

COMMUNITY



PHOTO PROVIDED

“Our McKenzie Pass” painting by Sisters artist Dan Rickards.

My Own Two Hands event goes online

In light of the COVID-19 pandemic, Sisters Folk Festival will host the annual My Own Two Hands art fundraiser as a completely online silent auction.

The virtual auction will open on Friday, May 8 and close on Saturday, May 16, with more than 70 different items coming up for bid during that time. No ticket purchase is necessary to participate in the auction, and bids

can easily be placed from the comfort and safety of home via your cell phone or internet-connected device.

Since 2002, local and regional artists have donated tens of thousands of dollars' worth of artwork to My Own Two Hands (MOTH) in support of Sisters Folk Festival's mission of providing comprehensive music and arts education. SFF recognizes the arts and music sectors have been among the hardest hit economically due to restrictions on public gatherings during COVID-19, and also that humans turn to the arts for comfort, especially during these unprecedented times.

Crista Munro, SFF executive director said, “Like so many other arts nonprofits, Sisters Folk Festival faces an uncertain future. It's critical that we move forward with our biggest fundraiser of the year — despite the current situation — and our hope is that the online auction format will increase exposure for the tremendously talented visual

artists who've been so generous to SFF through the years.”

The organization anticipates reaching a larger, more worldwide audience than ever before by going virtual and encourages folks to share the auction link with friends and family and anyone who wishes to support music and arts programming in the Sisters schools and community.

Munro said, “The safety and well-being of our guests, artists, musicians, sponsors, Folk Art Circle members, volunteers, vendors and contractors is our top priority. Hosting an online auction is currently the only safe way to offer this beautiful art to our community, and it will help us to continue our programming into the future.”

SFF hopes the My Own Two Hands online art auction fundraiser will provide much-needed money for core mission support while showcasing the dozens of Central

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Five Panels, Five Leaves Lamp by Ken Scott, metal sculptor.

Nature connection helps locals of all ages

By T. Lee Brown
Correspondent

The act of consciously being in nature is remarkably good for mental health and brain development. Simple techniques such as the “sit spot” help people lower their stress levels and feel more in tune with their environment. Life coach and nature connection instructor Susan Prince helps people learn how. During the COVID-19 crisis, she is offering free sessions to help people cope.

Anthropology and neuroscience, among other disciplines, suggest that aware time in nature “activates different parts of our brains.

This is how humans learned!” said Prince. “Everything we learned about how to survive was through our senses.”

The knowledge gained over thousands of years, long before books and the Internet, still sits within all of us. According to Prince, “we don't often use it. So when we do use it, we're firing up parts of our brains that are latent.”

Last year, Prince led sit spots with Sisters High School freshmen from Rima Givot's classes. At the edge of the forest, “they spread out from each other — social distancing — and went to their

See **NATURE** on page 8

Golden eagle cam active in Sisters

Raptor enthusiasts in Sisters can enjoy an astonishing view of the life of golden eagles thanks to the East Cascades Audubon Society cam project along Whychus Canyon.

ECAS bears the out-of-pocket expense of running the camera. Several volunteers and the property owner where the camera sits contribute to the considerable effort required to keep this activity running through the nesting season.

Volunteer Jim Hammond noted, “For many years we have been streaming live video from a golden eagle nest on Whychus Canyon right here in Sisters. Folks can look there and see what golden eagles look like from hatching until and past when they leave the nest.”

Eagle parents, Petra and Rocky, have one eaglet in the nest now and that eaglet, named Aspen, is thriving. It

See **EAGLE CAM** on page 15

As the COVID-19 crisis affects gatherings, please contact individual organizations for their current meeting status or alternate arrangements.

SISTERS AREA MEETING CALENDAR

BOARDS, GROUPS, CLUBS

Al-Anon Mon., noon, Shepherd of the Hills Lutheran Church. / Thurs., 10 a.m., 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, SPRD bldg. 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) 2nd & 4th 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.

Citizens4Community, Let's Talk 3rd Monday, 5:30 to 8 p.m. RSVP at citizens4community.com

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 1st and 3rd Thursdays, 5:30 p.m., Takoda's. 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 Monday, 5 p.m. Sisters Library. Public welcome. 808-281-2681.

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 2nd Tuesday, 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, 3:30 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, 4:30 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