



# WWURA NEWS



November 2008

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Serving Retired Faculty and Staff



**The November "Travelogue" speaker will be Bernie Housen** of the Geology Department who tell us about Bellingham Bay, its geologic history and sedimentation and his current research.

**Wednesday, November 19**  
6:30 p.m. for socializing  
7:00 p.m. media presentation  
Squalicum Yacht Club

(Located between the Bellingham Yacht Club and a large boat yard.)

Bernie's teaching and research at WWU deals with use of geophysical methods to address geological problems. Some of this work has been on marine geology/oceanography. His main experience in this area has been participating on three Ocean Drilling Program cruises, and with WWU students participating on two additional ODP cruises. His presentation will be an overview of gas and fluid escape on the seafloor, with a specific focus on features recently discovered in Bellingham Bay that are related to these processes. Just ESE of Eliza Island, a 2005 NOAA bathymetry survey, conducted by the ship Rainier, found a large field of "pock-mark" craters. These features are 10 to 30 meters in diameter, and 1-3 meters deep. Elsewhere in the world, these pock mark craters are produced mainly by escape of gas (typically methane) from beneath the seafloor. This methane gas can be generated in two ways; via bacteria, or else by thermogenic processes. Efforts to study the Bellingham Bay pock-marks are underway, and he hopes to present new video images of several pock-marks acquired by a small robot submersible.

Note: If your last name begins with **A through L**, please bring a dessert to share. WWURA provides coffee and tea.

## President's Note

November is the time we give thanks in our country. As your Board President, I wish to thank the many members who participate in WWURA activities, bringing smiling faces and animated comments. I especially wish to thank members who assume responsibility to chair or serve on the Board's standing committees and interest groups. As you read through this month's WWURA Newsletter, please note the date for our next Travelogue and meeting times for interest groups (e.g., Book Club, Bridge group). Although I was not able to attend the Fall Luncheon, feedback from a few members said the turnout was fantastic (largest number ever) and that President Shepard's remarks about the direction he sees for Western were well received. Many thanks to Roy Clumpner for jumping on the band wagon early to schedule Bruce Shepard. And thanks to Margaret Loudon for presiding at the luncheon.

**Evelyn Ames**

## Happy Book and Film Corner by Lynne Masland

With fall and winter darkness come cozy times for fire-side reading. Here are a few suggestions:

John Grisham fans will enjoy his wryly amusing book *Playing for Pizza*, the story of failing American pro football player Rick Dockery, who ends up playing in Italy for the Parma Panthers. His encounters with Italian culture and people are endearing and his recovery from ignominy just the right ending.

Many traditional cultures have their ironic fools and scapegoats. In *The Adventures of Hershel of Ostropol* by Eric Kimmel tells the stories of Hershel, a Jewish humorous figure from 19<sup>th</sup> century Ukraine. Although intended for younger readers, these exploits of the clever, impoverished nomad who lives by his wits have universal appeal. Hershel is credited with the sardonic quip "God must love poor people. Why else would he make so many of them?"

Send your book or film recommendations to  
lmasland@comcast.net.

## Health Notes: Review of *Blessed is She—Elder Care: Women’s Stories of Choice, Challenge and Commitment* by Nanette Davis

This work offers an intensive analysis of 61 Northwest Washington elder family care providers and their stories of choice, challenge and commitment as they care for their aged and chronically loved ones.

*Blessed is She* draws its title from Psalm 41—“Blessed is She who has regard for the weak; the Lord delivers her in times of trouble—which suggests the spiritual power available to elder caregivers who are caring for the weakest among us.

Family caregivers typically lack the skills and knowledge to cope with the demands of care. Additionally, they face inadequate financial, social and emotional resources for facing the extended care of their chronically ill loved ones. The result? Caregivers succumb to depression, illness, financial upheaval and even death long before their work is done. Yet, as the interviews show, these women display high levels of compassion, which ultimately enables them to overcome the daily obstacles of caregiving. *Blessed is She* also considers the necessity for revamping ill-conceived social policies that render caregivers invisible. In addition, the book discusses how caregivers must attend to their own well-being if they are to be effective in their roles. Finally, the book concludes with strategies for joyful living and insights into becoming a different, more enlightened caregiver.

These caregivers’ stories capture the fundamental imbalances of a society that ignores their needs and those of the elderly at the end of life, as well as embrace a wide spectrum of human endeavors under duress. Many liken their plight to being “in combat.” One woman said, “My entire life has been given over to him... I no longer exist.” Their voices echo those of countless other caregivers across the country.

