



# WWURA NEWS



January 2013

[www.wwu.edu/wwura](http://www.wwu.edu/wwura)

Serving Retired Faculty and Staff

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## WWURA Travelogue –China

Presented by

**Margaret Loudon and Gail & Marty Haines**

**Wednesday, January 16, 2013**

**Squalicum Yacht Club**

**6:30—Socializing 7:15—Presentation**



Join us as we travel to China this past October from Beijing to Tibet to Hong Kong and stops along the way. Included were Terra Cotta Soldiers, Pandas, Tibetan Monks, 300 miles of the Yangtze River and many welcoming Chinese people.

If your name begins with **M through Z**, please bring a desert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.

## WWURA 2013 Calendar

- Jan. 16 - Travelogue - China
- Feb. 8 -Winter Luncheon
- March 20—Travelogue
- April 5 - Spring Luncheon
- April 17—Travelogue



President Bruce Shepard

## WWURA Winter Luncheon

**Friday, February 8, 2013**

**Northwood Hall, 11:30 a.m.**

**3240 Northwest Ave**

**President Bruce Shepard, Speaker**

**“State of the University—How Are We Doing?”**

Don't miss this chance to catch up on what is happening at Western these days and what problems the University might expect to face in the upcoming legislative session in Olympia.

Register NOW for this event by filling out the Reservation Form on page 7 and sending it to Janet Berg, 1029 16th Street, Bellingham, WA 98225.



## PRESIDENT'S LETTER

Greetings,

Although the dreadful tragedy of Newtown's Sandy Hook Elementary School shooting of 20 children and 6 teachers permeated the holidays, we know we can put forward our most thoughtful and positive response. The world is *not* a mad, bad place, but we recognize that one person can wreak havoc on so many. We hold a special place in our heart for all the families suffering with the loss of a loved one.

So, what are your resolutions this brand New Year? Volunteering? Visiting friends more often? Contributing to your favorite charity? While you're at it, why not include WWURA's Scholarship Fund to benefit our meritorious Western students. Your dollars provide both the practical incentive and personal motivation to pursue that all-important four-year college degree.

Another superb Travelogue featuring China is coming up on January 16. Your knowledgeable presenters are Margaret Loudon, and Gail and Marty Haines. This is your golden opportunity to find out more about the emerging China—both its traditional face and its contemporary developments— complete with magnificent photos.

Did you know you don't have to be a Western faculty or staff member (or spouse) to join WWURA? Consider introducing your friends to our luncheons, travelogues and other activities. Retirement joys can come their way when they participate in our enriching and enjoyable activities.

A final note—isn't it wonderful to know we survived the Armageddon predicted by the Mayan calendar? 2013 looks brighter already!

- Nanette Davis

### Winter Night Storm—Lynne Masland

I dreamed you were  
Unrolling crackling sheets  
Of cellophane.  
“What are you doing?” I murmured.  
Turning in my blanket cocoon,  
I woke.  
Waves of sleet, hail, gusts of wind  
Battered my ancient window panes.  
Howling.

## Retirees Invited to Enter WWU's 19<sup>th</sup> Annual Employee Art Show

WWU retired staff and faculty are invited to enter works in WWU's 19<sup>th</sup> Annual Employees Art Show, which runs for one week beginning March 11. An entry form is available at:

<http://www.wwu.edu/depts/artscraftsshow/Exhibitors.shtml>.

All media and crafts are welcomed. It's a fun way to reconnect with Western and share your creative endeavors with the university community. Entry forms are due by Feb. 22.

The exhibit is hung in Viking Union 565 with opening reception on Monday, March 11, 3-5 p.m. Hours are Monday, 11 - 5; Tuesday – Thursday, 11 - 4; Friday 11-1:30.

Contact co-chairs Nancy Phillips (Business & Financial Affairs, [Nancy.Phillips@wwu.edu](mailto:Nancy.Phillips@wwu.edu), 650-3407) or Linda Strock (retired ATUS, [Linda.Strock@comcast.net](mailto:Linda.Strock@comcast.net)) with questions or for encouragement.

