



WWURA NEWS



November 2009

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

Message from WWURA President



As I write this the wind is blowing and the rain is coming down in buckets. Fall is definitely here and the holidays are coming up fast.

Our holiday party is December 2 at Squalicum Yacht Club. Look inside the newsletter for all the information and sign up to join us for a fun evening. We always have a great time at our holiday party. It's a chance to catch up with friends and enjoy good food. December is also the month for the Jingle Bell Run/Walk. Our team is growing and we would love to have you join us. Evelyn Ames has written an article with all the information.

The next travelogue is November 18. Nanette Davis and Burl Harmon are planning a great program. We always have fun traveling with our members and enjoying great desserts.

The board is planning another land cruise in February, tentatively set for the 17th. We are checking out locations and will have more information in the January newsletter.

We have not scheduled a December newsletter or board meeting, next board meeting is January 5 and the newsletter should be out a week later.

If you have a suggestion for places to visit or ways we can make WWURA better please let us know. The board tries to have many fun events throughout the year to bring our members together and we are always looking for suggestions for fun events.

Margaret Loudon

WWURA Travelogue Volunteer Teaching in Italy Presented by Burl Harmon and Nanette Davis

Wednesday, November 18, 2009

Squalicum Yacht Club
6:30 p.m. Socializing*
7:00 p.m. Presentation

In our lifetime, communication and travel have created newly formed neighborhoods that once were "faraway places with strange-sounding names." Burl and Nanette visited one of these wonderful neighborhoods in the Puglia region of Southern Italy on a teaching mission in Ostuni, a trading village of medieval origins 10 miles off the coast of the Adriatic Sea.

Signing up with Global Volunteers, a type of private peace corp, the organization offered opportunities for travel and putting talents to use in a variety of ways: construction, care of orphans, helping women market craft products, and of course, teaching.

Nanette and Burl were assigned three teaching levels: Business English to fairly fluent local business persons, fun-and-games English to children in a residential foster home, and downright beginner's English to members of a Senior Club.

The travelogue will include: map of the area, historical, social, economic, and political significance of the area, selective photos, and reward and pitfalls of global volunteer participation.

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

Ostuni, Italy



The origin of the term, “High Level Wellness,” is credited to Halbert L. Dunn (M.D., Ph.D.). In the late 1950s, Dr. Dunn introduced the concept of high level wellness in a series of radio lectures he gave in the Washington, DC area of Virginia. These lectures provided the basis for his book, *High Level Wellness*, which was published in 1961. He stressed that the definition of health should be a positive one instead of health meaning the “absence of disease.”

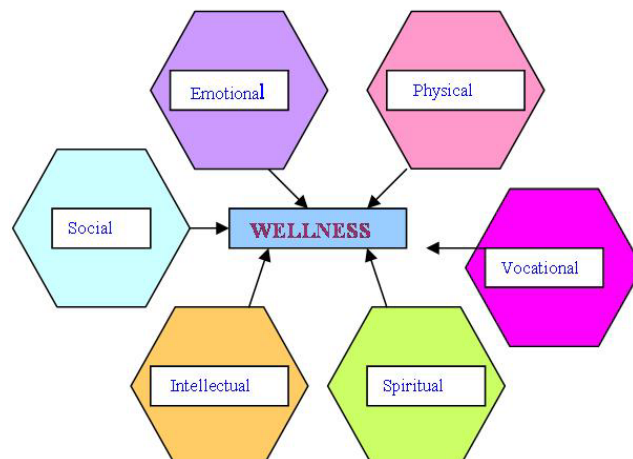
Halbert Dunn's explanation of high level wellness. It is “an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable, within the environment where he is functioning” (*High Level Wellness*, R. W. Beatty, Ltd., 1961; *Health Values: Achieving High-Level Wellness*, vol. 1, Jan/Feb 1977). “This definition does not imply that there is an *optimum level* of wellness, but rather that wellness is a *direction* in progress toward an ever-higher potential of functioning.” A person finds ways to function at a high potential within an ever-changing environment. Acknowledging that physical deterioration does occur, Dunn focused attention on factors other than physical mobility and capacity in relation to older adults and their capacity to achieve or not achieve high level-wellness. He firmly believed that “the state of being dynamically well involves the exploration and participation by the individual in the fascinating and ever-changing panorama of life itself” (A Report on the Ninth Annual Southern Conference on Gerontology, University of Florida, March 19-20, 1959). Check <http://www.ajph.org/cgi/reprint/49/6/786> pdf document of Dunn’s explanation of high-level wellness (from American Public Health Association).

High Level Wellness involves: (1) direction in progress forward and upwards towards a higher potential of functioning; (2) an open-ended and ever-expanding tomorrow with its challenge to live at a fuller potential; and (3) the integration of the whole being of the total individual—body, mind, and spirit—in the functioning process.

Eight Points of High Level Wellness: ways by which a person can promote wellness include a:

1. willingness to face inconsistencies in our thinking.
 2. willingness to hear and examine the other fellow's viewpoints with an open mind.
 3. Willingness to encourage freedom of expression of those around us.
 4. Willingness to adjust our own views.
 5. Willingness to make time for unhurried contacts with others when such relationships are essential.
 6. Willingness and determination to give credit and recognition to others when it is due them.
 7. Eagerness and determination to serve others as opportunities arise.
- Willingness to give freedom to those we love.

