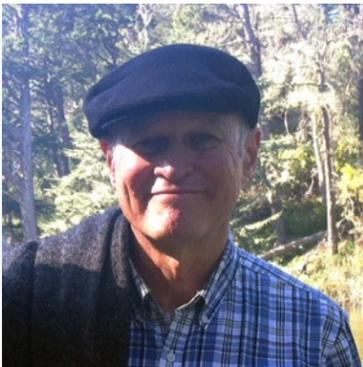




Village Life

HDV Member Profile - Greg Lyons

Consider the adage, *Blessed is he who plants a tree under whose shade he will never sit.* Who can't cheer for that? But the umbrella of blessed appreciation extends to many other humbling human endeavors. Take teaching students to write, for instance.



Perplexed thank-you note recipients aside, anyone who, say, expects legal briefs, medical charts or marketing information to be comprehensible – not to mention their literature engaging, applauds those whose life work is teaching others how to write.

So, here's a heartfelt drum roll for Greg Lyons! After teaching college writing and humanities courses at two- and four-year colleges, Greg earned a doctorate in English at the University of Texas at Austin and landed a position at COCC in 1991. His early teaching assignments there included Freshman Composition and technical and research writing. Then came traditional fiction-drama-poetry sequences.

To stir that up a bit, Greg developed a series of "pop culture" classes focusing on detective, cowboy and science fiction literature. For each class, students read four genre-specific novels and dove into syllabi enriched with topic-focused short stories, essays and films. Another creative curricular gem, influenced by his research at the British Film Institute, was a course in Film Noir. Throughout, Greg laughs, pop culture class enrollments were limited by the number of chairs in the room.

Greg retired in 2012. That gave him time to teach such courses as Travel Lit and Creative Writing: Nonfiction on a part-time basis. While travel literature and travel guides might be found in the same bookstore section, they're different. Travel lit is a unique genre pertaining to one's travel experiences, observations and reflections. Think Theroux, Bryson and Mayle. Having grown up an Army brat who attended 12 different schools in the U.S., Japan, Germany, and France and who relished travel as an adult, Greg was primed to launch such a course to inspire others to capture and enhance their own travel adventures.

While the pandemic put a damper on face-to-face teaching, Greg and his wife Micaela Hayden look forward to bi-annual jaunts to Mammoth Lakes, CA, for backpacking trips and day hikes. Skiing of various types is another joy. New interests on the horizon – besides his role on the HDV ComTech Team – Greg has been reproducing his own photographs as charcoal sketches and seeks to build his skill in an upcoming drawing class at COCC.

Deb Goodall

To Your Health

WHAT IS PARKINSON'S DISEASE?

April is Parkinson's Awareness Month, so what is it? Parkinson's disease (PD) is a progressive neurological disease, 2nd only to Alzheimer's in frequency. It occurs in 1% of the population over 60 years-of-age, meaning approximately 2,000 have it Deschutes County. Men are 40% more likely to get it. (Possible reasons are: toxins exposure in childhood or occupation, head trauma, neuroprotection of estrogen.)

The most common "precursor"- symptoms are: loss of sense of smell; REM sleep disorder (acting out nightmares in your sleep); micrographia (small handwriting) and constipation, which of course can be caused by hundreds of other reasons, but when combined with the other symptoms, can be indicative of PD before the tremors start.

PD is caused by a lack of the neurotransmitter, dopamine, which is made in a part of the brain that controls movement. A medication called carbidopa levodopa (Sinemet) can stimulate more production of dopamine and slow the progression of the symptoms. That's the good news! The bad news is that it doesn't cure PD.

Most people have the disease for several years before being diagnose. It is best diagnosed by a neurologist. There is no blood test or x-ray to diagnose it. Often it isn't diagnosed until a person starts having tremors or rigidity in walking.

There is other good news though. Exercise has been shown to significantly slow the progress and we have many resources in Central Oregon to provide support, education, and activities. I am on COPC, Central Oregon Parkinson's Council and we work with PRO, Parkinson's Resources of Oregon which provides lots of information and help. <https://www.parkinsonsresources.org/> There is an upcoming free education event May 7th at COCC. If interested, please contact me.

Jan Hildreth

Music Corner

German born pianist Jörg Hegemann tickles the ivories on a concert grand Steinway in this boogie woogie performance. He has toured internationally for three decades, getting toes to tapping all over the world. Let yours tap along. Enjoy!

