



WWURA NEWS



May 2012

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

Presidents' Letter

Barbara and I bid you adieu as Co-Presidents of WWURA and best wishes to Nanette Davis as she assumes the role for the 2012-2013 year.

Please extend your thanks to Bill Smith, Lynn Masland, and Larry Richardson who have agreed to new three-year terms as directors and to Marty Haines who will continue to work on travelogues. Where would WWURA be without the continuing support of such dedicated members?

It was a very good year. With the encouragement of new retirees to join and to contribute new ideas, the future should bode well for WWURA.

Don't forget to put the July 11 picnic on your calendar and we hope to see you at the Retirement Banquet on May 16.

Thanks,

Barb and Howard



WWURA INTEREST GROUPS

WWURA'S Interest Groups are open to everyone. If you would like to join a group please call the contact person. **May Interest Groups are listed below:**

Book Group - Donna Rochon, 647-2301

Meets at Barbara Davidson's, 806 17th St. at 2:30 p.m. on Tuesday, May 15th.

The book for May is *Mink River* by Brian Doyle. The book for June is *In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin* by Erik Larson.

Bridge Group - Nicholas Bullat, 676-1156

The bridge group will meet on Tuesday, May 22nd, at Jan Berg's, 1029 16th St.

Informal Dining - May's get-together will be

announced soon. Call Jan Berg, 733-4654 or Barb Evans, 650-9724 if you would like to be added to the list.

Opera Group - Evelyn Ames, 734-3184

Information about next season will be available in September.

Downhill Skiing - Charlie Way, 7734-0649

Call Charlie if you are interested.

Writer's Group - call Evelyn Wright for information,

676-0227.

**Mark your calendars for the WWURA
Annual Summer Picnic on July 11**

Community Happiness!, Health Notes by Evelyn Ames

“We tend to forget that happiness doesn’t come as a result of getting something we don’t have,

but rather of recognizing and appreciating what we do have.” F. Keonig

Recent news items reported rankings of large and small cities as to their level of happiness. Among the small cities (populations of less than 300,000), **Bellingham ranked number 3!** The ten happiest small cities were: 1st. Burlington-South Burlington, VT; 2 ed. Olympia, WA; 3rd. Bellingham, WA; 4th. Bremerton-Silverdale, WA; 5th. Topeka, KS; 6th. Barnstable Town, MA; 7th. Charlottesville, VA; 8th. Kennewick-Pasco-Richland, WA; 9th. Medford, OR; 10th. Amarillo, TX.

http://www.cbsnews.com/8301-505123_162-41142308/the-10-happiest-and-saddest-cities-in-the-us/

Gallup conducted daily interviews throughout 2010 with a total of 352,840 Americans and asked them a series of questions grouped into six broad categories:

- **Life Evaluation.** Respondents were asked to rate their current life on a scale of 0-10 (10 being the best) and then imagine their life five years out and give another rating. (Honolulu was #1 in this category.)
- **Physical Health:** Respondents were asked whether “they had any health issues that prevented them from doing any age-appropriate stuff and how many days over the past month had they been ill enough that it messed up their plans. They were also queried on current physical ailments -- such as high cholesterol, diabetes, and heart conditions -- and whether they had a cranky neck, back, knee, or leg in the past year that had caused chronic pain.” (Boulder was #1.)
- **Healthy Behavior:** The “survey asked about cigarette smoking, the number of weekly workouts (at least 30 minutes long), and how many days out of the week respondents managed to eat five or more servings of fruits and veggies.” (Salinas, CA /Monterey/Carmel -- was #1.)
- **Emotional:** “Questions included: *Were you treated with respect all day yesterday? ... did you smile or laugh a lot yesterday?* and *did you learn or do something interesting yesterday?*” (Honolulu was #1.)
- **Work:** “Among the questions in this section: *Are you satisfied/dissatisfied with your job?, do you get to use your strengths so you can do what you do best?, does your supervisor behave like a boss or a partner?, and does your supervisor create a trusting and open work environment?* (Gainesville, Fla was #1 in this category.)”

