



## Of a certain AGE

Sue Stafford  
Columnist

### Reach out and stay connected

To my way of thinking, there are a multitude of good reasons for living in a small town, especially here in Sisters where neighbors help neighbors.

Since taking a temporary leave from my writing assignments for *The Nugget*, I have received kind offers of help and a lovely handwritten note from a *Nugget* reader whom I've never met, wishing me well. Friends and neighbors have been checking on me regularly. My neighbor, Jim, cleared my driveway and front walk after our last snow. I guess I just started my social distancing a little early, for which I am thankful.

Last Thursday, the spirit of caring here in Sisters came right to my front door. I have enjoyed a rewarding relationship with the Sisters Garden Club, initially as an active member the first few years after I moved here. More recently, I have been writing articles about their

annual Quilts in the Garden tour held the Thursday of Quilt Show Week.

The garden club has always been generous with their monetary support of various community programs and organizations. Last week their generosity, totally unexpected, extended to me. Two of their members, Tim Toth and Ruth Palmer, brought me a beautiful white orchid plant with a colorful heart-shaped plate on which to set it and a generous gift certificate to an online food delivery service. To top it off, Ruth and Tim raked up all the pine needles and cones in my front yard (and there were tons).

The kindness and generosity of the Sisters Garden Club toward me, is an example of the way Sisters residents pull together and offer support, not only in times of difficulty but year-round.

Currently, we are all living through an unprecedented health crisis that is impacting every facet of our lives. We each have the ability to do something. Call and check on elderly or disabled neighbors. Offer to help out a family with children out of school or parents out of work. Run errands, deliver groceries, pick up prescriptions, leave a surprise like home-baked cookies or a bouquet of flowers on someone's doorstep. Drop a line to a friend. Let someone know you are thinking of them.

We are all in this together. Whether or not you can leave your house, reach out and stay connected.

# Running commentary: the forest soothes

By Charlie Kanzig  
Correspondent

As I watched my dogs Kinzua and Raven race up the red cinder 1008 road just north of Cold Springs Campground, I paused to take in my surroundings: mature, sun-splashed, yellow-bellied ponderosa pines towering over the manzanita covered forest floor, birds singing songs of spring, and a smell of thawing ground.

If we've got to practice social distancing, our forest is the place to do it.

We Sisters Country people understood long before the coronavirus that we live in a special place, but being able to walk in the woods rather than sheltering in place made me feel more grateful than I have felt in a long time.

Simple pleasures.

Getting outside is good for the body and soul, maybe now more than ever before. Thank goodness we can still bike, hike, run, climb. Given that until at least April 28 school as we know it will be off-limits, some of my friends in education are embracing the chance to begin a six week (or more) training program to prepare for running races that will, hopefully, be available in late spring or early summer.

I think we are all looking to find some order in our lives that have been turned upside down by this pandemic. Planning a training regiment is a good way to do that.



PHOTO BY CHARLIE KANZIG

The forest is good for the soul.

Spring races throughout Central Oregon are being called off or postponed. Sean Meissner, longtime director of the Peterson Ridge Rumble, pulled the plug on the race originally scheduled for April 26. Seventeen years of existence has made the Rumble almost a rite of spring for distance runners and I know Sean is heavy-hearted to have to nix the event for 2020.

We are social beings and runners love to gather. Even today as I soaked in the solitude of the forest I did feel a sense of loneliness for part of the time. The beauty of nature is enhanced when shared, so I imagined whether I could invite all my running friends to meet at the 1008 road, safely spaced apart, and do an out and back run in which we could at least simply wave or

say a quick hello as we passed one another on the course.

Since I don't want to create a health hazard or get on the wrong side of the CDC, I won't be "organizing" such an event, but I do hope I will at least see — albeit at a safe distance — some of you out on the trails in the weeks to come.

But, looking to the future, with the loss of the Rumble and perhaps other local events, it might be a good idea to gather a group together for AFTER the pandemic has lifted and organize a new run, one to celebrate resilience, cooperation, community spirit, our natural surroundings, and even life itself.

Any takers? Feel free to contact me if you have ideas at [charliekanzig@gmail.com](mailto:charliekanzig@gmail.com).

## Portraits OF SISTERS



PHOTO AND STORY BY *Cody Rheault*

The intricate workings of a time-keeping device don't deter *Andrew Dekeyser*. A watchmaker for *Beacham's Clock Company*, he dove into the art of horology early in his high school years. Influenced by a family of engineers, Andrew says the precision of watchmaking intrigued him. He graduated from watchmaking school in Lancaster, Pennsylvania in 2007 and joined Beacham's in 2013. Over the years he says the variety of devices he works on keeps his interest. And after seven years, he no longer hears the persistent flutters and ticks of the clocks visitors come to experience. When you walk into Beacham's you can find Andrew's trained eye looking closely at the intricate workings of timepieces, he's quick with a smile and equipped for all your questions. Just don't ask him what time it is.

This week's "Portraits of Sisters" presented by *The Nugget Newspaper*.

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