## Writing Group Corner

Writing Group members are sharing some of their pieces and poems with newsletter readers. This month, Evelyn Wright and Lynne Masland offer two poems. Other WWURA members are invited to send poems or very short writing pieces for consideration for the newsletter; email to [lmasland@comcast.net](mailto:lmasland@comcast.net).

### Winter Solstice

-Evelyn Wright

On the darkest day of the year,  
we celebrate earth's balanced spin  
through its orbit round the sun.  
We celebrate that moment —  
earth alters its tilt, to promise  
another year's planting and harvest,  
another equinox, a summer solstice  
to tilt us towards light,  
to warm our cold hearts.

## **Health Notes by Evelyn Ames Music and its Positive Effects on Health**



Does listening to music relax you? Make you feel less tense? Ease pain and discomfort? Help you sleep? Lower your blood pressure? As a follow-up to December's Newsletter Health Notes on laughter and health, the 2013 New Year **Health Notes** starts with comments on the effects of music, especially classical music, on health.

Various studies provide evidence that listening to classical music does indeed have healthful effects. Researchers at the University of Maryland School of Medicine looked at participants' blood vessels when they listened to music they selected that brought them a sense of joy and made them feel good. This caused "tissue in the inner lining of blood vessels to dilate (or expand) in order to increase blood flow. This healthy response matches what the same researchers found in a 2005 study of laughter." "On the other hand, when study volunteers listened to music they perceived as stressful, their blood vessels narrowed, producing a potentially unhealthy response that reduces blood flow." A physiological reaction to the type of music is suggested to be a factor. "We don't understand why somebody may be drawn to certain classical music, for example. There are no words in that, and yet the rhythm, the melody and harmony, may all play a role in the emotional and cardiovascular response." <http://www.umm.edu/news/releases/music-cardiovascular.htm#ixzz2ApKcAzpa>. The emotional component may be an endorphin-mediated effect." "The active listening to music evokes such raw positive emotions likely in part due to the release of endorphins."

**Lowering blood pressure:** "The most often cited benefit of listening to the three B's is stress relief. The soothing experience when you hear a masterful opus isn't just imagined; a 2004 study out of the [University of San Diego](http://www.ncbi.nlm.nih.gov/pubmed/15296685) found that after hearing classical music, listeners had lower blood pressure." <http://www.ncbi.nlm.nih.gov/pubmed/15296685> A 2008 article published in the Journal of Clinical Nursing also claimed pregnant women reduced levels of stress, anxiety and depression after listening to a 30-minute CD of classical hits."

**Relieving Pain:** A British medical team was able to reduce the amount of opiates given to people who were recovering from stomach surgery by giving them a steady dose of classical music. <http://www.netdoctor.co.uk/healthy-living/wellbeing/health-benefits-of-music.htm#ixzz2GIFsDNoB> The University of Utah Pain Research Center found that engaging patients "in music listening can reduce responses to pain, depending on the person: people who are anxious and can become absorbed in activities easily may find music listening especially effective for relieving pain." (<http://www.ncbi.nlm.nih.gov/pubmed/22071366>)

**Emotions:** "Everyone reacts to music in different ways. One individual may love heavy metal for example, while another is happiest listening to Mozart. Whatever your preference, a 2011 Canadian study, published in *Nature Neuroscience*, has shown that plugging in to your favorite music could help melt away a bad mood. Researchers at McGill University in Montreal showed that listening to pleasurable music of any description induced 'musical chills', which triggered the release of the feel-good chemical dopamine." <http://www.netdoctor.co.uk/healthy-living/wellbeing/health-benefits-of-music.htm#ixzz2GIFsDNoB>

**Stress reduction:** When subjects were required "to listen to music twice a day for half-an-hour for two weeks, it was found that the stress and anxiety levels dropped significantly." <http://www.medicaldaily.com/articles/3740/20101115/health-benefits-of-listening-to-music.htm>

**Sleep:** "A [Hungarian team](#) showed that listening to 45 minutes of classical music before bedtime helped students from 19 to 28, who had problems falling asleep. The researchers suggest turning on the famous Lullaby, or similar peaceful pieces, could be an effective way of battling insomnia." "Since music has a balancing effect on stress and anxiety, listening to music while going to bed can be very beneficial as it

