



WWURA NEWS



April 2014

www.wwu.edu/wwura

Serving Retired Faculty and Staff

WWURA Travelogue Share the Beauty of Europe with Norm and Megan Vigre Wednesday, April 16, 2014

6:30 p.m. socializing; 7:00 p.m. presentation
Squalicum Yacht Club, 2633 South Harbor Loop Rd

Join Norm and Megan Vigre at the WWU Retirement Association travelogue on Wednesday, April 16 at the Squalicum Yacht Club to share the beauty of their recent trip through Portugal, France, Denmark, and Norway. Norm, who is a past president of North Whatcom Rotary, and Megan will share photos, stories and tips of traveling small and local through Europe. Learn the tricks to living out of one backpack, how to book local accommodations, and find some of the hidden gems of Europe. They will also look at how traveling small in Europe has changed over the last 10 years by comparing this trip to earlier experiences in Italy, Austria, and Germany. There will be plenty of time for questions - expect a very interactive presentation. We look forward to sharing our love of travel and culture with you.

Members whose last name begins with **A through L**, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.



President Lynne Masland's Message

While my East Coast relatives have been dodging snowflakes and high winds, I've been enjoying the unfolding of spring as my hyacinths, daffodils and early tulips burst into bloom. Spring in Whatcom County is a glorious symphony, and we're well into the first movement.

We have a flurry of activities planned to finish up the season this month and next. Our Spring luncheon is set for April 11 with Nanette Davis as speaker. Our travelogue speakers on April 16 are Norm and Megan Vigre, who will share their love of travel in Europe with slides, stories and tips for traveling light and enjoying the local cultures. Last month's travelogue with David Mauro's reflections about ascending Mt. Everest was a riveting program, applauded by all who attended.

Our season winds up next month with the Retirement Dinner on May 8. This is an opportunity to greet new retirees and enjoy a delicious dinner in the Viking Union. You'll find a registration form on page 7.

Please read the bios for the three members who have agreed to stand for election as directors on the board, and submit your ballots (p. 6)

to Barbara Evans by April 18th.

Thank you to all who have agreed to be part of our organization.

I'll see you at the luncheon.

Inside:

Health Notes	p. 2
Travel News	p. 3
Brown Bag Lunch	p. 3
WWURA Calendar	p. 3
Interest Groups	p. 4
Book Review	p. 4, 5
Writers Group	p. 5
Book Review	p. 5
Ballot and Bios	p. 6
Interest Groups	p. 6
Reservation Form for May Banquet	p. 7
Davis Presentation	p. 8

April 2014 Health Notes by Evelyn Ames Adding “Joy” and “Laughter” to Your Steps to Healthy Aging!

At the conclusion of Dave Mauro’s presentation at March’s WWURA Travelogue, we were encouraged us to add joy to daily living. With this in mind and with brief definitions of “joy” and “laughter,” April’s Health Notes offers helpful suggestions for healthy aging with joy and laughter as important components.

Joy is “the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires” or “success in doing, finding, or getting something done.” <http://www.merriam-webster.com/dictionary/joy>. The Joy Project suggests “we are born with the capacity to be joyful - we don't need anything else or anyone's permission. We can be joyful all the time - it's a choice!” http://www.thejoyproject.com/our_definition_of_joy. Laughter is the action of or noise produced by laughing” and is the “experience of manifestation of mirth, amusement, scorn, or joy” <http://dictionary.reference.com/browse/laughter>.

“Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use” (http://www.helpguide.org/life/humor_laughter_health.htm).

Add laughter to daily living: Smile (it is the beginning of laughter!). Count your blessings! Move toward laughter when you hear it! “More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, “What’s funny?” “Spend time with fun, playful people.” “Ask people, “What’s the funniest thing that happened to you today? This week? In your life?” www.helpguide.org/life/humor_laughter_health.htm Other ideas: laugh at yourself, lighten up (look for funny pictures/posters), deal with stress as it can dampen laughter and humor, and observe the play of children! Children know how to have fun when they play!

