



Village Life

HDV Member Profile - Craig Withee

Craig Withee may not be your typical engineer. Even though he is analytical and wanted to follow in his father's footsteps for a career, what drives him is working with people to accomplish a task. To that end, Craig serves as lead for the HDV Divers Team and is a member of the Handy Hands Team.

"If I have pride in my work it is in leading a team to solve problems," he says. And some of his tasks as an engineer with the Dept. of the Army Civil Service division and the Federal Aviation Administration were quite challenging given the physical environment, distances and conditions.



A graduate of the University of Colorado with degrees in Civil and Environmental Engineering, Craig spent his first 15 years with the Army at Fort Carson, Colorado and Fort Richardson in Alaska. He supervised construction of housing and the cold weather training facility in Alaska where it was not uncommon to travel to job sites in below zero weather. He recalls one trip to Fort Greeley at minus 53 degrees.

Taking a position with the FAA involved travel to remote locations to support the aviation system supervising the construction of runways and navigation aids. It afforded many adventures on land and water as he and wife, Patti Sullivan explored the state in one or other of their boats. An outdoor enthusiast, he enjoyed all that Alaska had to offer during his 30 years living in Chugiak, a small community north of Anchorage.

Although he grew up in South Dakota and Colorado, Craig feels Alaska will always be home. Their daughter, now a physician, was born there. And they have many friends remaining there.

Travel is a passion for Craig. "My wife and I are very interested in traveling and experiencing the natural wonders of the world and expanding our knowledge of other cultures and societies," he says. Ireland is one of his favorite places because of the friendliness of the people.

Recently they added Mexico to their travels and plan a month long trip to New Zealand in February.

Joette Storm, Associate Editor

Get ready to socialize and have a good time at the High Desert Village Mid-Winter Social.

Tuesday, Jan. 31st beginning at 10:30 a.m.
The Bend Golf & Country Club – 61045 Country Club Drive
(off Murphy Rd. or off Knott Rd.)

A delicious buffet brunch will be provided by HDV. It includes options that are dairy free and gluten free (except pastries).

There is an elevator from ground level to the Banquet Room on the 1st floor. The parking lot will be cindered or plowed that morning if there is snow. Masks are optional.

Please RSVP by Saturday, Jan. 21 by going to the Events tab on the HDV website and and choose Mid Winter Social then click on "Register for the Event" button.

We are so glad to be able to get together again.

The Good Time Team

Film Noir - Still Showing

The HDV Film Noir series continues at the Sons of Norway Lodge at 549 NW Harmon on Wednesdays 2-4:30 p.m.

The remaining schedule is:

- Jan. 18 - Pitfall (1948)
- Jan. 25 - Night and the City (1950)
- Feb. 1 - American Cinema: Film Noir (documentary)
- Feb. 8 - Touch of Evil (1958)
- Feb. 15 - Lone Star (1996)

Music Corner

Starling Arrow is a female cast of spirit-folk singers brought together by a mutual love of beauty, the power of music as a sanctuary and the deep joy of encountering the muse. Enjoy this lyrical presentation of their original song Wild Sweet.



<https://www.youtube.com/watch?v=-al77lYpmsg>

From the President's desk. . .

Changes Coming to the Village

At our January meeting, it was unanimously approved to have our Board be comprised of the four officer positions and up to three at-large members. This board will focus more on organizational issues and meet on a quarterly basis. The seven team leaders, now also on the Board, will be freed up to spend more time with their respective teams to help improve their overall member experience and help ensure that all of our member's needs are being met, both with volunteering and receiving services. These changes will take place by the end of May to allow team leaders to further define their new focus. During this time we will recruit candidates to fill the presidency and secretarial positions as well as the new at-large member(s). We thank you for your continued feedback with this transition. We think this timely and exciting decision will constructively lead HDV into its next vibrant chapter.



As we dance our way through the shifting sands of COVID and what is now sometimes being called the "post COVID period", we are revitalizing HDV in a very exciting way. The ultimate goal is to have greater member ownership of the village as well as greater member interconnectedness within the village. It is our hope that COVID and other infectious diseases that have been on the rise this winter become better controlled so that we can attain both of these goals.

During the past few months we have helped one another in a variety of ways that are too numerous to list. But here is one example, which is particularly interesting because of the indirect way in which we were able to help one of our members. On New Year's Eve morning the mother of that member was abruptly discharged from St. Charles. She needed a commode and toilet raiser, and although the mother was not a HDV member, within 45 minutes we had those two items for her from our own HDV member supply network.

Historically, even in times of great change, our village has shown the resilience to keep our commitments with one another while still staying within the constraints of our liability insurance policy. And we plan to continue on in that same spirit.

We have many new members, and, not surprisingly, we again have a waiting list of individuals wanting to join. As always, we want our newest members to feel welcomed and encouraged to engage with the rest of us. With this in mind let us all work together towards that end so that we can continue to be the vibrant and successful village we have always been.

*Pam DiDente
HDV Board Chair*

To Your Health

Do you know about Central Oregon Council on Aging?

This local agency compliments the mission of High Desert Village. Council staff "advocates for all seniors (60+) to maintain their independence and quality of life." They do it by offering many services and programs:

- **Client Services** – individual needs assessment
- **Nutrition Program** – Meals on Wheels for homebound and Meal Sites for the ambulatory
- **Family Caregiver Support Program** – provides limited respite/caregiving and caregiver training.
- **Senior Health Insurance Benefits Assistance (SHIBA)**- volunteers help seniors make insurance and Medicare decisions
- **Caring Connections**- Volunteers call seniors weekly for wellness check and companionship
- **Health Promotion and Disease Prevention Program** – classes e.g. Living Well, Diabetes Prevention, Walk with Ease, and Matter of Balance
- **Legal Assistance Program**- Provides legal counsel every other month by appointment, and information on elder fraud and abuse. Direct phone is 541-385-6944 or oregonlawhelp.org.

The Council always needs volunteers. If you're interested or know someone who can benefit from their services their contact information is:
CouncilOnAging.org (541) 678-5483 | 1036 NE 5th Street, Bend, Oregon 97701

New Member Orientation

New HDV members have been invited to a "New Member Orientation" on **Tuesday, January 24 from 3:00-4:30** at the Deschutes Downtown Library, Brooks Room. Save the date for a fun and informative meeting for our newest members. Some of the HDV Team leads will be present to answer questions about their team.

After the meeting, those who would like even more social time may join us at McMenamins for food and drink. Please join us if you would like to feel more connected to High Desert Village. RSVP to Marilyn Sterbick at mksterbick@gmail.com if you can attend.

"Age is an issue of mind over matter.
If you don't mind, it doesn't matter."

Mark Twain