## Health Notes, cont'd

calms the mind, thus resulting in a good night's sleep." The conclusion of a study conducted at the Buddhist Tzu Chi General Hospital showed that "listening to soothing music at nocturnal sleep time improved the rested rating scores, shortened stage 2 sleep, and prolonged REM sleep" but had little effect on sleep quality. (<http://www.ncbi.nlm.nih.gov/pubmed/22494532>)

**Stimulation of brain cells:** listening to music with strong beats results in brainwaves resonating in sync with the beats of the music, which gives one more concentration and alert thinking. "On the other hand, classical music not only puts one in a calm meditative state but it also leaves one with a sense of well-being and satisfaction about themselves long after the music has been turned off."

<http://www.medicaldaily.com/articles/3740/20101115/health-benefits-of-listening-to-music.htm>

Radio station (WQRX) reported (November, 2011) that the German transportation minister released a CD of slow movements of Mozart piano concertos with the hopes that the album would reduce aggressive driving on the autobahn. (<http://www.wqxr.org/#!/articles/top-5-105/2011/nov/10/top-five-studies-classical-music-and-health/>).

Additional resource information:

Ease patients' distress during surgery" <http://www.time.com/time/health/article/0,8599,1929994,00.html>  
<http://health.yahoo.net/experts/allinyourmind/5-health-benefits-music>

Music therapy: <http://health.usnews.com/usnews/health/healthday/080322/music-as-medicine.htm>

Diabetes and music therapy: (The Power of Music by Mannes):

<http://www.npr.org/2011/06/01/136859090/the-power-of-music-to-affect-the-brain>

"Classical Music Can Improve Your Life": <http://maryrenee.hubpages.com/hub/Why-You-Should-Listen-To-Classical-Music>

Bach's Air on the G string is amongst the most famous pieces of music for relaxation:

<http://sissi.hubpages.com/hub/Effect-of-Classical-Music-on-the-Brain>

<http://science.yourdictionary.com/articles/how-does-music-affect-the-brain.html>

**Your musical prescription for health:** take a dose of Brahms, add some Beethoven and Mozart, toss in a little Haydn, spice it up with Boccherini, dance a step with Dvorak and Piazzolla, and hum along with Puccini's Humming Chorus from Madama Butterfly!

**WWURA 2012 Jingle Bell Team and supporters:** Many thanks to our members and supporters for this year's Bellingham Jingle Bell Run/Walk. We appreciate your support for research and education about the many forms of arthritis. Weather was great; everyone had a fun time! Prizes and yummy bread followed our walk. Our walkers: Pat Clarke, Barbara and Mel Davidson, Rosemary and John Flora, Chris and George Gerhold, Lynne Masland, Charlie Way, and Evelyn Ames. Our supporters included Marty and Gail Haines, Anne Brown, Margaret Woll, Lina Zeine, Carol Radke, Erlene and Wendell Poole, Nanette Davis, Mary Hawk, Chris Suzcek, and Howard Evans. For those of you on Facebook, check for wwura pictures

(<https://www.facebook.com/BellinghamJBRW>)

- Evelyn Ames

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## 2013 OREGON SHAKESPEARE FESTIVAL

WWURA is planning another trip to the Oregon Shakespeare Festival in Ashland. We will leave Bellingham on Tuesday, April 30th, see plays on Tuesday, Wednesday and Thursday, returning to Bellingham Friday, May 3rd. 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. The cost of the theater tickets this year is \$25 each. The cost of the bus will be \$226 per person and after the reservation deadline will be nonrefundable because the bus cost is a fixed fee. If you are interested in travel insurance to cover that part of the cost, please let me know. It is also possible to find someone to take your place. The theater and the motel have not yet set a deadline for submitting final numbers, we should have that information in about a week and at that time I will contact everyone who has given me their name. We need 25 people for this trip to go and we have 20 who have indicated interest.

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

KING LEAR by Wm. Shakespeare - a contemporary staging of Shakespeare's greatest tragedy.

