



## Message from WWURA President

Spring is just around the corner. Some of you are seeing your crocus push through the ground, displaying lovely yellows and purples.

It was nice to see so many at the winter luncheon. Our guest speaker, Jeff Jewell from the Whatcom Museum, enlightened us about Bellingham streetcars at the turn of the century and later. We noticed that no members signed their names to the lists asking for volunteers to serve on various committees. We encourage you to consider doing so. Activities arranged by our committees are in response to members' interests. Your input is of value. Hope to see you at the March 18 Travelogue.

A little humor to close this message comes from a friend who sent me Children's Science Exam Answers. Here are a few to make you chortle. Q: Name the four seasons. A: salt, pepper, mustard, and vinegar. Q: Explain one of the processes by which water can be made safe to drink. A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists. Q: How is dew formed? A: The sun shines down on the leaves and makes them perspire. Q: How can you delay milk turning sour? A: Keep it in the cow.

*Evelyn Ames*

## Would You Prefer to Receive Your Newsletter By Email?

The Board has been looking for a way to reduce the rising cost of the newsletter for next year. We are asking any members who would prefer to receive the newsletter only by email (instead of receiving a hard copy) to please contact Barbara Evans. Email Barbara at: [howard.evans@wwu.edu](mailto:howard.evans@wwu.edu)

## March Travelogue

### "Butterfly Responses to Climate Change in the North Cascades"

Presented by John McLaughlin

Wednesday, March 18

6:30 p.m. for socializing

7:00 p.m. for presentation

Squalicum Yacht Club

Butterflies are particularly sensitive to climate. The effects of climate change on butterfly populations are expected to be large. John has begun a research program to forecast these effects and to measure butterfly responses as they occur in alpine and subalpine habitats in the North Cascades. He and his students surveyed butterfly abundances and distribution in summer 2008. They currently are analyzing data planning for the 2009 season and developing a long-term monitoring program. This program will provide a summary of the project, results from 2008 and challenges and rewards of backcountry research.

Dr. John McLaughlin is an Associate Professor in the Huxley College of the Environment.

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

Bay checkerspot butterfly



Family and friends who are supportive provide many benefits for a person's mental, emotional, physical, and social well-being. A strong social support system is critical as one grows older, especially in these times of economic and social stress, and for those who live with a chronic illness or disability.

**What is a social support network?** "A social support network is different from a support group. A social support network is made up of friends, family and peers, while a support group is generally a structured meeting run by a mental health professional. Although both can play an important role in times of stress, a social support network is something you can develop when you're not under stress, providing the comfort of knowing that your friends are there for you if you need them" (Mayo Clinic Staff, July, 2008). "Social support includes real or perceived resources provided by others that enable a person to feel cared for, valued, and part of a network of communication and mutual obligation" (CDC, MMWR, May 6, 2005). A social support network provides a sense of belonging in which spending time with friends lessens feelings of loneliness. It provides an increased sense of self-worth because people who call you a friend reinforce your self-worth. Reaching out to friends and family when you encounter compromising health issues allays feelings of angst.

- ✦ **Maintaining your social support network.** Your relationship with friends and family is a two-way street. What goes down the street, so to speak, also comes back up the street. Health Educators and behavioral scientists suggest the following ideas for nurturing a support network: **Stay in touch.** Respond to phone calls, return e-mails, and reciprocate invitations to let people know you care.
  - ✦ **Be proactive.** Make the first move rather than wait for someone else to contact you. Be the one to strike up a conversation (talk to people in elevators or when waiting in line at a store). If you are taking a class (e.g., Academy for Lifelong Learning), chat with the people sitting next to you.
  - ✦ **Know when to say "no" and when to say "yes."** Spending time with people who are not supportive can add stress and weaken the network support. Be adventuresome and accept an invitation even though you may feel insecure.
  - ✦ **Don't compete.** Be happy when friends succeed or receive kudos. Celebrate friends and family accomplishments; they in turn will celebrate yours.
  - ✦ **Be a good listener.** Be cognizant of what is important to your friends. Listen to them rather than turning the conversation around to you.
  - ✦ **Challenge yourself.** Keep looking for ways to involve yourself in community and personal activities. Try to complain less about whatever it is you complain about! We all have our foibles.
- Appreciate friends and family.** Take time to say thank you and express how important they are to you.

