

# COMMUNITY



PHOTO PROVIDED

Outlaw Martial Arts recently celebrated the achievements of numerous taekwondo black belts. Some are new black belts, some have achieved higher ranking.

## Martial artists mark milestones

By Jim Cornelius  
Editor in Chief

Reaching the rank of black belt at Outlaw Martial Arts is no small achievement. It recognizes not only a high level of skill in taekwondo, it also reflects commitment, dedication, discipline and fortitude.

This fall, several students at Outlaw Martial Arts reached the level of black belt for the first time, or achieved a higher ranking.

The decade-old dojo in Sisters has evolved from its roots in taekwondo. Brazilian jiu jitsu is now an integral part of the program, and founder Marty Kaczmarek, better known as Master K, has handed the reins to skilled martial artist and teacher Tony Gonzalez.

“We’ve really switched to a mixed martial arts school

over the years, but honoring our roots and tradition has been very important to me,” Kaczmarek told *The Nugget*. “And Tony knows that as well.”

The coronavirus pandemic has forced the school to adapt, as have programs of all kinds across the nation. The ethic that lies at the bedrock of the school positions Outlaw Martial Arts to weather the storm.

“Perseverance is a true tenet that people can rally behind,” Kaczmarek said.

Perseverance is a hallmark quality for the Buller family, who have practiced martial arts at the school for most of the time it has been in existence in Sisters. Angela, Emmitt, and Kathryn Buller each earned their black belt this fall, and Jeremy Buller achieved the rank of 2nd Dan

Black Belt.

Emmitt started very early — as a youngster who had a lot of anxiety about separation from his parents.

“He didn’t want to start,” his mother Angela said. “We put him into martial arts. He needed more structure.”

Emmitt, his family, and Master K all acknowledge that it was a rough start, but Emmitt persevered and hit his first turning point.

“When I turned 6, I wanted to be in the big kid class,” he recalled.

And now, at age 11, he is a black belt — a status Master K says was well-earned. He says his favorite aspects of training are board-breaking and boxing.

His sister Kathryn, 14, has found a high level of poise

See **BLACK BELTS** on page 22

## Schools form partnership for grief, loss, trauma help

By Charlie Kanzig  
Correspondent

Counselors for the Sisters School District have been collaborating with other agencies to better respond to grief and loss, in part following the deaths of two high school seniors and a recent graduate.

The community was rocked by the tragic loss of young lives earlier this fall, which underscored the ongoing need for resources to help both students and adults be aware of information, resources and other forms of support in our area.

In addition to the recent

vehicle accidents, Sisters has experienced a number of other losses of young adults in recent years due to suicide.

Jessica Jacks, the prevention programs supervisor for Deschutes County mental health, and Joel Stutzman of Central Oregon Chaplaincy have been collaborating over the past few weeks with Sisters Middle School counselor Brook Jackson, high school counselor Lindy Weddel and school nurse Trish Roy, among others, to provide in-school and community support associated

See **GRIEF** on page 19

## Community Thanksgiving dinner will go forward

By Jim Cornelius  
Editor in Chief

Many events in Sisters have been disrupted or canceled this year, but the hardy volunteers who provide a community Thanksgiving dinner each year at Sisters Community Church are undeterred.

The meal will go forward from noon to 4 p.m. — primarily on a to-go basis.

Longtime event coordinator Jennifer Seher told *The Nugget* that the event is just too important to too many people to completely

forego due to the coronavirus pandemic.

“We’re doing Thanksgiving because a year ago, it was something everyone was looking forward to,” she said.

Volunteers will put together the dinner with all the fixings in the church kitchen.

“The food is already donated. Josh (Reed) from Three Creeks (Brewing Co.) is going to partner with me this year to do the cooking,” Seher said.

See **THANKSGIVING** on page 13

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

## SISTERS AREA MEETING CALENDAR

### BOARDS, GROUPS, CLUBS

**AI-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., meeting by Zoom. 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** Meeting by Zoom. 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, 3:45 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](mailto:lisa@nuggetnews.com)