THE TAMING OF THE SHREW by Shakespeare - "a surprising love story that dares to ask what roles we play."

MY FAIR LADY - "lerner and Loewe's effervescent adaptation of Bernard Shaw's Pygmalion is one of the most exquisite musicals ever written. This intimate, two-piano version, approved by composer Loewe, promises to illuminate the story in ways you haven't heard before."

TWO TRAINS RUNNING by August Wilson - his "searing portrait of African American life in the '60's tells a complex story of the inner lives of ordinary people at a turning point in American history."

A STREETCAR NAMED DESIRE by Tennessee William - "southern aristocrat Blanche down on her luck, is reduced to living with her sister Stella and Stella's pugnacious husband, Stanley in a tiny tenement apartment."

UNFORTUNATES - this astonishing, homegrown OSF creation combines the heat of a gospel revival with the sweet sorrow to the blues to convince us that any untenable life situation can be faced with dignity, grace and compassion.

Please fill out the form below and send it to Barbara Evans, 622 Everglade Rd., Bellingham, 98225. For questions call 650-9724 or email <[barbandhoward@comcast.net](mailto:barbandhoward@comcast.net)>

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Please indicate the number of tickets for each play.

Tues. 4/13 \_\_\_\_ Taming of the Shrew 8 pm      \_\_\_\_ Unfortunates 8 pm

Wed. 5/1 \_\_\_\_ Two Trains 1:30      \_\_\_\_ My Fair Lady 8pm      \_\_\_\_ King Lear 8pm

Thurs. 5/2 \_\_\_\_ Street Car Named Desire 8 pm      \_\_\_\_ King Lear 8 pm

There will be a choice of rooms, queen, 2 queens or king. When I get pricing, I will let you know the cost.

Please indicate your choice:

\_\_\_\_ queen    \_\_\_\_ 2 queen    \_\_\_\_ king



## PRAGUE/DANUBE HOLIDAY MARKETS CRUISE - 2012

Our WWURA & friends group-22 of us-flew Lufthansa from Seattle to Frankfurt, then on to Prague to begin our travels. The first evening in Prague, several of us attended Mozart's The Magic Flute at the historic Estates Theater where Mozart had premiered his Don Giovanni in 1787. It was a great start to a trip filled with sight-seeing, music, and Christmas markets.

Sightseeing in Prague included the magnificent castle complex, a stroll down and across the Charles Bridge, time to visit Old Town Square, Wenceslas Square, and the colorful markets. Some went to a chamber music concert at Smetana Hall in the Art Deco Municipal Hall while others of us went to a Czech folk music performance.

From Prague to Nuremberg by coach took us through a Winter Wonderland of beautiful snow-covered landscape. We boarded the AmaLyra in Nuremberg, and on the first evening our 2 "birthday girls" - Mary Terey-Smith and Carolyn Jonson - celebrated their birthdays by being invited to dine at the captain's table.

The tour of Nuremberg included the castle and its wonderful view, then time to explore the 180 stalls set up for Germany's most famous Christmas market. It was as delightful as it had been when I first visited it 50 years ago.

Regensburg with its famous Old Stone Bridge and medieval Christmas market was charming. Then on to Salzburg by coach for a day in this glorious Mozart city. Some chose to explore Passau and then stay aboard the ship as it cruised to Linz. The Salzburg day-trippers met the others later in Linz and enjoyed the illuminated market square as well as seeing St. Nicholas and wild Krampuses there.

The baroque Benedictine abbey at Melk was awesome, especially the chapel and the impressive library. In Vienna we had a good sightseeing tour, then a walking excursion along the pedestrian area and a chance to see several of Vienna's six Christmas markets. In the evening two different classical concerts were attended.

Budapest was our final stop. Docking on the Pest side, we were close to the walking street, the Central Market, and the Christmas markets. Seven of the 22 stayed on in Budapest, and some saw The Nutcracker ballet at the opera house.

