



High Desert Village

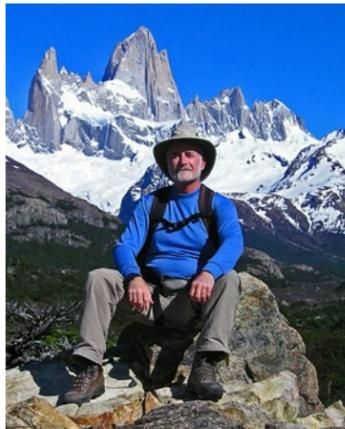


Friends Helping Each Other

Village Life

HDV Member Profile - Ron Hoyt

Although Ron has lived in Central Oregon for more than 30 years, he grew up in South Florida and launched his career in California. After earning degrees in geology and mathematics from Florida State University and a master's degree in computer science from Georgia Tech, he headed to the blossoming computer industry in California in the late '60s. He worked first in Silicon Valley and then Oregon's Silicon Forest in the Portland area for established and start-up companies. He eventually headed to Bend where he started his own computer consulting and software-development business.



Now a mostly-retired software engineer, Ron is on the Village's ComTech group and enjoys helping members with computer problems. Having served as a part-time instructor for several years in COCC's Computer Science and Community Education departments teaching both basic and advanced computer skills, Ron appreciates – and has patience with – learners at all levels.

He relishes all Central Oregon has to offer. He enjoys hiking, kayaking, cross-country skiing and a little snowshoeing. Although he bikes infrequently now, for several years he rode the annual 500-mile Oregon Bike Ride. Pickleball is his latest passion. He plays three or four times a week, indoors and out, summer and winter, in Bend and elsewhere around the country with a group of similarly afflicted buddies.

Active-outdoor travel is also high on his list, and there's usually some cross-country skiing or hiking in the mix. Past ski adventures have included trips to Canada's Mt. Assiniboine and the Italian Dolomites. He's hiked around Mt. Blanc in the Alps, the Canadian Rockies, France, Patagonia and Chiapas, Mexico. A recent trip took him to the Julian Alps of Slovenia. On his travels, Ron has been fortunate to visit various Mayan and Inca ruins. And as an ex-Floridian, he retains a strong interest in the ocean and enjoys tide pooling on the Oregon Coast.

As for at-home pursuits, word games like Scrabble and Bananagrams are favorites. A definite fan of the Deschutes Public Library system, Ron admits he was surprised to learn later in life that there are genres of fiction other than science fiction. And though Central Oregon is home, this ex-Floridian admits he wouldn't mind some coconut palms sprinkled among the junipers and the scent of night-blooming jasmine on a warm summer evening.

Deb Goodall

A Wonder of Nature

Most of us have experienced relationships with animals, be it household pets or domestic farm animals. Those experiences provide life-long memories of how close the human bond can be with another species, indeed a wonder of nature.

Here is a poignant story that makes that point. It tells of the bond between a mountain gorilla and her caretaker at Virunga National Park in the Democratic Republic of Congo.

<https://news.yahoo.com/mountain-gorilla-became-selfie-star-150300302.html>

Home Safety

As we head into the fall and winter months, HDV members are reminded that it is time to think about smoke alarms. "Having working smoke alarms installed and placed in strategic areas is critical," says Jack Crowell, American Red Cross Volunteer for the Cascades Region, Central and Eastern Oregon Chapter.

We are also reminded that the American Red Cross has a Home Fire Safety program and they will be happy to visit and share with us plus review our current alarms or install any new alarms at no cost. Their number is (541) 749-4144 and request to speak to Jack Crowell if you are interested in an appointment.



Being safe, not sorry will reduce stress and give us all a greater peace of mind.

Getting to Know You

By including a short bio in your listing in the member directory, we can get to know you a little better. You can do that by signing in to our website, clicking on the Members tab at the top and the Members Directory in the pull down menu. Click on your name and then the edit button at the bottom. Add your bio and then click save. That's it, you're done.

Music Corner



Alexandra Whittingham is a young and very talented classical guitarist from England. Here is her presentation of Capricho árabe, an 1892 work for classical guitar by Spanish composer

Francisco Tárrega. Enjoy this beautiful arrangement filmed at Eglise de St Pierre in Martignac, France.

<https://www.youtube.com/watch?v=P7ZLcUYzvnc>

To Your Health

"Just take a deep breath!" We've all heard that offering as a means to deal with stress, discomfort or pain. The origins for this remedial advice may well be rooted in ancient Chinese health practices dating back many centuries.

One of those practices is Qigong, a Chinese system of physical exercises and breathing control related to tai chi. Here is a more exacting definition. "By performing choreographed sets of physical movements, combined with specific breathing patterns and mental visualizations, Qigong reconnects the mind, breath and body creating a moving meditation. This has the effect of lowering stress hormones and stimulating natural healing opiates."



Reducing stress and promoting natural healing is a worthy objective, especially for those of our age group. To that end, my wife Joette and I have been doing a Qigong exercise each evening that promotes more restful sleep. We both have experienced subtle changes and improvements in our sleep patterns. The exercise we follow can be found here: <https://www.youtube.com/watch?v=ibJXZZvp344>

There are many Qigong practitioners offering instruction on line. Find the person and exercises that make you feel most comfortable. Here is another instructor that we follow. <https://www.youtube.com/watch?v=M5gaylBo3ZE>

Practicing Qigong can promote mindfulness, a type of meditation in which you focus on being keenly aware of what you are sensing and feeling in the moment. Now, take a deep breath and exhale slowly, again, one more time. Peace!

Gene Storm

New Board Member

The newest member of the HDV Board of Directors is Richard Clemens. As a member of the ComTech Team, he volunteered to step into the lead position for the team and became a board member in doing so. The expertise of the ComTech team is vital in keeping our village functioning. Thank you, Richard, for stepping up to serve.

Website News

The updated HDV Members Handbook is now available. It is located in the Member tab drop down menu. In addition, we now have a preferred vendors list on the website. It is located under the Member tab "Vendors our Members Recommend." Then Click "Local Vendors" to open. Touch the words Sheila Balyeat's local vendors list, then click the website link to open the document. This was provided by Sheila Balyeat of Cascade/Sotheby's in Bend. Thank you to Irene Nuzzo for arranging our access to this list.

OLD WORDS AND PHRASES

by Richard Lederer

Recently, I illuminated old expressions that have become obsolete because of the inexorable march of technology. These phrases included "don't touch that dial", "carbon copy", "you sound like a broken record" and "hung out to dry".

Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker and straighten up and fly right. Hubba-hubba! We'd cut a rug in some juke joint and then go necking and petting and smooching and spooning and billing and cooing and pitching woo in hot rods and jalopies in some passion pit or lovers' lane. Heavens to Betsy! Gee whillikers! Jumpin' Jehoshaphat! Holy moley! We were in like Flynn and living the life of Riley.

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers. Oh, my aching back. Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, "I'll be a monkey's uncle!" or "This is a fine kettle of fish!" we discover that the words we grew up with, the words that seemed omnipresent as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

We of a certain age have lived in changeful times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory.

**High Desert Village Board Meeting
Tuesday, October 19 - 4 p.m.
Via Zoom**