The 1999 Resource Booklet from the American Association for World Health highlights these **10 Steps to Health Aging**: 1. Live a healthy life--START NOW... It’s never too late. 2. Eat right and keep moving daily. 3. Keep your mind active--keep learning new things. 4. Select a health care provider who is knowledgeable about healthy aging and conditions affecting older people. 5. Know health care benefits available to you under Medicare, state programs and private insurance. 6. Take advantage of prevention programs/services in community. 7. Get involved in programs in your own community that help you live a healthy life. 8. Stay socially engaged--volunteer in community with people of all ages. 9. Make informed financial decisions--plan ahead for older stages of life. 10. Become informed about living arrangements such as assisted living and life-care communities. For this last one, Whatcom Alliance for HealthCare Access at 800 E. Chestnut (lower level) is available for help. Phone is 360-788-6592.

What is Your Aging I.Q.? “We all know someone `old`. It might be a grandparent, a neighbor, or maybe the person behind the counter at the dry cleaners. But what is normal aging? In this booklet there are several very short stories, each followed by a few related questions. Some are multiple-choice, some are true/false (T/F), and some yes/no (Y/N).” Take this test at National Institute of Aging (NIH) <http://www.nia.nih.gov/health/publication/whats-your-aging-iq/about-booklet> bHYPERLINK "http://www.nia.nih.gov/health/publication/whats-your-aging-iq/about-booklet" iHYPERLINK "http://www.nia.nih.gov/health/publication/whats-your-aging-iq/about-booklet" ication/whats-your-aging-iq/about-booklet.

WWURA TRAVEL NEWS

Listed below are some trips WWURA members are planning to take over the next few years. If you are interested in any of these trips, contact the person planning the trip.

Donna and John Moore, 360-733-5769, <dfmoore12@gmail.com>

NEW ZEALAND - FEBRUARY 2015 - OVERSEAS ADVENTURE TRAVEL. “Discover New Zealand’s stunning South Island—a wonderland of alpine peaks, verdant farms, Victorian garden towns, ancient Maori culture and good-natured Kiwi hospitality.”

ELEGANT ELBE - FALL 2015 - VIKING RIVER CRUISE. “Discover the natural beauty of East Germany’s dramatic landscape on an Elbe River cruise. Tour the opulent palaces of Saxon monarchs and stroll through beautifully landscaped gardens; sail between the dramatic sandstone cliffs of Germany’s “Saxon Switzerland.” Marvel at the baroque splendor of Dresden and see how Meissenware porcelain is produced. Walk in the footsteps of Martin Luther in Wittenberg. The trip is book-ended by a night in Berlin and one in Prague.”

Marty and Gail Haines, 360-676-1344, <mghaines@comcast.net>

GUATEMALA -- JANUARY 2015 - VIRIDIS TRAVEL PARTNERS. “This is your opportunity to explore the many contrasts of Guatemala in style and comfort. From the cobblestone streets of the 16th century Spanish colonial capital of Antigua to Lake Atitlan, to the ancient Mayan ruins at Tikal, your senses will be gratified by the variety of experiences this 10 day trip provides.”

HEART OF INDIA AND BHUTAN - FALL 2015 - OVERSEAS ADVENTURE TRAVEL. “The scent of roasted cumin seeds floats through an outdoor bazaar in Delhi, a girl’s bracelets jangle on her arm as she prepares for a festival, Hindu pilgrims descend ghats into the holy Ganges. In India every moment brings new stimulation for the senses and the spirit, from the excitement of the well-known “Golden Triangle” cities of Delhi, Agra, and Jaipur to the tranquility of the unexpected retreats that lie between them -- we explore it all.” “Bhutan cautiously controls tourism to protect its legacy as one of the world’s top ten biodiversity hotspots. Experience a magical, mystical world of elaborate temple-fortresses, ancient customs and mind-boggling Himalayan scenery.”

JAPAN’S CULTURAL TREASURES - OVERSEAS ADVENTURE TRAVEL. “A colorful Shinto festival winds its way past neon lights and Tokyo skyscrapers, a modern bullet train speeds past a farmer tending his rice paddy, a well-dressed businessman stops in a Buddhist temple to light incense, majestic Mount Fuji provides a beautiful backdrop for Hakone, where locals and travelers relax in volcanic hot springs. Join us as we explore more than 2000 years of Japanese history and culture, from ultra-modern Tokyo through the former imperial capital of Kyoto all the way back to Kanazawa’s unique samurai architecture. ...we’ll stay in a Japanese style ryokan inn, visit local markets and craft workshops, partake in a traditional tea ceremony and travel by rail just as the Japanese do.

