



JUNE 2021



Village Life

HDV Member Profile - Jodi Grossman



For the past six years, Jodi has relished her work as a self-employed executive leadership coach, helping managers and teams break through obstacles to reach their goals. Improved technologies and new attitudes about working remotely have broadened her client base and given her the freedom to move to Bend from Boulder, Colorado.

"I work with all kinds of industries around the country and South America," Jodi says. "Tech, medical devices, healthcare, engineering – both established companies and start-ups. I also like working with non-profit leaders, and I have a special preference for supporting young women."

After growing up in Los Angeles, Jodi headed to the University of Colorado in Boulder, drawn by both its program in environmental biology and quick access to outdoor recreational assets. She worked for the Audubon Society after graduating and then led the Volunteer Naturalist Program for Boulder County Parks and Open Space for four years. She ultimately transitioned into corporate education, focusing on professional skills and leadership development. Starting her own coaching enterprise was a logical next step.

Jodi's 25-year-old twins motivated her to look westward. With her son in Boise and daughter in Portland, Bend was the ideal landing spot. Wanting to live somewhere she could walk to shops and downtown, she honed in on the River West neighborhood and found the perfect house.

Although still working nearly full-time, Jodi has enjoyed all the recreational amenities Central Oregon has to offer. She hikes, runs, cycles, skis, snowshoes and kayaks. Her latest purchase is a nine-pound inflatable kayak that she can carry in a backpack.

Jodi also finds time to pursue another love: international travel. She seeks wilder places off the beaten track where enjoys being what she calls an "amateur birder." She's anticipating trips to New Zealand and Alaska in 2022.

Alan Hilles encouraged Jodi to join HDV after meeting her at the Unitarian Universalist Fellowship. A brand-new member, she's looking forward to opportunities to meet other members and expand her growing base of Bend friends.

Deb Goodall

COFFEE TIME - LET'S WELCOME SUMMER SOLSTICE



Tuesday - June 22nd at 10:00 a.m.

West side of Juniper Park, access from 5th Street.

Bring folding chairs or something to sit on as there aren't a lot of tables in the park. There are big trees that will provide shade if desired and a few sunny spots.

Hope to see you there!
Irene, Ann & Gerry, our Good Time Team

A Digital Fantasy

We are of an age that we can remember what was real and what wasn't – at least most of the time. In today's digital world even pure fantasy has a patina of reality. Here is an entertaining French production that does just that. Enjoy!

<https://www.youtube-nocookie.com/embed/nPrW05pEvyk?rel=0>

Music Corner



Here is a spectacular melding of musical genres in celebration of the 1992 Barcelona Olympic Games. Pop/rock artist Freddie Mercury joins Montserrat Caballé, a Spanish operatic soprano, in a presentation of the song "Barcelona" at the Olimpiada Cultural. It was performed at the request of the International Olympic Committee as the official theme song for the 1992 Olympic Games. The song was co-written by Mercury with Mike Moran, who plays piano in this presentation.

<https://www.youtube.com/watch?v=7iclbZYvEtk>

Annual Meeting Report: A Fun & Engaging Hour

The 15th annual High Desert Village general meeting was held recently on Zoom. Thanks to Denise LaBuda, Donna Bisset and Jim Powell it was a fun and engaging hour. As is traditional for this May meeting, board members were introduced. You can find some interesting pictures and information about them on our website.

Bob Goold, treasurer, presented the budget. It is available to members on our website.

Did you know that among us we have two members who (separately) climbed Mt Kilimanjaro, that we have a wood carver, a flute player and also a member who completed her first half marathon this month? These are some of the interesting things we learned when members introduced themselves.

We are completing membership renewals this week and beginning the interview process for new members as is typical for June. Handyman and Com/tech services are now fully available. Drivers are waiting to start their engines when the CDC gives the green flag. On June 22 we will have our first in person gathering since COVID began (see specifics in this newsletter). See you there!

Pam DiDente
HDV Board President

To Your Health

What Are Mirror Neurons?

Mirror neurons were discovered over 20 yrs ago in studies of macaque monkeys. So much has been written about them in scientific literature and popular press (over 800 papers) they have been referred to as "the most hyped concept in neuroscience".

Mirror neurons are brain cells that fire both when you do something and when you watch someone do the same thing...unlike "motor" or "sensory" neurons which fire with either action or observation but not both. Thus the mirror neuron "mirrors" the behavior of the other. They allow us to learn through imitation and to express emotions.

This allows our brains to understand others by feeling, not thinking. Some say they allow us to feel empathy and are a very important part of our development of relationship skills. They might even explain why you cry in a movie!

If interested, you can explore more in the following links.

<https://www.youtube.com/watch?v=l8ozgwo7W4Y> A medical perspective: Dr Ramachandran discusses "Neurons that shaped civilization". 7 minutes

<https://www.youtube.com/watch?v=5ThoaOoX4EM> Sociological perspective: Shelly Richardson, MSW, "Causing change within others". 9 min.

Jan Hildreth

Remembering Micki Turner

Below is a link to the obituary for Micki that appeared in the Bend Bulletin. She was a long-time HDV member who also served on the board.

https://www.bendbulletin.com/obituaries/micki-turner/article_bgocffdc-c546-11eb-bc17-

Make Gardening Easier on Your Body

"Adaptive gardening" refers to ways to make tasks easier, thus enabling us to engage in the garden work we love despite physical challenges.

First, you've got to respect your own physical abilities. **Warming up** with some good stretches tops the list. Gardening can strain muscles you don't use every day. **Temper your daily goals!** In other words, start small so you don't overdo it. Be sure to **take breaks**. Short breathers while you sharpen or disinfect a tool or simply admire what you've accomplished can help maintain your stamina.



Using the right tools is invaluable. Take advantage of today's focus on **ergonomics**. Tools now come in a variety of weights and sizes. Some offer built-in braces to protect our wrists. Others have curved handles and indentations for fingers. Look for those that have padded handles. If necessary, modify your current tools with water pipe insulation, bicycle handles or golf club tape.

Deb Goodall

High Desert Village Board Meeting
Tuesday, June 15, 2021, 4 p.m.
Via Zoom