Generally, the term “wellness” is used rather than high-level wellness. The American Senior Fitness Association web site (www.seniorfitness.net/Wellness%20Solution.htm) describes the six dimensions of wellness (physical, emotional, intellectual, social, spiritual, and vocational) that are currently included in many health texts.



Recent Australia studies suggest that the "wellest of the well" possess the following qualities, to an uncommon degree:

- high self-esteem and a positive outlook;
- a foundation philosophy and a sense of purpose;
- strong sense of personal responsibility;
- good sense of humor and plenty of fun in life;
- concern for others and a respect for the environment;
- conscious commitment to personal excellence;
- sense of balance and an integrated lifestyle;
- freedom from addictive behaviors of a negative or health-inhibiting nature;
- capacity to cope with whatever life presents and to continue to learn;
- grounded in reality;
- highly conditioned and physically fit;
- capacity to love and an ability to nurture;
- capacity to manage life demands and communicate effectively.

In 370 B.C., Hippocrates alluded to wellness, when he stated the following: *“All parts of the body which have a function, if used in moderation and exercised in labors to which each is accustomed, become healthy and well developed and age slowly. But if unused and left idle, they become liable to disease, defective in growth and age quickly.”* American Senior Fitness Association.

Fact or Fiction: Cooking with aluminum pans increases a person’s risk of developing Alzheimers.

Book and Film Corner – November 2009 **Lynne Masland**

The memoir genre is burgeoning with worthwhile reads. Here are a couple of suggestions.

My Father’s Paradise: A Son’s Search for His Family’s Past, by Ariel Sabar, is a surprisingly interesting book about an unusual topic. The author’s father, Yona, grew up in a remote corner of the world, a small enclave of Kurdish Jews in northern Iraq who still spoke Aramaic, the language of Jesus. Yona became a professor of Aramaic at UCLA; his son grew up in Los Angeles. The book is the moving story of the son’s search for his father’s worlds in Iraq, Jerusalem, Yale University and LA: a sweeping saga of Middle-Eastern history and migration.

A friend recommends David Mas Masumoto’s *Epitaph for a Peach: Four Seasons on My Family Farm*. Reviewers have called it “a lyrical, sensuous and thoroughly engrossing memoir of one critical year in the life of an organic peach farmer.” *Epitaph for a Peach* is "a delightful narrative . . . with poetic flair and a sense of humor" (Library Journal)

Both authors have appeared this fall at Village Books.

Academy of Lifelong Learning Information

There are still classes available:

- The Peace Corps Experience with Brent Arbes
- Sustainable Energy: Why and How with Michael Cochrane
- Antarctica's History and Science Exploration with Kathleen Suit
- Islam: A Religious, Historical and Political Overview with Nicholas Stigliani
- From Smoke Signals to E-mails: A history of Communications

For more details visit A.L.L.'s web site: www.wvu.edu/all
Catalogues are available at the A.L.L. office: 405 32nd Street (650-2134)

WWURA INTEREST GROUPS

WWURA'S interest groups are open to anyone who is interested. If there is a group you would like to become a part of, 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

The next meeting of the WWURA Book Club is November 17, 2009 at 2:30 p.m. at the home of Evelyn Mason, 914 17th Street. We will be discussing In the Land of Invisible Women: a Female Doctor's Journey in the Saudi Kingdom by Quanta Ahmed.

BRIDGE GROUP - Barb Evans, 650-9724

We will meet a week early this month due to Thanksgiving

We will meet Nov. 17, 1:30 pm at Ellen Broad's, 715 N. Garden, #403, 734-5145.

BIKING - will resume in the spring.

DOWNHILL SKIING - Charlie Way, 734-0649

Call Charlie if you are interested.

INFORMAL DINING - will start after the first of the year.

Call Barb Evans, 650-9724 if you would like to be added to the list.

OPERA GROUP - Evelyn Ames, 734-318

MET HD Opera at Lincoln Theater in Mt. Vernon: November performances:

Turnadot live broadcast on November 7 at 10 am) with recorded encore on November 15 (1pm)
www.lincoltheatre.org/event/metropolitan-opera-turandot-puccini

Les Contes D'Hoffman live broadcast on December 19, 2009 at 10 am with recorded encore performance on December 27 at 1pm. www.lincoltheatre.org/event/metropolitan-opera-les-contes-dhoffmann-offenbach

Der Rosenkavalier live broadcast on January 9, 2010 at 10 am with recorded encore performance on January 24 at 1 pm. www.lincoltheatre.org/event/metropolitan-opera-der-rosenkavalier-rstrauss



Fact or Fiction Answer -

Answer: There is circumstantial evidence linking this metal with Alzheimer's disease, but no causal relationship has yet been proved. As evidence for other causes continues to grow, a possible link with aluminium seems increasingly unlikely. This factsheet looks at the circumstantial evidence and current medical and scientific views. Alzheimers Society

http://www.alzheimers.org.uk/site/scripts/documents_info.php?categoryID=200137&documentID=99&pageNumber=1

WWURA TRAVEL NEWS

Danube River Holiday Markets Trip

A pre-departure/documents/get acquainted gathering was held November 6th for those departing with Kathy Whitmer on her Danube River cruise. Twenty WWURA members and friends will be aboard Uni-world's *River Beatrice*. When the cruise from Budapest to Passau is completed, some are extending their trip with an optional few days in Prague; others will continue to Munich before returning to the US. Bon Voyage!