The goal of maintaining and extending a social support network is to enhance a person's overall well being. Feelings of obligatory social relationships can create negative consequences and become stressors. Friends who persist in exhibiting negative attitudes about daily events or news items can add unnecessary strain to daily living. The best social support systems have no strings attached. If pressured to conform to another person's beliefs or activities, it is time to make a change in your network. Carefully choose who you want as a support person when experiencing a difficult time.

Friendships improve quality of life and health. Try this at home or at a get together. Make a list of your top favorite activities and the number of times you have done them in the past couple of weeks. Share this list with those in your support network.

*"The more you celebrate  
LIFE  
The more there is to celebrate!"*

## WWURA Travels

### **\*\*New/Updated Danube Tour Information\*\***

Just announced! **Uniworld's 2 for 1 Travel Companion Airfare Offer has been extended** until March 31, 2009. **\$660 per person round trip** including European transfers is a great deal. A **"Spring Savings" discount of \$150 per person** is also available until April 30, 2009. If you are a **Uniworld past passenger**, there is an additional **\$100 discount**. These are tremendous savings.



All category 5 cabins are booked; there are **only three category 4 cabins still available**.

**\*Cost of cruise only:** \$1899 + \$175 (cat. 4 upgrade) - \$150 (Spring Savings) = **\$1924**.

**\*Port charges: \$98.** All meals, beverages and daily shore excursions are included.

**Sixteen WWURA members and friends have reserved with their \$200 deposit.** Final payment is not due until September 1, 2009. **Departure is Sunday, November 29** when we fly to Budapest and begin our Holiday Markets Cruise visiting fascinating cities and towns along the Danube River.

**Upon disembarkation in Passau on December 7, there are the following options:**

**\*\*Munich 3 days/2 nights extension** - \$599 per person

Stay at the Hilton Munich Park Hotel (or similar), daily breakfasts, all transfers, city tour, home-hosted holiday teatime, Uniworld representative/hostess, time to explore holiday markets, museums, etc.

**\*\*Prague 3 days/2 nights extension** - \$479 per person (10 persons minimum necessary)

Stay at the Hilton Old Town Hotel, daily breakfasts, all transfers, half-day city tour, plenty of free time to explore the holiday markets, museums and perhaps attend a musical performance.

**\*\*Return to the U.S. from Munich** (transfer from the ship to Munich's airport included)

In our group of 16 reserved so far, some have chosen each of the above options. We would especially appreciate finding 4 more individuals interested in the Prague extension. Come along with Kathy Whitmer on her 5<sup>th</sup> holiday markets tour. Call **Kathy (734-7211) or Joyce D. Wilson (733-4703), Professional Travel Consultant**.

### **\*\*Still Time to Sign Up for Ashland\*\***

Since there is still room on this trip, **reservations will be accepted until March 23, 2009**. About 30 people have signed up so far. chartered bus to the **Shakespeare Festival in Ashland, Oregon** will **depart May 5** and **return May 8**. Call **Barbara Evans (650-9724)** for details or check the WWURA website, November 2008 newsletter or the A.L.L. Spring 2009 Course Catalog. See up to 4 plays and enjoy time in beautiful Ashland.

### **\*\*E-mail Travel Survey Coming\*\***

**Marty Haines** of our travel committee suggested that we **survey WWURA members regarding their future travel interests**. Questions will be sent by e-mail later in March. Survey results may give the committee guidance for planning future WWURA trips and outings.

***"To travel is to live!" – Hans Christian Andersen***

## WWURA INTEREST GROUPS

WWURA's interest groups are open to anyone who is interested. If you would like to become a part of a group, call the contact person. If you have an idea for another interest group, call Barbara Evans, 650-9724. Interest group meetings for March are listed below.

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

Meet at Evelyn Mason's, 914 17th St. 2:30 p.m.

March 1. The book is "The Places In Between" by Rory Stewart

**OPERA GROUP** - MET HD, shown at theaters in Silver City Riverport (Richmond, BC) and in Alderwood Mall (Lynnwood, WA). Call Evelyn Ames, 734-3184 if you need a ride.

March 14 , *Orfeo*

March 21, *Sonnambula* (Encore is April 25)

April 18, *Madama Butterfly* (encore)

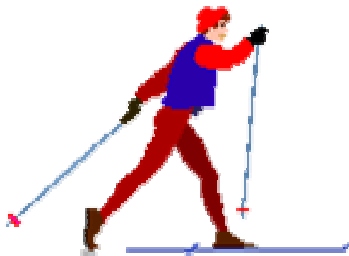
**BRIDGE GROUP** - Barb Evans, 650-9724

Tuesday, 1:30 pm, March 24th. Place to be announced.