WWURA Brown Bag Lunch

Friday, May 16 - 12 noon to 1:00 p.m.
REI Community Room—400 36th Street

Topic: “Nutrition for Arthritis: Reducing Inflammation Through Diet”

Presenter: Lisa Mitchell, Program Development for Great West Region of the Arthritis Foundation.

If you have questions, contact Evelyn.Ames@wwu.edu (734-3184)

-3-

WWURA 2014 Calendar

April

11—Spring Luncheon
16—Travelogue

May

6—Board Meeting
8—WWURA Retirement Dinner
16—Brown Bag Lunch

July

9—Picnic—Whatcom Falls Park

APRIL INTEREST GROUPS

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

BOOK GROUP--Donna Moore, 360-733-5769 <dfmoore12@gmail.com>

We will meet Tuesday, April 15th at 2:30 P.m. at Donna Moore's home at 346 Bayside Rd.

April's book is *The Elegance of the Hedgehog* by Muriel Barbery. Leader - Suzanne Krough

May's book is *Some of My Lives* by Rosamond Bernier. Leader - Barbara Levin

BRIDGE GROUP--Nicholas Bullat, <gnbmaestro@gmail.com>

Meets the 4th Tuesday of the month at member's homes. We will meet April 29th at Barb Evans home, 715 N. Garden St. # 502, 360-650-9724

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>.

This group usually attends the opera independently or in small groups. Call Evelyn if you need a ride.

Metropolitan Opera HD Series for 2013-2014, check this website for cast and dates of encores: <http://www.metoperafamily.org/metopera/liveinhd/LiveinHD.aspx>

In the left corner is Participating Theaters (click on United States and/or Canada for listing). There are 10 HD showings this season.

Running times of each opera are listed at main web site.

Mozart's *Così fan tutte* at April 26 at 9:55 a.m.; Encore Wed. April 30 at 6:30 p.m.

Rossini's *La Cenerentola*, May 10 at 9:55 a.m.; Encore Wed. May 14 at 6:30 p.m.

Lincoln Theater in Mt. Vernon: <http://www.lincoltheatre.org/welcome> (click on calendar)

Check the **Pickford Film Center** for European opera showings: <http://pickfordfilmcenter.org/>

SKIING - Charlie Way, 360-734-0649

WRITER'S GROUP - Evelyn Wright, 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 in a second group call Bill Smith,

647-4534, <rhetor16@yahoo.com>

Book Review: Jeffrey Toobin's *The Oath*

This is Toobin's third book on the Supreme Court. Published two years ago, it's about the Supreme Court and its relationship, under the chief justiceship of John Roberts, with President Obama. The other two are *Too Close to Call* (2001) about Bush v. Gore, the case that awarded the presidency to George W. Bush and *The Nine* (2007) about the Supreme Court after the death of Chief Justice Rehnquist but before John Roberts had established himself fully with the other justices. For readers who are interested in the Supreme Court and its inner workings, it is a fascinating work.

Some of its fascination comes from Toobin's skill and art. He writes well (he is a *New Yorker* staff writer), and he has developed relationships with several of the justices, especially former justice Sandra Day O'Connor, who was ostensibly a major source for *The Nine*, that yield details about their thinking, their approach to cases, and their relationships with some of the other justices. Also a lawyer (Harvard Law School), Toobin has a grasp of the legal nuances of many of the cases that approaches being masterful.

Using Roberts' slightly messing up his swearing in of President Obama as his starting point and frame,

Writer's Group

Don't tell Me

things aren't as bad as they seem.

Let me wail.

Don't pretend

things would be better,

if I'd look on the bright side!

You came to cheer me up;

and you're not a failure.

Now don't scold me

for being cheerless.

Is it painful to sit quietly,

to acknowledge that suffering is real?

Do you fear that grief,

once admitted,

will sweep us away in an ocean of tears?

That there is no comfort

for those who weep?

