

High Desert Village



Friends Helping Each Other

Village Life

HDV Member Profile - Steve Williams

Raised in Klamath Falls, Steve headed to OSU in Corvallis where he earned a degree in civil engineering in 1969. He immediately landed a job as facilities engineer with the U.S. Forest Service Ochoco National Forest in Prineville.

While delighted with the outdoors milieu of his new job, he kept his eye on the prize: the same position with the Deschutes National Forest in Bend. That dream came through in short order – and he held on tight until he retired 25 years later. Throughout his USFS career, he worked on a wide range of projects, from water systems and dams to buildings and bridges of all kinds.



Steve retired at 50 and readily admits he was blessed with financial means and good health and to be in a town he loved. How he put these blessings to work and, better still, capitalized on the synergy of his various interests and skills would make a great chapter in a book on making the most of retirement.

For starters, he relished engaging in projects with an environmental rather than engineering focus. He volunteered for fisheries enhancement projects with the Oregon Department of Fish and Wildlife. Capitalizing on his longtime affiliation with Central

Oregon Flyfishers and Oregon Natural Desert Association, he engaged in riparian restoration along the South Fork of the Crooked River. His long-time friendship with the owner of 80 acres straddling the river ultimately led to the land being acquired and thus protected in perpetuity by Oregon Land Trust. And just for fun he engaged in an extensive entomology project led by UC-Berkeley professor John Anderson. Steve, along with other volunteers, invested 1000 hours collecting river-flow and stream-bottom invertebrate (insect) samples, data which resulted in what Steve describes as a fly fisher's bible: a detailed description of insects in and around the river at different times of day throughout the year.

When you get the opportunity to meet Steve, ask him about constructing the Swampy Lakes Ski shelter with five other members of the Central Oregon Nordic Club, and about his home woodworking and mechanics shops. Or about hiking Pilot Butte daily and how that led to a chance encounter with Jan Hildreth, who had played a pivotal support role for Steve during his wife's illness and who now, lucky for us, has him solidly connected to HDV.

Deb Goodall

Celebrating the Holiday Season in Peace

The "holiday season" is a time marked by religious traditions around the world. We are most familiar with **Christmas** of the Christian faith, celebrating the birth of Jesus Christ. For those of the Jewish faith, **Hanukkah**, or Chanukah, is an eight-day celebration known as the Festival of Lights. For those of African heritage, **Kwanzaa** is a seven-day observance that comes from the phrase "matunda ya kwanza" which means "first fruits" in Swahili.

Boxing Day takes place on December 26. Only celebrated in a few countries, the holiday originated in the United Kingdom during the Middle-Ages. It was the day when the alms boxes for the poor were opened and their contents distributed. **Ōmisoka**, New Year's Eve, is considered the second-most important day in Japanese tradition as it is the final day of the old year and the eve of New Year's Day, the most important day of the year.

Saturnalia, held in mid-December, is an ancient (133-31 B.C.) Roman pagan festival honoring the agricultural god Saturn. Saturnalia celebrations are the source of many of the traditions we now associate with Christmas.

Yule is the Pagan celebration of the winter solstice that is observed each December.

However you celebrate the holiday season, may you find Peace. It is a universal concept that translates to languages from around the world. Here are but a few.



Music Corner



The silky, smooth voice of Johnny Mathis was a staple of our era. Here he delivers his vintage arrangement of The Christmas Song. Enjoy!

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

From the President's Desk - Building Community in '22

Let's all get creative for how we can collectively build more community into High Desert Village in 2022 despite COVID. Following are a few ideas.

- Brainstorm with HDV board members. You can readily contact board members, who are identified as such on the website, by emailing or calling them or using the "Contact Us" section on our website.
- Step forward with your ideas. Start something new for HDV. It's a simple process. Bring your idea to a board member for concurrence and you are on your way.
- If you want more village involvement, ask your team leader what you can do to get more involved. Consider joining more than one service team.
- Know how to easily access the member side of our website. Check the website and its calendar monthly. Download the members' directory. If you don't know your password, send an email through the "Contact Us" section of the website.
- Participate in the HDV Zooms and Ted Talks. Share your ideas for new topics with Alan Hilles. Get to know other members this way.
- Submit interesting ideas for content for the newsletter to Gene or Joette Storm.
- Meet up with other members in small, safe groups.
- Call up a member you don't know and ask them why they joined HDV.
- If you know a member who is struggling, or not, leave a note or plant at their doorstep. Call them.

This is a vibrant village. Let's make it even more so in 2022!

Pam DiDente

A Poet Views COVID

Poet Amanda Gorman reads "Fugue," an emotional look at COVID's impact.

<https://www.cbsnews.com/video/poet-amanda-gorman-reads-fugue-an-emotional-look-at-covids-impact/>

Finding Holiday Joy in Simplicity

The holiday season is in full swing now. We get bombarded with advertisements, requests for donations and Internet solicitations. We pressure ourselves when we have expectations of getting the right gifts, making the perfect meal or having your home decorated both inside and out. The complexity, the busyness and the hype of the holidays only compounds our stress. Let's turn to simplicity as an antidote to the "craziness" this time of year. For me simplicity is appreciating the small things in life, enjoying a clear mind and enjoying the process of living.

Here is how can we make small changes this season.

- 1) Self Care: Begin the day with setting an intention to find relaxation. Take breaks during the day to reset your neuro-pathways so that your day unfolds with grace. May moderation be your guide.
- 2) Schedule less in your day. You are allowed to say no to invitations or to cancel some holiday plans. Simplicity needs space.
- 3) Get out in nature. Take a walk, bundle up and sit on your porch and breath in the fresh air.
- 4) Decorating is a choice. Decide to not decorate, or to only decorate with your favorite things. Create a simpler holiday routine.
- 5) Respect your budget. Maybe a gift of writing a card, offering to prepare a meal, or sharing a special poem is enough.
- 6) Go Internet lite. Take a screen break every day.

Incorporating simplicity into your holiday routine is a gift to yourself. Being relaxed and peaceful is a gift to your family and those who love you. You will find more joy as well.

Wendy Howard

HDV Members Share Unique Stories at Zoom Meeting

Our November "Conversations" meeting on ZOOM drew many of our members for a wonderful session that resulted in us getting to know each other better. We shared stories of unique events and experiences that we had. Accounts of worldwide travel, once in a life time concerts, meeting someone famous or tales of daring highlighted the gathering. What a diverse and experienced group we are!

We will continue our ZOOM meetings in January and hope to see more of you there. Check the calendar of events on the High Desert Village website for the date and to register to attend.

Alan Hilles

Network for Older Phones, Medical Alert Devices Shutting Down

Will your cell phone or medical alert device work in 2022? If you are using a phone that you bought in 2012 or earlier, there is a good possibility that it may stop working sometime in 2022 since telephone companies are retiring older 3G networks. This might affect some medical alert devices or home security systems as well.

The best advice is to contact your telephone service, medical alert or security company to confirm that you phone or device will work when telephone companies turn off older 3G network services. Make it a New Year's resolution!