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

**SKIING** (downhill) - Charlie Way, 734-0649

The skiing has been great!.



## Happy Book and Film Corner – March 2009

Lynne Masland

For a truly "happy" experience, the films of dancer Gene Kelly are hard to beat. Dance your way into spring with "Anchors Aweigh" (1945) which includes a celebrated (and much imitated) animated dance routine with Jerry Mouse of "Tom and Jerry." Kelly's two much well known films are "An American In Paris" (1951) and "Singin' in the Rain" (1952). The latter contains his famous tap-dance up and down the street in rain. Guaranteed to set your feet in motion.

Western sociologist Nanette Davis interviewed several WWURA members for her book, *Blessed is She-Elder Care*. She will be reading from her book the evening of Wednesday, March 11 at Village Books.

***Do you know someone who should join WWURA or renew their membership?***

*Membership rates*

<i>Benefactor</i>	<i>\$100 +</i>
<i>Contributing Membership</i>	<i>\$ 50</i>
<i>Sustaining Membership</i>	<i>\$ 25</i>
<i>Regular Membership</i>	<i>\$ 15</i>
<i>Pre-retirement Membership</i>	<i>\$ 15</i>
<i>Surviving Spouse/Partner</i>	<i>\$ 6</i>
<i>Limited Income</i>	<i>\$ 6</i>
<i>(Memberships are for a household)</i>	
<i>Donation to WWURA scholarship</i>	<i>_____</i>

*Send memberships, renewals and donations to Pauline Palmer, WWURA Membership Chair, 2510 48th St., Bellingham WA 98229. Checks should be made payable to WWURA. Please include telephone number, street and email addresses.*

*WWURA would like to be able to send you last-minute information by email, so we would like to have this address. The newsletter may be viewed on the website, [www.wvu.edu/~wwura](http://www.wvu.edu/~wwura)*

**Membership Update**

For those of you who picked up the new 2009 WWURA Membership Roster at our winter luncheon in February, please make the following changes and additions to your copy of that list. Rosters also will be available at the March 18 travelogue and the May 20 spring banquet honoring new retirees.

**Addenda March 2009**

Address change

Wills, Clarice, 844 W Orchard Drive, #302, Bellingham WA 98225, 733-1253  
P.O. Box 29824, Bellingham, WA 98228

Email changes

Cross, Betty, [ecrosswa@comcast.net](mailto:ecrosswa@comcast.net)  
Christman, Bob, [bob.christman@wwu.edu](mailto:bob.christman@wwu.edu)

Renewed

Dayton, Fred, P.O. Box 28635, Bellingham, WA 98228-0635, 714-1748, [daytonf@comcast.net](mailto:daytonf@comcast.net)  
Glaser, Ruth, 2818 Old Fairhaven Pkwy #225, Bellingham, WA 98225-8270, 733-7878  
Haberstroh, Phyllis. 4550 Harrison St, Bellingham, WA 98229-3323, 734-5595  
[plhaberstroh@juno.com](mailto:plhaberstroh@juno.com)  
Sanford, Dan & Barbara, P.O.Box 544, Lynden, WA 98264, 354-8546, [sanford46@comcast.net](mailto:sanford46@comcast.net)  
Vassal, Berit S., 620 Van Wyck Rd, Bellingham, WA 98226-8790, 733-2697

***WWURA Scholarships***

The Scholarship Committee has suggested a change in the WWURA scholarship statement due to the situation that the current scholarships have been available only to "returning students" with the result that no applications have been received recently. Therefore, the new scholarship statement will read:

The Western Washington University Association provides an annual scholarship of \$2000 to a qualified junior or senior currently enrolled at Western for six or more credits and with a GPA of 2.7, or higher. Preference will be given to a returning student.

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

## **WWURA Calendar**

### **March**

- 9--29 Panama/Costa Rica trio
- 14 *Orfeo* at Riverport
- 18 Travelogue, Cascade Butterflies
- 21 *Sonnambula* at Riverport

### **April**

- 7 Board Meeting
- 15 Travelogue, Jerry Flora
- 18 *Madama Butterfly* (encore)

### **May**

- 4 Board meeting
- 5-9 Ashland Festival
- 20 Spring Banquet