What a cold and lonely planet,

compassion gone,

where Job still sits on a heap of ashes,

hearing false comforters,

hucksters offering remedies.

- Evelyn Wright

Life benedict

Dawn, a bit down,

stopped by this morning,

hoping to catch a ride to night,

found us as usual running late,

in need of speed, luck, good lights

just to make noon on time.

Plus, it's no good, codependent,

enabling patterns of friends

who find a way to intrude on life

each day, Maybe, try to smile,

listen, offer eggs, not a ride,

sunny side up.

-Timothy Pilgrim

Book Review, cont'd from page 4

Toobin follows major cases that come before the Supreme Court. Reader alert: Because Toobin is politically liberal, he is frequently critical of the Roberts court and many of its major decisions. However, he brings to his work a detailed knowledge of the general history of the Court and of the legal history of the issues that come before it. He provides detailed thumbnail sketches of many of the principals bringing or arguing cases before the Court. The personal history of all of the current justices and many past justices are given in some intriguing specifics. Example: Scalia, far right politically, and Ginsburg, left, share a love of opera and are good friends.

Of the major battles, three cases stand out. First is the Heller case, the one in which the Court overturned earlier precedents and declared that Second Amendment rights are personal rights. The second is Citizens United, a case in which the Court decided that First Amendment free speech rights extend to corporations and that therefore their political expenditures may not be restricted. In this decision the Roberts Court also overturned several earlier precedents. Toobin's third major case is, of course, the one challenging the constitutionality of The Affordable Care Act, Obamacare. In this instance Roberts voted to uphold the law, enraging many conservatives, *The Wall Street Journal* not least among them. But, Toobin notes, that vote "was an act of leadership. It's John Roberts 's Court now."

Especially with a decision to be announced soon about a second challenge to the constitutionality of the ACA, this one on the basis of freedom of religion, *The Oath* is, as I said, fascinating.

Bob McDonnell

WWURA Board of Directors Election

The Nominating Committee (Evelyn Ames, Barbara Evans and Lynne Masland) presents the following slate of candidates for election to three-year terms on the WWURA Board. If you wish to write in the name of another WWURA member for any of the three positions, you may do so provided you first obtain that person's agreement to serve.

Please detach and mail your completed ballot to Barbara Evans, 715 N. Garden Street, #502, Bellingham, WA 98225 by Friday, April 18, 2014

WWURA BALLOT—2014

Faculty Position

___ **Ron Ward**—Ron A. Ward joined Western's faculty in 1991 as an Associate Professor of Mathematics and retired at the end of 2006. In addition to teaching both mathematics and math education classes on campus for the Department of Mathematics, he also taught both on- and off-campus classes for the Center for Regional Services as well as for Extended Education while attached to the Departments of Elementary Education and Teacher Education for Off-Campus Programs. Ron's Ph.D. is in Mathematics Education from Florida State, and his post-doctoral work was done at WSU while a participant in the National Science Foundation's *Math Scholars* program. Ron has spoken at many national meetings in math and math education, has numerous publications, and has served on the national board of directors of the Association of Mathematics Educators. His professional interests have included the development and dissemination of mathematics curricula, and his personal interests have included coaching both high school and college debate, choral singing, and both square dancing and round dancing.

___ **Write In**

Staff /Administration Member Position

___ Margaret Woll—After earning her BA degree at Western, Margaret spent 18 years in various staff positions at Western in the areas of Space & Scheduling, Health Services, and the School of Education. For much of that time she was associated with Upward Bound where she held the position of Assistant Director and then Interim Director of that program. She has served in various capacities on the boards of numerous organizations; i.e., the Academy for Lifelong Learning, Whatcom Chorale. She is a past president of the League of Women Voters, and WWURA. She and her husband John, a retired professor of Mathematics at WWU, have enjoyed white water rafting trips, traveling to foreign countries, and singing with the Whatcom Chorale.

