

Sisters Country birds

By Douglas Beall
Correspondent

The Green-tailed Towhee [*pipilo chlorurus*], with its distinctive rust crest, is a somewhat secretive ground-nesting bird. On occasion a Towhee uses porcupine hair to line its nest, where it lays four to six pale blue, heavily spotted eggs which hatch in 11 to 14 days. The chicks will begin foraging in 11 to 14 days. This Towhee will protect its nest by raising its tail and skittering off mimicking a ground squirrel to distract predators.

As a ground forager, it spends most of its time on the ground or in thick cover, scratching about

industriously in the leaf litter, often under Manzanita so it may go unnoticed. But its catlike mewing call, which it often gives from a brushy perch, is one of the quintessential sounds of the shrublands of the east slope of the Cascades.

The Green-tailed Towhee is the smallest and only entirely migratory towhee. Their scientific name roughly translates to “colorful chirper.”

A group of Towhees are collectively known as a “tangle” or a “teapot” of Towhees. For more Green-tailed Towhee images, visit <http://abirdsings.com/recent-journeys>.



PHOTO BY DOUGLAS BEALL

The Green-tailed Towhee.

Featured Volunteer – Liz Weeks

By Kema Clark
Correspondent

Liz Weeks has been volunteering at the Kiwanis Food Bank (KFB) for over six years — and has no plans to stop.

“Every one needs help sometimes,” Liz says. “It’s very satisfying to assist our clients in getting the food they need. I want all our clients to feel welcome and understand we can help.”

Before the COVID-19 crisis, Liz volunteered at the KFB every Thursday for the five hours they were open.

“I enjoyed getting to know our clients, finding ingredients they needed to cook in the kitchen, or finding food they could cook outside,” she said.

During the disruptions of the COVID-19 shutdown, the Food Bank had to shift its mode. Clients parked outside and got a menu and order number, choosing 35-40 items. Weeks was one of the volunteers who then filled their shopping cart.

Liz has also volunteered at the Tigard overnight shelter, Portland’s Potluck in the Park and the Boys and Girls Club. At one Central Oregon women’s prison, she taught quilting for two years, and has continued to help by accepting donations to be delivered.

Former Food Bank resource officer Tom Hesse said Weeks is one of the “hearts” at the Kiwanis Food Bank.

“Liz is very dedicated and very honest with feedback or suggestions. During



PHOTO PROVIDED

Liz Weeks serves the Sisters community through the Sisters Kiwanis Food Bank.

the cold winter months, the big pots of baked beans prepared for brunch by Liz were greatly appreciated by all our clients.”

Like Liz, about 50 percent of the Food Bank volunteers are community volunteers, not members of the

Kiwanis Club.

The Kiwanis Food Bank is fully stocked now. They encourage anyone who has food or supplies to give as much as they can to other Sisters nonprofit organizations or to other Central Oregon Food Banks.

Volunteer Opportunities

Does your Sisters-area organization need volunteers? Let *The Nugget* know so we can share your opportunities with the citizens of Sisters. Email the details to lisa@nuggetnews.com.

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