Surveying our group, their favorite city was Prague, although each city received at least 1 vote. Favorite musical events were the opera and concert in Prague, concerts in Vienna, La Strada classical music trio and Hungarian dancers/musicians aboard ship, Czech folk dancers. Favorite museums/castles were Albertina and Schonbrunn in Vienna and the Melk Abbey. What was enjoyed most aboard ship included the excellent food, congenial staff, size (140 passengers), exercise room, and complimentary internet access in all cabins. Most popular Christmas market was Nuremberg, although each place received at least 1 vote.

We discovered (and sampled) 7 brands of Mozartkugeln chocolates, and we accumulated 75 gluhwein mugs. Thanks to Joyce D. Wilson for making the arrangements with AmaWaterways.

Our reunion will be Sat., Jan. 12 at the home of Donna Fields Moore (Rochon) and John Moore. We look forward to seeing trip pictures and recalling fond memories from this wonderful trip.



Linz Christmas Market

## JANUARY INTEREST GROUPS

If you are interested in one of the groups please call or email the contact person.

**BOOK GROUP**--Donna Rochon, 360-647-2301, <djrochon1@comcast.net>

Meets the 3rd Tuesday of the month at Barbara Davidson's, 806 17th Street.

We will meet January 16th at Barbara Davidson's, 806 17th Street.

January's book is *World Without End* by Ken Follett

February's book is *Bring Up the Bodies* by Hilary Mantel

**BRIDGE GROUP**--Nicholas Bullat, 360-676-1156, <gnbmaestro@gmail.com>

Meets the 4th Tuesday of the month at member's homes. We will meet January 22nd at Barb Evans, 622 Everglade Rd.

**INFORMAL DINING** -- Janet Berg, 360-733-4654, <janetlila@hotmail.com>

Meets in small groups each month at member's homes.

**OPERA GROUP**--Evelyn Ames, 360-734-3184, <Evelyn.ames@wwu.edu>.

Call Evelyn if you need a ride.

January 19, 2013 Donizetti's *Maria Stuarda*, Met Premiere

February 6, 2013 Encore, 6:30 p.m. local time

Information on venues is in the September newsletter.

**SKIING** - Charlie Way, 360-734-0649, <cbway@aol.com>

Skiing usually starts in January depending on the weather and Mt. Baker

Ski Area is now open!

**WRITER'S GROUP** - Evelyn Wright, 360-676-0227, <ewright410@comcast.net>

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work. The first group is now closed, but if you are interested, please call Evelyn and discuss starting a second group.

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### Reservation Form

Winter Luncheon

Friday, February 8, 2013

Northwood Hall, 3240 Northwest Ave., Bellingham, 11:30 a.m.

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

Address or Phone Number \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ (\$15 member, \$18 for non-member)

**Reservation Deadline is Monday, February 4, 2013**

Mail with your check payable to WWURA to Janet Berg, 1029 16th St., Bellingham, WA 98225. ( Phone: 733-4654)

## Book and Film Column

Lynne Masland

In *The Buddha in the Attic*, California-born Japanese American writer Julie Otsuka tells the stories of Japanese picture brides, women who left Japan in the early 20<sup>th</sup> century to marry immigrant men, Japanese plantation and field laborers in Hawaii and America. The marriages, arranged by matchmakers and based on photos the men sent to the girls' families, were common, an extension of the prevailing custom of arranged marriages.

There are no main characters in this beautifully spare, poetic account. Instead the story is told from the point of view of a group of picture brides sailing on a ship from Japan to America. The women form a chorus of narrators who continue to record their experiences and thoughts up through the Japanese internments in the early 1940s in reticent, yet powerfully intertwined narratives. "On the boat, we were mostly virgins," is the book's opening line. As one reviewer remarked about *Buddha*, "in the end, Otsuka's novel has become emblematic of the brides themselves: slender and serene on the outside, tough, weathered and full of secrets on the inside."

*Buddha* joins Otsuka's earlier novel, *When the Emperor Was Divine*, as well as Jamie Ford's novel, *Hotel on the Corner of Bitter and Sweet*, and David Masumoto reflections about his three generations of fruit farmers in central California - *Wisdom of the last Farmer* and *Epitaph for a Peach* - in telling the compelling stories of Japanese American experience and internment. These are cautionary tales of what it can mean to be an American in troubled times.

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