



Village Life

HDV Member Profile - Robin Reed

Robin Reed worked in community development for 20 years, the first 5 years managing public works projects and housing rehabilitation programs in Illinois, followed by 15 years as a consultant to local NPOs in rural communities in the Western U.S. to develop affordable housing or safe drinking water and to federal agencies (EPA, HUD, USDA) on regulatory issues.



She later raised funds for Seattle Center Foundation and for Puget Sound non-profits. She finished her career with the USFS preparing legal agreements or grants for projects in partnership with other federal agencies or non-profits such as The Nature Conservancy. She's grateful that there was never a job she truly did not love.

Robin moved to Bend in 2014 from Missoula, transferring to the Deschutes National Forest to be near her mother. She has one son and four grandkids who love coming to Bend to ski, snowboard, and all the activities of Central Oregon. Robin also spends time in Seattle with friends and family going to football games to see grandson, Sawyer, play and granddaughter, Lola, lead the cheers.

Robin is retired now and spends time hiking, sewing art quilts, reading, gardening, caring for one dog and two cats and visiting her grandkids. In her younger years, she loved mountain climbing throughout California, from the Sierras to Mammoth. After 20 years of that, her body said STOP!

So she went on one last trip in 1999 to Nepal and Tibet "Two Faces of Everest" where she trekked 12 - 20 miles daily between monasteries and then drove overland from Kathmandu to Lhasa, Tibet. The trip changed her life -- she resigned her job four months later not knowing what the next adventure would be. In the future, she would like to take another trip overseas with her Seattle friends.

Mark Your Calendars

March Pub Night

Wednesday, March 27th, GoodLife Brewing Co., beginning at 4 p.m.
70 Century Drive, Suite 100-464
Going S. on NW 14th St., take a left after Albany Rd;
it is tucked in at the back of Dutch Bros.

A Sign of Our Times



Music Corner

Taimane Gardner is a Hawaiian born ukulele virtuoso and composer. She began playing the ukulele at age five and her years of musical experience come to the fore in this performance of Bach's "Toccatà." Enjoy!



<https://www.youtube.com/watch?v=6JX13LwnZss>

Preparing for the End of Life - Knowing What to Do

If you died tomorrow, would your spouse or children know where to find your passwords? Those security words and phrases have become the key to paying bills, checking finances and doing business. They can be important for those managing our affairs once we have moved on to the "final adventure".

Recently Jan Hildreth and Wendy Howard led a group of Villagers in an exercise reviewing our wills, trusts, directives and accounts for the inevitable time when they need to be administered. They explained the difference between hospice and palliative care and why it is important to review one's Advance Directive for clarity and alternatives.

Using examples from their personal experience as nurses, Jan and Wendy brought home the need to think about and discuss our wishes with family members. They provided a work sheet, "Your Conversation Starter Guide" that leads one to consider what is important and what one's family should understand about those needs.

Those who attended learned that the Physician's Order for Life Sustaining Treatment (POLST) that we may have signed, is only a guide for the emergency personnel who attend a person at home. It does not cover treatment in an emergency room or hospital. The refrigerator magnet with one's name and registry number can be accessed by an EMT to direct resuscitation.

If one wishes to donate one's body to medical research or life-saving transplants, the rules can be complicated. One may register a body donation on line www.medcure.org. The three hour session was informative and well worth the time in helping to prepare us for the inevitable. Thank you for a job well-done Jan and Wendy.

Joette Storm, Associate Editor

The End of Life presentation by Jan Hildreth and Wendy Howard last week was excellent and obviously the result of in-depth preparation. I will be making some trust and last stages changes. So, I am grateful to them for the presentation and comprehensive bibliography. About 20 HDV members attended. I hope they will offer this again so that more members can benefit.

Thank you, Pam DiDente

The Gardening Season is Upon Us - Almost

Spring has officially arrived and a recent spate of warm weather in Central Oregon may have you anticipating the fruits and vegetables of your gardening labors. But wait, there are challenges to successful gardening here in Bend that can be overcome if you do some basic research before planting those first seeds of the season.

One of the first things to know is climate zone for Bend. There are 11 zones across the country with one being the coldest and 11 being the most temperate. Bend is located in zones three to five. Choose your plant material that falls into that range. For our location, the average growing season is 80 to 90 days. Seed packets provide days to maturity information, a good guide when making decisions which varieties to purchase.

The Oregon State University Extension Service offers some excellent guidelines on gardening in Central Oregon. Soil conditions are critical to gardening success. The Extension Service says this about soils.

"Most Central Oregon soils are coarse with a sandy texture, and tend to be sterile with minimal organic matter. These soils need to be amended with organic material such as compost or aged manure to improve water-holding capacity, increase microorganism activity levels, and improve the overall health of the soil. The soil pH is generally between 6.0 and 7.0, which is neutral, and suitable for most plants. In some areas, the soil may be a bit more alkaline (pH above 7.0) and require soil amendments to reduce the pH. A soil test is beneficial in determining soil pH and the nutrient analysis of your soil."

A green house, raised beds, hoop tunnels and planter boxes can all lend to gardening success when used properly. Also, don't forget to protect your crops from hungry critters like deer and squirrels which can be equally problematic.

If you have ever enjoyed the bounty of fresh vegetables off the vine or out of the ground, you are aware of the rewards of planting a garden. Now is the time to schedule starts and a planting timetable to ensure a summertime reward. Good gardening!

Gene Storm, Editor



Garlic sprouts poking through the mulch are an early season sign of things to come.