



# Village Life

## HDV Member Profile - Patti Sullivan

Patti Sullivan thought a career in engineering would open a lot of doors for her. Little did she expect her first professional job would be in Alaska with all the opportunities it would unveil. Patti started her career responsible for a variety of civil engineering projects on Army bases throughout Alaska. Her next position at the Federal Aviation Administration first as a pavement engineer allowed her to see much of the Last Frontier flying to airports across the state.



The majority of Patti's career was spent managing the FAA's environmental program for airport development in Alaska. Her work brought her in contact with indigenous people and many Alaskans of all walks of life. One notable project was the repatriation of human remains from a site in Sitka that had been used to bury tuberculosis victims including many children. It was a complex project involving many agencies and organizations with overlapping laws and customs. Sitka is the location of a boarding school where many Alaska Native children were educated.

"It was an opportunity for constant learning as I worked through problems and adapted the strategy for removing an old military bunker, identifying the remains and attempting to return them to families," she recalls. The project won national recognition.

Growing up in a family with three brothers in Seattle, Patti wanted nothing more than to participate as fully in activities as her brothers. She loved the out of doors so it's natural she and husband, Craig, gravitated to Bend.

"So many aspects provide good quality of life here, the Cascades, the River, high mountain lakes, music and restaurants, she says. "My impression after spending time visiting was that people are genuinely happy living here."

The couple moved to Bend in 2013 after many years in Chugiak, AK, a suburb of Anchorage, where they raised their daughter, Carolyn, an OB-GYN resident. Patti can indulge her passions for hiking, kayaking and cross country skiing while also singing in the Public Rock Choir.

Patti and Craig joined HDV a year ago and are excited to be a part of a strong community of members supporting one another. "As we age I can see us benefitting from more of the services the village has to offer. For now, I look forward to getting to know other members as I help with the Good Times and Helping Hands teams.

*Joette Storm, Village Life Associate Editor*

## To Your Health

Can we walk our way to better health? There is an abundance of evidence that regular walking as an exercise regimen is indeed beneficial, especially for people of our age.

According to the Better Health Channel . . .

*Walking has many benefits for older people. It can improve your health and wellbeing in many ways, and it can help you to live independently for longer.*

Walking can:

- Strengthen muscles.
- Help keep weight steady.
- Lower risk of heart disease, stroke, colon cancer and diabetes.
- Strengthen bones, and prevent osteoporosis and osteoarthritis (regular walking could halve the number of people over 45 who fracture their hip).
- Help reduce blood pressure in some people with hypertension.
- Improve balance and coordination, and decrease likelihood of falling.
- Keep you flexible.
- Increase confidence and mood, and help you feel better all-round.
- Improve energy levels and increase stamina.
- Reduce anxiety or depression.
- Improve social life – walking is a great way to get out and meet people or socialize with your friends.

As always, there are safety caveats we should consider. Depending on the season, those will vary. The extreme temperatures we have experienced during Central Oregon summers means precautions should be taken to stay hydrated. Also, walking early or in the evening to avoid the most intense heat is advisable.

Conversely, winter walks should take into consideration slippery surfaces. Footwear equipped with non-slip devices and the use of a walking stick or walking poles help avoid slipping. In fact, walking sticks and poles provide an added level of stability year-round.

For those of us who count dogs as family, walking is a daily routine by necessity. Over the past 51 years, Joette and I have walked about a thousand miles annually with a five different canine family members. That is equivalent to more than twice around the earth. Do we feel that walking has contributed to our well-being? Absolutely!

If you already regularly walk, congratulations, you're on the right track to better health. If not, join us. You may find walking a rewarding experience on many levels.

*Gene Storm, Village Life Editor*

## Film Noir, Anyone?

What does Billy Wilder's *Double Indemnity* (1944) have in common with Orson Welles' *Touch of Evil* (1958)? Or, for that matter, with John Sayles' *Lone Star* (1996)? The first two are generally called "classic" *film noir*, while the third might be considered *neo-noir* cinema.

I am proposing a film series that will attempt a definition of the genre by viewing six or seven representative samples. And we might consider the differences in more recent *noir*-like movies. Having taught a *film noir* course at COCC several times, I will offer a short lecture before the viewing and we can discuss the film afterwards.



The tentative weekly meeting time is 4-6:30 pm beginning the second week of January. The day chosen—Monday, Tuesday, Wednesday or Thursday—may depend on availability of the Brooks room at the Bend Branch, Deschutes Public Library, as well as the preference of the group. At this point, I wish to survey the HDV community on the following points:

1. Please reply if you are interested.
2. Do you have any suggestions for a meeting place (besides the library)?
3. Do you have any questions that may help me plan the film series?

Please email at [glyons@cocc.edu](mailto:glyons@cocc.edu) or text at 541-598-6086

*Greg Lyons*



## Men's Current Events Forum

Jim Cruckshank is organizing an on-going series to provide male members of High Desert Village (HDV) a venue for discussing current events and getting to know other members.

The meetings will be held monthly at the Hutchinson Room, Downtown Deschutes Public Library. The first meeting is September 6<sup>th</sup> at 9:00 AM and is limited to 10 participants. The topic is yet to be determined. Participants will be informed of the topic at least seven days in advance. Suggestions are welcome.

Register to participate at the Events tab on the HDV website.

See you at the HDV annual picnic.

Tuesday, the 16<sup>th</sup> at 4:15 p.m.

The gazebo at Mountain High

## Music Corner



Singer/songwriter Don McLean, after reading the biography of Vincent van Gogh, composed this musical homage to the Dutch artist and his work. McLean understood Vincent's struggle.

That he wasn't crazy, but that he was afflicted by illness. Here is McLean's 1972 performance of Vincent. Enjoy!

<https://www.youtube.com/watch?v=4wrNFDxCRzU>

"Lexophile" describes those that have a love for words, such as "To write with a broken pencil is pointless." An annual competition is held by the New York Times to see who can create the best original Lexophile. This year's winning submission is posted at the very end.

- No matter how much you push the envelope, it'll still be stationary.
- I'm reading a book about anti-gravity. I just can't put it down.
- I didn't like my beard at first. Then it grew on me.
- When you get a bladder infection, urine trouble.
- I stayed up all night to see where the sun went, and then it dawned on me.
- England has no kidney bank, but it does have a Liverpool.
- A dentist and a manicurist married. They fought tooth and nail.
- A will is a dead giveaway.
- A bicycle can't stand alone; it's just two tired.
- He had a photographic memory but it was never fully developed.
- When she saw her first strands of gray hair she thought she'd dye.
- Those who get too big for their pants will be totally exposed in the end.