After receiving a diagnosis from the Mayo Clinic, research assistant Anne felt an “overwhelming sense of team spirit, a camaraderie that had been dangerously or puzzlingly absent over the last two years. There would be no more anger, blame, confusion or depression. We’ll rise to this challenge and relish the opportunity. We’ll reorganize our diet to suit the needs of Parkinson’s; we’ll recommit to each other; cherish every moment of every day for the next 10 years.”

Another caregiver was more realistic. “I was pretty angry. I still deal with it [after his death]. I was losing my husband, and changing from wife to caregiver. I know he will not get better. I was so disappointed in myself in terms of giving good care, because of my own medical problems.”

Others voiced feelings of loss, guilt, frustration and helplessness, as well as anger at the sense of obligation they felt to their elder. “One person should not have to shoulder such a responsibility.”

Some simply acknowledged their own limitations and an overwhelming need for survival. “I need to be here for the kids to help get them through this [their Dad’s dying]. ‘Don’t die’ I said to myself. There would be nobody left for them if I died too.”

After only a year of providing care for her very elderly parents, one woman wondered why she was still serving as the “designated caregiver.” She couldn’t help but think, “How do I get out of this?”

Despite the inherent challenges of care-giving, one young woman talked of the joy she felt in looking after her grandmother. “The best part was... making her happy, making her laugh, dancing together.”

Another was philosophical. “I was sad that I was losing him, but thankful we could be together.” Others found peace in knowing that that had “kept their covenant.”

While meditation, exercise and healthy self-care were helpful for many of these caregivers, more than a few were sustained by prayer and their religious faith. “I am Catholic. I believe in heaven. Care-giving taught me to deal with death. It happens. It’s normal. I appreciate all we have and don’t take it for granted.”

A deeply spiritual woman—who had literally spent her entire life as a caregiver—reminded those facing the daunting task of care to remember, “Time seems valuable, but in hindsight, it’s very different. It all changes. Don’t get so wrapped up in the crisis that you forget the big picture—that it all passes—material possessions, emotions, life—it’s all temporary.”

## Travel Opportunity

Trips coordinated by Margaret Loudon

### **Panama Canal to Costa Rica – Between Two Seas**

March 11-20, 2009

\$3,486 PPDO

Would you like to visit the San Blas islands and tour the Kuna Indian village, explore a mangrove forest along the Duarte River? Transit the Panama Canal and visit the remote Embera village on the coast of the Darien Jungle. Snorkel or kayak in Coiba National Park, take a guided tour through the beautiful gardens at Casa Orquideas. You can discover Corcovado Conservation area rainforest with the possibility of seeing pumas, tapirs, poison dart frogs and jaguars. Take a walk with naturalists in the Manuel Antonio National Park to view wildlife with over 109 mammal species and 184 bird species including monkeys, iguanas, agoutis, sloths and the rare turquoise cotinga. You can do all while visiting both coasts of Panama and Costa Rica aboard the Pacific Explorer a 120 passenger ship. Price includes all meals, port charges, excursions, gratuities and airport transfers.

### **Costa Rica Natural Paradise**

March 20-29, 2009

\$1,095 PPDO

This is an outstanding adventure touring both coasts of Costa Rica. Visit Poas Volcano and San Jose including the National Museum and Theatre and Plaza de la Cultura. Take a scenic drive through Braulio Carrillo park and glide through the jungle canopy on the rainforest aerial tram, hike, tour the butterfly garden. Cruise rivers and canals to Tortuguero National park. See monkeys, iguanas and tropical birds, visit Green Turtle research station and walk along Atlantic turtle nesting beaches. Cruise the Tortuguero river, visit a banana plantation, Selva Verde Rainforest reserve with 300 foot long suspension bridge. Cruise Rio Frio through Cano Negro wildlife refuge. Soak in volcanic hot springs and see Arenal volcano's glowing lava flow. Take a guided walk through a cloud forest. Drive by Carara Biological Reserve, visit Manuel Antonio beaches. Visit Sarchi to view the painted ox carts and colorful handicrafts, see the metallic church of Grecia and visit a coffee plantation. Price includes all meals, excursions and airport transfers.

## **MET HD Theater showings of opera matinees for 2008-09**

Internet site for the Riverport/Silver City theater in Richmond, BC: [http://www.cineplex.com/Theatres/TheatreDetails/3ED25043/SilverCity\\_Riverport.aspx](http://www.cineplex.com/Theatres/TheatreDetails/3ED25043/SilverCity_Riverport.aspx)

Scroll down and find the list of MET HD operas with times. This includes the encores.