Basic Access. “This section was a bit of the kitchen sink variety. Medical-related questions included whether respondents had been to a dentist in the past year, have a personal doctor, and have health insurance. It also included a series of questions about general satisfaction/dissatisfaction with the city/region, the availability of fresh fruits and vegetables, and how safe it feels to walk alone at night.” (Holland-Grand Haven, MI. was #1)

What makes us happy? Lisa Farino for MSN Health & Fitness, included comments from various researchers in her article “What Makes Us Happy?” <http://health.msn.com/health-topics/depression/slideshow.aspx?cp-documentid=100173391>. David Myers sees happiness more closely correlated with people rather than things. Farino quotes Meyers as “We humans have a deep need to belong—to connect with others in close, supportive, intimate, caring relationships.” “People who have such close relationships are more likely to report themselves 'very happy.'” The following are some factors suggested to influence rates of happiness and depression. Good urban design (it can facilitate social interaction or work against it) and effective mass transportation allow citizens to enjoy spending time with friends, family and community. Giving for your own good, in other words, volunteering and helping others is good for people’s health. Cited is Stephen Post (Case Western Reserve University) who writes that “It’s not material goods that make us happy—it’s having purpose and meaning in our lives.” ([Why Good Things Happen to Good People](#)) “Recent research out of England shows that cities with higher rates of volunteerism had the lower rates of depression and heart disease,” says Post. Time for family, friends, community: “the 2005 *Time Magazine* poll found that the four most significant sources of happiness— children (77 percent), friendships (76 percent), contributing to the lives of others (75 percent), and spouse/partner (73 percent)—all in-

volved spending meaningful time with other people.” Socially engaged people are more likely to be happy and less likely to be depressed. As Long As You Have Your Health: “While health is strongly tied to happiness, lack of health is even more strongly correlated with lack of happiness. Of those who rated their health as "poor," a whopping 55 percent described themselves as "not too happy," while only 6 percent of those in "excellent" health said the same.”

A source about “stuff”! How much stuff is enough! From Daily Beast: <http://www.thedailybeast.com/content/dailybeast/articles/2012/01/14/consumption-makes-us-sad-science-says-we-can-be-happy-with-less.html>

“Happiness: *n* “An agreeable sensation arising from contemplating the misery of another.”

Ambrose Bierce. *The Devil’s Dictionary*. 1911.

Book Column Lynne Masland

S. Thomas Russell, a Canadian writer living on Vancouver Island, has written two maritime historical novels that have been compared with Patrick O’Brian and C.S. Forester in their dramatic portrayals of officers of the British Navy in the late 18th century. *Under Enemy Colors* is a sweeping novel set in the time of the French Revolution. Charles Saunder Hayden is an able young lieutenant aboard the British frigate *Themis* which is not only battling the French but also facing a possible mutiny aboard his vessel. In *A Battle Won*, Master and Commander Hayden is ordered back to the *Themis* after several years serving on other ships only to find himself and his vessel in the vanguard of naval action during the French “Reign of Terror.” Of mixed English and French heritage, Hayden’s background and lack of connections help shape his choices, while his character determines the outcomes. A rousing good read for both genders.



Danube Holiday Markets Trip - December 2 - 12, 2012

Twenty-one people have reserved cabins on AmaWaterways' *AmaLyra* for the December 2-12, 2012, Danube holiday markets trip. We will fly on Lufthansa non-stop to/from Europe. We will enjoy the special customs of the holiday season in Prague, Nuremberg, Regensburg, Passau, Salzburg, Melk, Vienna and Budapest. Being in the Czech Republic, Germany, Austria, and Hungary during this festive time is a wonderful opportunity to see how traditions are celebrated as well as for sightseeing, visiting castles and museums, and hearing glorious music.

Details and cost for this special 50th anniversary holiday markets trip may be found on Woll's wonderful WWURA website or in previous WWURA newsletters. The cabin availability is limited, so call Kathy (734-7211) or Joyce (733-4703) if you would like to join our WWURA and friends group.

WWURA Calendar

May

16 Retirement dinner

June

5 Board Meeting

July

11 Summer Picnic

August

TBA Planning meeting

Sept

4 Board Meeting

October

1 China/Tibet/Yangtze trip

December

2 Holiday Markets trip

Western Washington University
Retirement Assoc. (WWURA)
516 High Street
Bellingham, WA 995-9020