July 2010 Music Gala at Sea

"Norwegian Fjords: Edvard Grieg and his Great Predecessors" is the theme of the music gala cruise aboard the 500 passenger ocean-going *MS Deutschland*. Dates are July 19-31, 2010. For full details and cabin costs refer to the June 2009 WWURA newsletter, go on-line to Wolls' wonderful website for WWURA: HYPERLINK "http://www.wwu.edu/~wwura" www.wwu.edu/~wwura, or call Kathy Whitmer, 734-7211, for the colorful information sheets showing ship, costs, etc.

Joyce D. Wilson, Professional Travel and Cruise Consultant, is now communicating directly with the Deilmann head office in Germany as they have consolidated their operations for the *MS Deutschland* into that one location. Call her at 733-4703 for reservations. Please let us know if you are a solo traveler seeking a cabin-mate as we have others who would like to share accommodations.

With the Schleswig-Holstein Music Festival Orchestra and solo musicians aboard for daily concerts and fascinating ports of call to visit on our included shore excursions along the coast of Norway, it will be a very memorable trip.

Balkan Trip to Dalmatian Coast

There are nineteen people signed up for the "Hidden Gems of the Dalmatian Coast" trip next September. There is still room for six more in this group. We will be leaving September 8, 2010 and returning on September 26, 2010 after a 3 day extension in Bled. Cost of the trip is dependent on which deck and whether the three day extension is chosen. For more details of this trip, contact Don Rochon by e-mail at djrochon1@comcast.net or by phone at 360-by e-mail at 7-2301. Even though we are about a year away from departure, our group is growing and is limited to 25, so please contact me soon if you are at all interested.



WWURA J2009 Jingle Bell Run/Walk Team for Arthritis. Arthritis Foundation Event takes place second Saturday in December (12th this year). Prospective participants can go to this web page to register. <http://bellinghamjbr.kintera.org/faf/search/searchTeamPart.asp?ievent=314107&lis=1&kntae314107=90AD69C29A114D89B17CB85C6369482B&team=3554383&tteam=0> and click on "join our team." If WWURA members do not wish to pay using credit card, they can obtain a registration flyer from the Arthritis Foundation office located on main floor of South Campus of St. Joseph Hospital. Registration flyers will be available at the November Travelogue. Call Evelyn Ames (734-3184) if you need more information. Remember that children and dogs can register for the event. It's lot of fun! Entry fee is \$25. During week before event, Evelyn will pick up tee-shirts and entry numbers and deliver to team members. Directions for where to meet will be sent to our team members.

The 2010 Music Gala at Sea aboard the MS Deutschland will take us to places like these in July .

Vigeland Park, Oslo, Norway



[The Monolite](#)

Lofoten Islands, Norway



Here are some sights you might see if you travel with the Rochons next year along the Dalmatian Coast .



Plivice Lakes, Croatia



Postojna Caves– Slovenia

HOLIDAY PARTY

December 2, 6:00 - 10:00 p.m.
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 6:00 p.m. If you wish wine, please bring your own. Then, at 6:30 comes the potluck dinner - roast turkey and ham provided...along with coffee and tea. Background holiday music will be played to add to the festive atmosphere. See the alphabet below for what you may contribute.

Bring your own plates and silverware. The potluck dishes are as follows:

- A - G hot dish;
- H - R salad;
- S - Z dessert.

Send your reservation and \$10 per person to cover the cost of hall, music, decorations, ham and turkey using the form on this page. Donna Rochon 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 sixth 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 Holiday Party—December 2, 2009

Name(s) _____

Enclosed is check for \$ _____ for _____ people.

_____ If you need a ride, check here. Phone number _____

Return Reservation Form by November 27th to:

Donna Rochon
1505 Silver Beach Rd.
Bellingham, WA 98229-2451

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

Receive your newsletter in living color by e-mail. Contact Barbara Evans at <howard.evans@wwu.edu> and join the “newsletter by email group.”

WWURA Calendar

November

- 3 Board meeting
- 18 Travelogue

Nov/December

- 29-7 Danube River Cruise

December

- 1 Board meeting
- 2 Holiday Dinner

January 2010

- 5 Board meeting
- 20 Travelogue

February

- 2 Board meeting
- 5 Winter Luncheon
- 17 Land Cruise

March

- 2 Board meeting
- 17 Travelogue

February 5, 2010

Circle the Date

Noted author and sport psychologist, **Dr. Ralph Vernacchia** will speak at our Winter Luncheon. on “Vancouver 2010 and Beyond: The Future of the Olympic Games”.

Details and reservation form will appear in our January newsletter.