To see an easy list from the Met: <http://www.cineplex.com/Events/MetOpera/Home.aspx>

WWURA Contact person: Evelyn Ames (734.3184 or [Evelyn.Ames@wwu.edu](mailto:Evelyn.Ames@wwu.edu)). Please note that members who are willing to take passengers should let Evelyn know.

### **List of 2008-09 operas with the original show date followed with encore date:**

Salome:	Encore: Nov.15 @ 10	Orfeo ed Eurdice: Jan 24 @ 10/Mar 14 @ 10
Doctor Atomic:	Encore: Dec 6 @ 10	Thais: Dec 20 @ 9 /Feb 14 @ 9
Lucia:	Feb 7 @ 10/April 4 @ 10	Butterfly: Mar 7 @ 10/April 18 @ 10
Damnation of Faust:	Nov 22 @ 10/Jan 17 @ 10	Sonnambula: Mar 21 @ 10/April 25 @ 10
Rondine:	Jan 10 @ 10 /Feb 24 @ 10	Cenerentola: May 9 @ 9:30/May 23 @ 9:30

## 2009 OREGON SHAKESPEARE FESTIVAL

WWURA is planning another trip to the Oregon Shakespeare Festival in Ashland in May. We will leave Bellingham on Tuesday, May 5, see plays May 6 and 7 returning to Bellingham Friday, May 8, traveling with Bellair Charters. We have reserved a large block of rooms at the Best Western Bard's Inn which is conveniently located and a short walk from the theaters. In order to meet theater and hotel reservation requirements, the **deadline for reservations is February 15th**. A deposit of **\$150 per person** is due at that time. The bus portion of the total cost, **\$115, is non-refundable after March 1st**. If you are interested in travel insurance to cover that part of the cost, please let me know. This trip will be open to ALL members in January, so be sure to send in your registration soon if you want to be sure of a spot.

We are holding 50 tickets for each performance of the following plays:

**DEATH AND THE KING'S HORSEMAN** by Wole Soyinka

Soyinka is a Nobel Prize-winning Nigerian playwright who based his play on a real incident in Nigeria during British rule. The play is thought by many to be his greatest work.

**THE MUSIC MAN** Book and lyrics by Meredith Wilson, story by Wilson and Frank Lacey.

**EQUIVOCATION** by Bill Cain. This smart, complex engaging play involves Shakespeare and his company of players during rehearsals for Macbeth. Shakespeare is commissioned to write a play about the Gunpowder Plot of 1605. The play explores what it means to tell the truth, to equivocate--and to lie--in politics, art and life.

**DEAD MAN'S CELL PHONE** by Sarah Ruhl. This "beguiling new comedy" blends real and fantastical elements in telling the story of what happens when a woman answers a ringing cell phone that belongs to a dead man.

**THE SERVANT OF TWO MASTERS** by Carlo Goldoni. The information calls this play "a family friendly 300-year old comedy".

Please fill out the form below and send it with your deposit (checks to WWURA) to Barbara Evans, 622 Everglade Rd., Bellingham, 98225. For questions call 650-9724 or email [howard.evans@wwu.edu](mailto:howard.evans@wwu.edu)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

If we have 15 people per performance at the Bowmar Theater tickets will be \$15, if not they will be \$23. Tickets at the New Theater will be \$23. Please indicate the number of tickets for each play.

Wed 5/6	___ 1:30 Horseman (B)	Thurs. 5/7	___ 1:30 Music Man (B)
	___ 1:30 Servant (N)		___ 1:30 Cell Phone (N)
	___ 8:00 Music Man (B)		___ 8:00 Equivocation (B)
	___ 8:00 Cell Phone (N)		___ 8:00 Servant (N)

Type of room \_\_\_ 1 Queen bed--\$81 \_\_\_ 1 King bed--\$99 \_\_\_ 2 Queen beds--\$111 (plus tax)

Singles sharing a room, please list the name of the other person \_\_\_\_\_

**Final payment is due March 30, 2009**



**HOLIDAY PARTY**  
**December 17, 6:30 - 10:00 Pm**  
**Squalicum Yacht Club**



WWURA is again having the “Party of the Year!!!” It is time for our annual Holiday Party. Doors will open for a social hour starting at 6:30...bring wine if you would like to. Then, at 7:15 comes the potluck dinner - roast turkey and ham provided...along with hot cider and other hot beverages. See the alphabet below for what you may contribute. Once again a favorite group “The Prawns” will provide the music.

Bring your own plates and silverware. The potluck dishes are as follows: A - G salad; H - R dessert; S - Z hot dish/vegetable.

