



Village Life

HDV Member Profile - Barbara Caggiano

Barbara grew up in Queens, a New York City borough across the East River from Manhattan. Though a true city kid, she always looked forward to her family's summer get-aways, many to fish along the Long Island Sound beach with her dad. "I loved being by the water," she says.

When she headed to Boston for college, she traded NYC's salty East River for the meandering Charles. Unlike the river, Barb arrived set on her career choice. At 16 she'd read a newspaper article about a physical therapist's role helping a young boy learn to walk again and decided then that was exactly what she wanted to do.

Barbara's 42-year career as a physical therapist took her from Boston, to Madison, Wisconsin, then to Eugene and finally Portland. She worked in all aspects of the field but mostly as an in-hospital therapist. One keen memory was serving on the after-care team of the first heart transplant performed at University of Wisconsin Hospital in the early 80s. "I loved the medical aspects of my job and that every day was different," she says. Barb also worked in home health, rehabilitation and management.

It wasn't all work and no play. Barb got her first dog – an Australian Shepherd puppy – ten years after moving to Oregon in 1984. She took lessons to learn how to train her herding dog to herd. Picture me, she says, armed with a Bo Peep-like shepherd's crook signaling Rocky to and fro around a pasture.

Barbara says living in Eugene and Portland fed a new love of the mountains but also gave her opportunities to enjoy the water. She went on several adventures deep into Alaska on a restored 1930s, 72-foot motor vessel and around the San Juan Islands on a schooner. And then, thanks to a high bid on a school auction item, there was the flight of a lifetime: soaring in a World War I biplane piloted by an ace bent on demonstrating the plane's famous maneuverability through narrow ravines and over mountain tops.

Barbara and her husband Jim Cruckshank are very happy they landed here for retirement. Hiking and walking their dog along the river are favorite pastimes. Barb serves as Board Vice President helping with a variety of special projects and also serves on the Drivers and Health Advocacy Teams.

Deb Goodall

On the Road Again – Preparing for the RV Season

Despite the unseasonably warm weather Central Oregon has experienced recently, camping season has not yet arrived for most of us. For HDV members who have recreational vehicles,

be it a motorhome or travel trailer, now is a good time to begin preparing for the camping season.

Safety checks of tire pressure and lug nut torque settings should be a priority any time of the year, but especially when it comes time to hit the road. Checking battery levels and connections is also prudent. Lubricating slide tracks and stabilizer gears will make for smoother operation once the season begins.

It's not too soon to schedule spring de-winterization if you have a dealer or RV service center perform the work. It would also be a good time to have any maintenance outside of your DIY comfort zone done.

Perhaps the most important item this year is to schedule RV Park or campground reservations early. Many more people have opted for RV vacations during the pandemic as an alternative to limited airline schedules and restricted resort hotel availability. RV sites fill up fast. Now is not too soon to check on availability. A month ago we obtained the last space available for early May at an oceanfront RV Park near Yachats. On their website they were already booking reservations for 2023.

Early preparation will help make your RV experience safe and satisfying. Enjoy your trip.
Gene Storm

Music Corner

We return this month to the beautiful soprano voice of Norwegian vocalist Sissel Kyrkjebø. Here she performs with orchestral and choir support the song Going Home. It is based on the Czech composer Antonin Dvorak's famous "Largo" theme from his Symphony No. 9 (From the New World), Op. 95. The lyrics were written by one of Dvorak's pupils, William Arms Fisher (1861-1948), who adapted and arranged the Largo theme and added his own words in "the form of a Negro spiritual." Enjoy!

<https://www.youtube.com/watch?v=Q8ZHvw4Lfdw>

To Your Health

"Death and Spirituality: On Life, Death and Life after Death"

I took advantage of the HDV invitation and took the course: "Death and Spirituality: On Life, Death and Life after Death" This class was featured by the Elisabeth Kubler-Ross (EKR) Foundation. Literally persons from all over the world were taking this course taught in Spanish and in English. Below are a few highlights for me from these classes.

The first and last sessions included videos of EKR teaching. She reminded us that her "Five Stages of Death" were never meant to be linear but rather an individual journey that we can support by unconditional presence. At a time of emphasis on science and technology, EKR invites persons to remember to additionally include spirituality and life meaning and feelings and individual choices at end of life.

Other highlights included a Latino story teller who shared his experience with death. When a loved one comes to our mind, instead of us thinking about them, he believes the loved-one who has died is thinking about us and wants us to feel that love. He thinks love remains with us in both realms.

Many sessions had a component of an experiential sensory exercise and one person worked with color and light. Another speaker was from Chile, providing her insight about indigenous cultures that link life and death as a continuum. Another session talked about the conscience and the gift of transformation. Another speaker explained her work and research with dreams and how visitations can provide comfort and healing. A Hawaiian speaker reminded everyone about the sacredness in all living things from her culture. Lastly a Hindu Healer talked about unselfish caring for others in our community.

There are many other things to highlight from this diverse and interesting eight -week course. I am happy to share more if anyone is interested.

Jane W. Clemens

The Day of Romance, How it all Began

History in a nutshell: It starts with a Roman fertility festival called Lupercalia dedicated to Faunus, god of agriculture, and the Roman founders Romulus and Remus and was celebrated on February 15.

It involved the slaying of goats along with priests using strips of the bloody goatskin to run nearly naked thorough the center of town gently striking women on their exposed skin to make them more fertile.

This festivity survived until the rise of Christianity and was deemed 'unchristian' in the 5th century by Pope Gelasius who changed the date to February 14. He associated it with honoring the death of a priest named Valentine at the hands of the Romans. However, there were three priests named Valentine, all martyred, so it's unclear which one they're actually referring to.

In the Middle Ages France and England noted that on February 14, birds began their mating season. The idea of romance was added to the date. The poet Geoffrey Chaucer was the first to record St. Valentine's Day as a day of romance in his 1375 poem "Parliament of Foules". Cupid became associated with Valentine's Day during the Hellenistic times. He was a Greek God of love and his arrows could either incite love or sow aversion



Valentine's Day began to be a popular celebration in the 17th century and by the 18th century small tokens of affection or hand notes were exchanged. In the Victorian era, hoping to do one better, they developed cards trimmed in lace, feathers, flowers and tinsel. Today, Valentine's Day is the second largest card-sending holiday of the year, right after Christmas.

We no longer sacrifice goats or strike people with bloodied strips of goat hide to induce fertility. Making truffles mixed with herbs is more civilized and more likely to result in a sensual response. Here's to a more pleasing interpretation of a pagan ritual. Enjoy!

Internet posting by Jan Wolfe

Happy Birthday Helen!

Helen Bohnhoff turned 98 on February 6th. Helen was one of HDV founding members and was our one and only dispatcher these past years. At 98, she is HDV's oldest member and retains her mental sharpness and interests through being an avid reader of varied topics and keeping up with national and world events. She is a big sports fan, especially basketball, and keeps apprised of teams so she can discuss them with her oldest son during his daily calls. Despite some failing mobility, she continues to live on her own in no small part due to HDV's assistance these past few years. She always insists she is a prime example of HDV's goal of keeping members in their own home for as long as possible. Congratulations, Helen!



Just a Reminder – The Handyman Team is taking requests for service. COVID protocols including masking and social distancing are still in effect.

Mark Your Calendar – The next *Conversations with Alan Hilles* is scheduled for Monday, Feb. 28th from 5 to 6:30 p.m. Register for this Zoom meeting at the Events section of the HDV website. Joining the conversation brings us together in building our HDV community.

High Desert Village Board Meeting
Tuesday, February 15 - 4 p.m.
Via Zoom