

**C O M M U N I T Y**



“Weight of Water” by Martha Phair Sanders.

PHOTO PROVIDED

## Artists interpret water theme

Journeys Art Group of Central Oregon will present its 13th Annual Show with 12 interpretations of the theme “Water Dance,” opening Friday, September 25, at Twigs (adjacent to Stitchin’ Post) at 311 W. Cascade Ave. An artists’ reception will be held from 4 to 6 p.m.

The theme is expressed lyrically: “Water is life-giving and precious. Water is mesmerizing, serene, and reflective.

“Water shimmers and sparkles in blue, green, brown and gold. Water roars, bubbles, gurgles and bubbles.

“Water is a spray, a splash, a wave, a ripple or a trickle. It dances, telling a story as it finds its own way.”

Members of Journeys include Judy Beaver, Helen Brisson, Sheila K. Finzer, Betty Gientke, June Jaeger, Jean Wells Keenan, Tony Phillips, Donna Rice, Martha Sanders, Marion Shimoda,

Mary Stiewig and Jan McBrien Tetzlaff.

“Weight of Water” by Martha Phair Sanders (pictured above) is one of the featured pieces that addresses the theme. It is the work of women to carry the load of supplying water to the family. Every day women in underdeveloped countries may walk miles to collect water for their basic needs and many may walk there several times each day.

## City contracts for snow removal

Snow removal in downtown Sisters is expected to be easier and more consistent this winter under a new City initiative.

The City of Sisters has approved a contract with Tewalt & Sons Inc. for downtown snow removal. The City Council wanted to provide snow removal consistency throughout the downtown to make it more walkable for residents and visitors, and provide sidewalks and parking that are

more ADA compliant.

The City is funding this program through the Street Fund; money was budgeted in the FY 2020/21 budget.

The contract applies to the downtown commercial core from Hood Avenue to Adams Avenue and from Pine Street to Locust Street on all public sidewalks, parking areas and alleys, not private. Letters recently went out to all property owners in the downtown core explaining the new process.

## Fall fruits and veggies are great for health

By Jodi Schneider  
Correspondent

Cooler days mean cozy, comforting meals. Fall is a time of year when many people look forward to savoring seasonal flavors.

September signals the start of autumn, and with it comes a bounty of delicious and healthy fruits and vegetables. With splashy colors and striking shapes, you could use fall harvest vegetables as centerpieces, porch decorations or maybe even homemade bird feeders. But the best thing you can do with fall veggies is to work them into meals.

Dig into fall fruits like apples and cranberries, which offer essential

vitamins and antioxidants that slow aging and may help fight cancer.

The apple is one fantastic fall crop. A warm slice of apple pie is the quintessential American comfort food! Apples offer a variety of health-giving properties. There really is fact behind the old adage “an apple a day keeps a doctor away.”

Apples contain high levels of important dietary fiber — it’s what keeps digestive systems happy and healthy — and contain high levels of antioxidants called flavonoids, which have been found to help protect against heart disease, heart attacks, and certain cancers. Apples

See FALL VEGGIES on page 17

As the COVID-19 crisis continues to affect gatherings, please contact individual organizations for current meeting status

## 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. 541-610-7383.

**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 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, Noon, Aspen Lakes. 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 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