___ **Write In**

Member-at-Large

___ **Chris Gerhold**—Chris was a reading specialist in the Ferndale School District for the majority of her teaching career. As well, she has been involved in several special education programs in Seattle, Tacoma, and Whatcom County. She taught beginning computer classes for teachers and children in the early days of computers in the classroom, and wrote a LOGO computer language manual for teachers and students. Chris has been in Whatcom County for 35+ years, 4 of those years on Lummi Island, and the remainder of the time in Bellingham. She is married to George Gerhold, who taught in the Chemistry Department and was Associate Dean of Arts and Sciences. She received her undergraduate and masters degrees at WWU. George and Chris have 5 children, 13 grandchildren, and 1 great-grandchild between them. Chris enjoys walking, hiking, her strength/conditioning and Tai Chi classes, reading, art, travel, Seattle Opera, Bellingham Festival of Music, being with her family and friends.

_____ **Write In**

WWURA Retirement Banquet

Thursday, May 8, 2014

Viking Union Multipurpose Room

Wine Reception 5:30 p.m.

Program begins at 6:00 p.m.

Please join us and welcome Western's new faculty and staff retirees with a festive banquet and musical entertainment by The Prawns, WWURA program and travel review. Each new retiree is recognized. Here is your chance to welcome and get to know the newly retired and encourage them to be part of WWURA.

Menu

RECEPTION

Fresh Seasonal Fruit, Domestic and Imported Cheeses, Assorted Gourmet Crackers, Brie & Raspberry Wrapped in Phyllo, White and Red Wine

DINNER

SALAD: Mixed Green & Bibb Lettuce, with Fresh Garden Vegetables served with House Tarragon-Citrus Vinaigrette NO GLUTEN

ENTREE'S

1. Seared Steelhead, with Fresh Herb Gremolada.
Served over Mixed Spring Vegetables & Wild Rice Pilaf -NO GLUTEN
2. Grilled Beef Tenderloin & Jumbo Prawns, with Fresh Herb Gremolada.
Served over Spring Vegetables & Wild Rice Pilaf - NO GLUTEN
3. Vegan and White Bean Tower—Layers of Diced Zucchini, Squash, Eggplant, and White Beans, topped with Roasted Red Pepper. Accompanied by Sundried Tomato Coulee, Celeriac Puree, & Basil Oil Drizzle - NO GLUTEN

DESSERT: Flourless Chocolate Cake

Dinner also served with: White and Red Wine, Dinner Rolls and Butter, Sliced Lemon in Ice Water, and Coffee and Tea

Please fill out the form below, indicating your choice of entrée, and mail with your check (made out to WWURA) to **Jan Berg**, 1029 16th Street, Bellingham, WA 98225. **Reservations are due by Monday, April 28.**

May 8th Retirement Dinner Reservation Form

Name(s) _____

Phone or email address _____

Number of reservations _____ at \$33 each. Amount enclosed _____

Entrée Choices ___Steelhead ___Beef Tenderloin & Prawns ___Vegan & White Bean Tower



Dr. Nanette J. Davis is the author of “The ABCs of Caregiving: Words to Inspire You,” the forthcoming “ABCs of Caregiving, Part 2: Essential Information for You and Your Family” and “Caregiving Our Loved Ones: Stories and Strategies That Will Change Your Life,” as well as numerous print books and more than 100 scholarly articles. She received her Ph.D. from Michigan State University, completed her post-doctorate studies at Stanford University and brings more than three decades experience as an author, educator, advocate, researcher and lecturer. She garnered the prestigious Fulbright Senior Scholar Award, among other accolades, and has recently taught at Western Washington University, Chapman University and Portland State University.

A Summary of Dr. Davis’s Presentation to be given at the April 11th Luncheon

If you’re a caregiver or planning to be one, you’re not alone. It’s time we woke up to the fact that 65 million Americans now serve as family caregivers—an isolated, invisible army. And with more than 11 million Baby Boomers pouring into the retirement stream annually—that “silver tsunami” we’ve all heard about—the caregiver crisis is today’s reality. We’ll look at the “burden” of caregiving, major social changes that undermine family caregiving and innovative approaches that benefit families and communities. Volunteerism is in full swing with principles, such as “paying it forward” and “step up and give back.” We’ll also explore alternatives, including care partnering, team work, expanded community networks (or “Villages”) and care circles. Ultimately, “immersive caregiving” provides a new way of taking care of our loved one—and ourselves—at the end of life.

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