<https://www.youtube.com/watch?v=prsZcOdgCu8>

From the President's Desk . . .

Come One, Come All!

A village is a community of people supporting one another. And each village community is as strong as the bonds and relationships between its members. Please join in and get to know your High Desert Village mates on Tuesday, May 17, at noon, at Worthy Brewery. Please see details below and register on the calendar. I look forward to seeing you all there.

Pam DiDente

The meeting will be held on May 17th from noon to 2 p.m. at Worthy Brewing's Hop Mahal Room located at 495 NE Bellevue Drive east of the Forum shopping center. This will be our first in-person meeting in over two years and will provide a wonderful opportunity to become better acquainted with other HDV members.

Menu for this event will include pizza, salads and non-alcoholic beverages. On-going COVID considerations were a priority in planning this event, to permit us to meet in person and stay safe. With this in mind, we were pleased to let you know that the Hop Mahal room has an attached outdoor terrace allowing attendees to dine in an open-air setting. Mask wearing is always an option for those of us more vulnerable or caring for vulnerable people. The Hop Mahal room is also ADA accessible. This is a HDV member only event.

Mark your calendars for High Desert Village's 2022 Annual Membership Meeting

Please RSVP by May 1st on the HDV website **CALENDAR**

Gluten-free and dairy-free pizza option will be able for those with dietary restrictions. Please indicate any dietary restrictions when you RSVP so we can order enough pizza to accommodate your needs. A no-host bar is located near the Hop Mahal room.

We can't wait to see all your smiling faces!

News from the Village . . .

The request for a volunteer to take on the duties of dispatcher was quickly answered when **Sandy Clausen** stepped up to the task. And, members **Lorraine Stuart** and **Bambi Curtis** agreed to serve as backups to Sandy. Thank you to all three for volunteering, that is why HDV works so well.

In the spirit of volunteering . . . Carolyn Cook has offered to organize a brew pub gathering every-other-month, and **Ann Kerr** is willing to organize coffee meetings on a similar schedule. Sounds like a great way to get to know other members of the HDV.

More offerings . . . Jim Cruckshank has offered to organize wine tastings for up to 10 members at a time, and a periodic men's current event discussion group. Watch for schedules for these gatherings in an upcoming newsletter and under the Events section on the HDV website.

Time to ante up . . . Its annual membership dues time, and what a bargain it is! As an all-volunteer organization, our dues are a fraction of what other Villages with paid staff charge. It is easy to do on our website. Go to the Renew Membership tab under the Members heading to make you payment online. Or, you can mail a check made out to High Desert Village to:

High Desert Village, PO Box 561 Bend, OR 97701

That's all folks, see you at the Annual Membership Meeting on May 17th.

April TED Session

Hi Villagers! Ever wondered what it might be like if we were forced to change our economy from an "always has to be growing" model to more a "sustainable model"? We generally all acknowledge that continued raw material extraction is not sustainable.

Review the following TED Talk by Kate Haworth to see how a sustainable model might work and the benefits it has for us. Then we can talk about how this fits in with our current life style, or not. We will show the TED Talk at the meeting but reviewing it ahead of time is helpful. Here is the link.

https://www.ted.com/talks/kate_raworth_a_healthy_economy_should_be_designed_to_thrive_not_grow

Please RSVP on the Village website under Events. This discussion will take place on **Monday, April 25th at 5 p.m.** See you there!

Alan Hilles

High Desert Village Board Meeting
Tuesday, April 19 - 4 p.m.
Via Zoom



Beauty on the Deschutes

A recent Sunday morning walk along the Deschutes River trail north of Pioneer Park presented the opportunity to take in the beauty of a solitary Trumpeter Swan. We paused in our dog walk to photograph and enjoy the magnificent sight.

The Trumpeter Swan is the largest of the native North American waterfowl with a wingspan in excess of six feet and weighing in at around 25 pounds. It is the largest bird native to Oregon.

Resident Central Oregon Trumpeters have experienced mixed success in breeding and survival in recent years in efforts to repopulate the threatened species. In early 2021, the male of a breeding pair at Aspen Lakes Golf Course in Sisters succumbed to a bacterial infection. Pete and his mate Eloise had produced 15 offspring, or cygnets, over a three year period.

Nesting swans with the help of private property owners in Sun River have also experienced mixed success because of predation. Swans mate for life, giving rise in part to the description of the species as having the attributes of grace, beauty, love, trust and loyalty.

