



Village Life

HDV Member Profile



After nearly 20 years in the Kansas City, Missouri area, **Deb and Tom Goodall** decided to return to the Pacific Northwest to be at least within striking distance of their children in Tacoma, Seattle and Pasco, Washington. They moved to Bend in late 2013, a few months after Deb retired from a 25-year career promoting and administering community college technical programs in Tacoma and Kansas City. She served her last five as president of the Metropolitan Community College's Business & Technology campus. Tom, who served two tours in Vietnam (1969-71), U.S. Marine Corps, First Division, spent his entire career in the construction field, progressing from journeyman carpenter to project manager with Chevron Energy Solutions, overseeing major institutional energy retrofit projects throughout the country.

The Goodalls, who joined HDV last April, love living here. Deb earned her Master Gardener certification through the OSU Extension Service in 2016. She volunteers at the Extension and is part of a small team that tends the city's Libby's Garden downtown. She was recruited last summer to chair her neighborhood's common gardens committee. She served six years on the Heart of Oregon Corps board, and, having learned Spanish growing up in Mexico City, looks forward to tutoring ESL grade schoolers in reading as schools open up again. Tom, who grew up in upstate New York, is an avid fly fisherman and public lands hunter. He looks forward to his annual spring turkey hunts in the Midwest. Both Deb and Tom enjoy reading, crossword puzzles, home projects and walking their puppy Finn-ito.

Having cared for Deb's mother for five years before she passed at 95, the Goodalls fully appreciate all that High Desert Village offers and look forward to engaging with fellow members *in person* in the future!

Watering: An Essential Winter Gardening Task

Too often when winter weather hits, gardeners put their tools away and maybe even their feet up, thinking their good work is done until spring. But the watering our trees and shrubs is a most important High Desert gardening task.



After plants drop their leaves and go dormant, roots can and do grow during the winter months whenever soil temperatures warm sufficiently. They need moisture to survive and thrive. Successful cold climate gardeners contend plants die faster or suffer severe damage if their roots freeze dry rather than wet. Trees and shrubs that have been deprived of water during the winter may appear perfectly normal and resume growth in the spring thanks to stored food energy. But all or parts of plants whose root systems did not receive enough winter moisture often die in late spring or summer. They can be more susceptible to insect and disease problems.

Don't be lured into thinking that because there are a few inches or more of snow on the ground that your plants are getting watered. At 30 degrees Fahrenheit, 10 inches of snow equals only one inch of water. Further, if the ground is frozen, most plant roots can't absorb enough moisture from the ice crystals in the soil. This is especially challenging for evergreens that continually lose moisture lost through their needles and leaves.

The best way to winter water is with a deep-root water needle or a soaker hose. Since the feeder roots of most mature deciduous trees and shrubs are in the upper 10-12 inches of the soil around the plant's dripline, saturate that area slowly with the recommended water amounts. Evergreens need water distributed 3 to 5 feet beyond their drip line in multiple places around the plant. If you're using a deep-root needle, insert it only to the 8-inch notch and let the water slowly saturate the soil below.

Central Oregon enjoys many sunny days with no snow pack. **Take advantage of them!** Water your plants when air temperatures are above 40 degrees Fahrenheit but finish by mid-day so the water soaks into the soil before freezing night temperatures. Remember, too, that 4 inches of mulch helps soil retain moisture in the soil. Just be sure to keep the mulch about 6 inches from the tree trunk itself.

Any plant that isn't well established is going to need special attention, but even well-established plants with shallow root systems are at particular risk. These include birches, aspens, various maples, lindens, dogwoods, willows and mountain ashes. Give special attention to spruce, fir, arborvitae, yew, Oregon grape-holly, boxwood and Manhattan euonymus. Drought hardy natives usually require much less water than species native to areas with high rainfall.

Deb Goodall, Master Gardener

The Music Corner



Here is a tribute in song to all of the COVID frontline heroes. Despite his appearance, this artist is not clowning around. Click on the link below and enjoy!

<https://www.youtube.com/watch?v=xAt8Sbf08-o>

To Your Health

Remember when filling out your online registration for the COVID vaccine, you were asked to identify your gender with options of: female, male, other, or X. Times have changed!

Most of us had "sex ed" in 5th grade. Remember how they separated the girls from the boys? Our kids had sex ed in the 70s or 80s and now our grandkids are having it and it is a much different experience. For those of you who don't know, I was known as the "condom lady" in the 70s in Bend (ask Jim and Denise Mahoney). Besides starting the first family planning clinic, I helped develop sex education programs in several churches, consulted with junior highs, and then in the late 80s started the first "Human Sexuality" classes at COCC.

As a nurse practitioner in private practice I had two transgender adult patients, both male to female (probably the first in Bend to be "open" and going through treatment). No one else in town was working with them so I consulted with doctors in Portland. I currently have three sets of friends with grandchildren who are identifying as transgender. Luckily the families are all in Portland or Seattle area and have access to many supportive resources. My point is "TIMES HAVE CHANGED", as you will see in this short video. I, like others who have seen this, think it is "for the better"! Others "aren't sure." Click on the link below, and watch with an open mind.

Jan Hildreth, Health Advocacy Team Leader

<https://youtu.be/1j4rrgroKeU>

Fighting COVID, a Village Response

If we were still meeting once a month at a coffee shop or brew pub, I and many of your co-villagers would have a fantastical story to tell. It is the story of how members of our village are pulling out all stops to help other members get vaccinated against COVID. There are so many members who are stepping forward to help others that it is impossible to name them all. High Desert Village has been functioning like a fine tuned engine to accomplish this goal, and I have been inspired, energized and awed by all of you.

Our impact on vaccination rollout for our own village members has also spread beyond our village. We have assisted four other local groups with information and support during this time, and I hope that number will continue to grow.

We have seen what our village can accomplish. We will continue during this chapter of the pandemic as an efficient, seamless unit and then on to the next chapter and so on....

Please recall that it was Milo Thornberry, who, after being inspired by a book about the village movement twelve years ago, took action that lead to the formation of High Desert Village. I know that Milo would be proud of all of our efforts!

Pam DiDente, HDV Board President

HDV board meeting - Tuesday, Feb. 16, 4 p.m.

You know you're growing old when. . .your knees buckle, but your belt won't.