Send your reservation and \$10 per person to cover the cost of hall, music, decorations, ham and turkey using the form on this page. Barbara Evans is taking reservations. Be sure to check the box and include a phone number to indicate if you would like a ride.

This is the fifth year for our very successful Holiday Party. Come, get into the holiday spirit, spend time with friends and enjoy good conversation and food.

**Reservation Form**

Name(s) \_\_\_\_\_

Enclosed is check for \$ \_\_\_\_\_ for \_\_\_\_\_ people.

\_\_\_\_\_ If you need a ride, check here. Phone number \_\_\_\_\_

**Return Reservation Form by December 12 to:**

Barbara Evans  
 622 Everglade Rd.  
 Bellingham, WA 98225-7901

**WWURA INTEREST GROUPS**

WWURA’S interest groups are open to anyone. If you would like to become a part of one of the groups call the contact person. If you have an idea for another interest group, call Barbara Evans, 650-9724.

November’s interest group meetings are listed below.

**BOOK GROUP** - Donna Rochon, 647-2301

Meet at Evelyn Mason’s, 914 17th St. 2:30, Nov. 18th

The book is *No god but God* by Reza Aslan

**OPERA GROUP** - Evelyn Ames, 734-3184

Nov. 22nd HD Opera

La Damnation de Faust by Berlioz

Silvercity/Riverport Theaters in Richmond, BC

Call Evelyn if you need a ride.

**BRIDGE GROUP** - Barb Evans, 650-9724

Tuesday, 1:30 pm, Nov. 18th at MaryJo Lewis’s

209 S. Garden Terrace

**BIKING** - The biking group has been suspended until next spring.

**SKIING** (downhill - Charlie Way, 734-0469

The Skiing Group usually starts in January, depending on the snow.

It’s time to get that season pass if you are over 70!!

Western Washington University  
Retirement Association (WWURA)  
Western Washington University  
516 High Street  
Bellingham, WA 98225-9020

### **WWURA Calendar**

#### **November**

19 "Travelogue", Bellingham Bay

#### **December**

2 Board meeting

13 Jingle Bell Run/Walk

17 Holiday Dinner

#### **January 2009**

6 Board meeting

21 Travelogue, New Orleans

#### **March 2009**

11-29 Panama/Costa Rica

#### **May 2009**

5-8 Oregon Shakespeare Festival

### **SCHOLARSHIP COMMITTEE**

WWURA's Scholarship Committee is looking for ones or two volunteers to serve on the Scholarship Committee. If you are interested please call or email Howard Evans at 650-9724 or [howard.evans@wwu.edu](mailto:howard.evans@wwu.edu)

### ***Jingle Bell Run/Walk***

**WWURA** will have a team and we hope that a large number of members will participate. Please register at the following web site: <http://bellinghamjbr.kintera.org/faf/home/default.asp?ievent=286410>





## WWURA membership reminder

Have you renewed your WWURA membership for this year? Contact Pauline Palmer, 734-4425, [ofelia@att.net](mailto:ofelia@att.net). Forms are available on the WWURA Web site at [www.wwu.edu/~wwura](http://www.wwu.edu/~wwura)

WWURA membership offers a number of benefits, including our newsletter with events, activities and special interest group listings, as well as 10 percent discounts on purchases made using your current membership card for ID at three locally owned independent bookstores: Eclipse Bookstore, Michael's Books, Village Books.

### Membership rates:

- |  |               |
|--|---------------|
| <input type="checkbox"/> Benefactor                | \$100.00 plus |
| <input type="checkbox"/> Contributing Membership   | \$ 50.00      |
| <input type="checkbox"/> Sustaining Membership     | \$ 25.00      |
| <input type="checkbox"/> Regular Membership        | \$ 15.00      |
| <input type="checkbox"/> Pre-Retirement Membership | \$ 15.00      |
| <input type="checkbox"/> Surviving Spouse/Partner  | \$ 6.00       |
| <input type="checkbox"/> Limited Income            | \$ 6.00       |

**Note:** Memberships are for a household; i.e. one member plus spouse/partner (if applicable).

- We urge you to include a contribution to the WWURA scholarship fund: \$\_\_\_\_\_

Send your renewal and scholarship donations to Pauline Palmer, WWURA Membership Chair, 2510 48<sup>th</sup> St., Bellingham, WA 98229-3430. Checks should be made payable to WWURA. Please include any address, telephone or email address changes.

WWURA would like to be able to send you last-minute information by email. If we do not have your address, please consider including it with your renewal.