We can only attest to the grace and beauty that we were privileged to observe. Stay alert if you walk along the river, and you may too enjoy that privilege.

Gene Storm, Village Life Editor

Are you prepared for stimulating entertainment of the highest order? If so, you've come to the right place.

It is provided here by **Meeting of Minds**, a PBS television series conceived and developed by Steve Allen that aired from 1977 to 1981. Allen, who may best be remembered by those of our age, was the first comedic host of the Tonight Show. But he was much more than that. He was also an author, composer and accomplished pianist, although he neither read nor wrote music.

**Meeting
Of
Minds**

The Meeting of Minds series featured guests who played significant roles in world history. They would interact with each other and host Steve Allen, discussing philosophy, religion, history, science, and many other topics.

Allen said of creating the series, "I see the literary and philosophical tradition of our culture not so much as a storehouse of facts and ideas but rather as a hopefully endless Great Debate at which one may be not only a privileged listener but even a modest participant. It was this last perception that led to the creation of 'Meeting of Minds'."

In this episode we are treated to the musings of the unapologetic Cleopatra, jovial Theodore Roosevelt, curmudgeonly Thomas Paine and Father Thomas Aquinas. Imagine the conversation around that table, or, click on the link and watch it for yourself.

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

Part two of this conversation will appear in next month's newsletter.

April

by Rebecca Hey

Capricious April! when we fain would find
A fitting emblem for inconstancy,
Thy changeful moods such emblem well supply;
For thy wild sallies sure no laws can bind,
No counsel tame. One moment, and the wind
Brings storms of sleet and "blossom-bruising hail;"
The next, not Summer breathes a softer gale,
Or looks upon us with a glance more kind.
And lo! to greet thee in thy alter'd mood,
Glad Nature hastes her fairest wreaths to bring,
Blithe daisy, nodding cowslip, and each bud
That owes allegiance to the early Spring.
May such sweet wooing chase thy frowns away,
And be thy smile as constant as 'tis gay!

One More Time, Here are the Instructions for . . .

Making a Service Request

There are three ways to request help or service from High Desert Village:

1. You may enter your information on the website to create an online service request. This is the most efficient way to begin the process
 - Log onto the HDV website.
 - Under **MEMBERS** at the top of the screen, select [New Service Request](#).
 - If it does not automatically fill in your name, enter your last name in the **SEARCH MEMBER** box of the **New Service Request** screen. Click **SEARCH** and then **SELECT** by your name.
 - Select the **TYPE OF SERVICE** from the pulldown list of six choices.
 - Add clarifying details in the **PURPOSE** box.
 - Specify **SERVICE DATE** and **START TIME** and check whether these are flexible or fixed by an appointment.
 - Add information to the **MEMBER NEEDS** box if necessary.
 - Select **APPROX. DURATION** to suggest the total time required for the service.
 - Click the **ASK FOR HELP** button to submit your service request.
 - You should receive an email confirmation of your request.

The following alternatives may require more time for HDV to process and respond:

2. You may call the Dispatch Line at 541-419-9912 and describe your needs.
3. You may use the **CONTACT** link on the website to provide your name, email and phone number. Then, check the **OTHER** box, write "**Service Request**" in the comment box and describe your needs. Your request will be forwarded to the proper service team.

Need a Household Fix-it, this is What We Do

"If it squeaks, leaks, or has come unhinged – don't despair, we're here to make the repair." Your Handyman Team, soon to be renamed, brings a wide array of experience, skills and abilities to help with those household fix-it projects, inside or out. No heavy lifting or tall ladders though. Also, we will not attempt a repair that requires a licensed professional performing work that must be permitted by the Bend building department.

In keeping with the still lingering COVID situation, all indoor projects will be performed with all parties masked and maintaining social distancing. We will respond to your request for service while keeping everyone safe. The chart above describes the options for making a service request.

Enter the Renaming Contest - You Could Win a Prize

There is still time to enter the contest to recast the Handyman Team with a gender neutral name. Submit your entry –or entries, you can enter more than once–to me via email at gsword@bendbroadband.com Entries will be accepted until April 30th, with the winner selected by the board of directors and announced at the May membership meeting. The prize is a \$25 gift card for Backporch Coffee Roasters with four convenient locations around town. Put on your thinking caps, be creative and give our team a new identity.

Gene Storm, Team Lead

**Just
For
A Laugh**

