundtrack for the march toward a better future.

On Friday, February 21, Dustbowl Revival will perform their horn-driven, up-tempo Americana music that spans genres and topics with ease and intention. Dustbowl Revival has always been about pushing the boundaries of what American roots music can be. In many ways, they could have continued creating joyful, booty-shaking songs and cut-to-heart folk-rock ballads that lift up

See FOLK FESTIVAL on page 26

Sheriff’s sergeant averts tragedy

A sheriff’s deputy pulled a man out of harms way during a response to an accident east of Sisters in Tumalo.

On Wednesday, November 27, the Deschutes County Sheriff’s Office responded to a multiple-vehicle crash at Tumalo Road near Swalley

Road.

According to a sheriff’s office social media post, Sgt. James McLaughlin was assisting with traffic control when a pickup began sliding down the grade toward

See CLOSE CALL on page 30

SISTERS AREA MEETING CALENDAR

BOARDS, GROUPS, CLUBS

Al-Anon Mon., noon, Shepherd of the Hills Lutheran Church. 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.

Let’s Talk, Sisters 3rd Mon., 5:45 p.m., Paulina Springs Books. 541-815-2088 Citizens4Community.com/events

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 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., The Lodge in Sisters. 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 Speak Life Cancer Support Group 2nd & 4th Wednesday, 1 p.m. Suttle Tea. 503-819-1723.

Sisters Trails Alliance Board 1st Wednesday, 5 p.m. Sisters Library. 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 Monthly on a Friday. Call 541-549-4133 for date & time.

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 2nd & 4th 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