



Village Life

HDV Member Profile -

Joe and Karen Gardner visited Bend in 1989 to look at companies for sale, and immediately fell in love with the small-town ambience (18,000 population), the blue skies, rivers, clean air and water, and total lack of traffic congestion.

Within two weeks they had purchased a house, a 4 -WD truck and Overhead Door Company of Bend and moved to Central Oregon with two daughters, ages five and eight, in tow.

Joe was born in the Philippines, and lived there until he was 13. His father was a Marine who went to the Philippines during General MacArthur's liberation from Japanese occupation in WWII. His father remained in Manila and married, working as the head of American Express, Orient Division. Joe has also called Houston and several cities in California home.

His varied professional positions were primarily administrative which made him a natural to own and run the Overhead Door Company (Cascade Garage Doors) before selling it in 2009. Joe held positions as a product manager for a manufacturing company, director of a division that provided refurbishing coatings on military and commercial aircraft and president of a vitamin manufacturing company.

Joe has led an active life participating in golf, tennis, pickle ball and hiking. Current age and health issues limit participation in those activities today. He also enjoyed volunteering with CASA (Court Appointed Special Advocate). At CASA he helped represent foster care children in court. He really enjoyed being in the courtroom.

Joe and Karen share a passion for seeing the world by extended cruising – the longer the better. Their longest sojourn was 139 nights. They are looking forward to several more years of cruising to new locations. Next up they head to French Polynesia.



Renee Iverson

Village News - Welcoming New Members



New members, left to right, front row Mary Bailey, Kathy Jensen, Renee Iverson, Robin Reed and Jim Sterling. Back row, Thom Iverson, Holly Thompson, Ida Gurule', Karen Gardner and Joe Gardner

Ten new members of our Village were introduced to the Board members and Team leaders at an Oct. 25th orientation. President Richard Clemens spoke about the organizations governing format and gave a primer on using the website.

Among the newbies are: Mary Bailey, Joe and Karen Gardner, Ida Gurule', Renee and Thom Iverson, Kathy Jensen, Robin Reed, Jim Sterling, and Holly Thompson.

They come from various backgrounds but with some connections to members. Mary Bailey's sister went to school with Pam DiDente in Tacoma, where Ida Gurule' also spent some time.

Holly Thompson may have come to Bend from the farthest as she was an East Coast resident before moving here.

We look forward to getting to know them all better as they participate in team activities and perhaps start some new activities as well.

Joette Storm, Membership Team Lead

Music Corner



Israel Ka'ano'i Kamakawiwo'ole, or simply IZ, is the lead singer in this arrangement of **Sailors of Fortune** by **The Makaha Sons of Niihau**. A beloved figure in Hawaii, IZ -- 38 when he died in 1976 -- was given a state funeral and the Hawaiian flag was flown at half-mast. Enjoy his voice and music.

<https://www.youtube.com/watch?v=aRdKo4Cztnc>

HDV Board Meeting Report

The High Desert Village Board of Directors met on October 17th and conducted the following business.

Team Updates:

Drivers - Team Lead Craig Withee is stepping down and Board member Denise LaBuda will temporarily fill in. She will meet with the team and introduce the revised policy and new agreement documents. All drivers will need to sign the agreement. *We need a permanent Drivers Team Lead. Please let Richard or any board member know if you can take this position.*

Helping Hands -New Team Leads Jane McEldowney and Debbie Fields are working with the team, generating some new ideas. One is a possible dog sitting exchange; another is use of a buddy system with Medical Advocacy to work with members with an ongoing medical issue who need extra check-in.

Membership - Orientation for our newest members is set for October 25. We have a full roster of 81 members, with 5 people on the wait list. Team Lead Joette Storm hopes to inaugurate a buddy system for these new members. The current membership boundary was briefly discussed. We need more information and will take this up again in January.

Health Advocacy – This team has been busy, although specific data remains confidential. Members have been navigating themselves regarding vaccines. There are some reports of recent Covid cases and there are likely more cases among the Village. Team members are looking into Air Medevac membership programs members can join and will report the results of their research.

Newsletter - At our January 16 meeting, the board will discuss additional ways to use the newsletter to disseminate information about the Village.

A need to be well-versed in understanding and navigating our Website was expressed. The **Com-Tech Team** will look into providing a workshop for new and old members.

Please let any board member know of any HDV need or issue you would like to bring to our attention. We welcome your input!

Nancy Tyler, Secretary

To Your Health

Do You Know This About Breast Cancer?

A recent survey found that 93 percent of adults can recognize a lump as a sign of breast cancer, but less than half know other signs. Other things to look for are: retracted, inverted or downward-pointed nipple; breast puckering, especially when you raise your arms; thickening of the skin; and nipple discharge. And know, not all breast lumps, etc. are cancer. Best to get it checked.

But remember, men have breasts too! About one percent of breast cancers occur in men, but their prognosis is often worse, because detection is often delayed. About 530 men will die this year from it! In men, the most common signs are: a painless or tender lump (easily ignored and explained away!); thickening in the chest or underarm; nipple discharge (unless you have been using a lot of marijuana!) or bleeding. Men tend to be diagnosed at an older age and with more advanced disease than women. Men's breast cancer made the news recently with the death of actor Richard Roundtree. He was diagnosed 23 years ago and helped to start public awareness of breast cancer being a men's disease as well.

As part of the October National Breast Cancer Awareness month, Male Breast Cancer Awareness Week was officially set by President Biden in 2021, as October 17-23. You can support male breast cancer awareness by wearing blue with your pink ribbon, or making a blue dot on the pink ribbon.

Jan Hildreth
Health Advocacy Team Lead

A Sign of the Season

Fall is a season of transition. Gone are the hot days of summer and the snow and cold temperatures of winter loom on the near horizon. With fall come the changing colors that are in abundance on the foliage around Bend.



Just as no two snowflakes are exactly alike, each leaf is unique as to color, size and shape. Among perhaps the millions of leaves on the ground in Drake Park, one in particular caught my eye recently. The variegated color scheme stood out among the sea of leaves. I could not leave it behind, so offered it as a small token of the season at the Backporch coffee shop downtown.

Here is that moment in time.

Gene Storm, Editor