



# WWURA NEWS



December 2014

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

Serving Retired Faculty and Staff



## PRESIDENT'S NOTE

The November Travelogue at which Captain and Columbia River Bar Pilot, Deb Dempsey, highlighted her adventures on the high seas and the Columbia River, was thoroughly enjoyed by WWURA members. For those of you who were not able to attend, check out on-line her history as the first female to graduate from the Maine Maritime Academy and the commendations she received as captain of a crew of four that rescued a drifting dead ship that was going to crash onto North Carolina's Frying Pan Shoals.

December is the month for WWURA's Annual Holiday Party. Good food, great company, and wonderful background music by Louis Lippman. Burl Harmon will bring his guitar to lead us in singing a few carols.



*Put the date (17<sup>th</sup>) on your calendar and join us for lots of holiday cheer.*

WWURA Board members would like your input into what you would like to see from us that would make WWURA a "must join" choice.

**A Reminder:** Your votes for approving changes to the WWURA Constitution (see the November 2014 Newsletter) are to be sent to Evelyn Ames. You can email me your approval or disapproval. [evelyn.ames@wwu.edu](mailto:evelyn.ames@wwu.edu).

Best wishes to all of you for a healthy and adventuresome winter solstice and New Year.

**-Evelyn Ames**

## 10th Annual Holiday Party Wednesday, Dec. 17, 2014, 6-10 pm.

Squalicum Yacht Club  
2633 South Harbor Loop Rd.

*"Come and get into the holiday spirit with friends, good food and lively music"*

- Social gathering - 6 pm.
- Potluck dinner begins at 6:30. It consists of roast turkey, ham, coffee & tea *plus* potluck items as assigned below.
- Bring your own wine or soft drink, if you wish.
- Music by keyboardist Lou Lippman
- Bring your own plates and silverware.
- Cost is \$5 person.
- Please bring a dish (to share) as listed below:
- Last names beginning with **H-Q** bring a **Side Dish**, **R-Z** a **Salad**, and **A-G** a **Dessert**

The fee is \$5 per person, which covers the costs of the hall, music, decorations.

**Deadline for reservations is Thursday, December 11th.** Mail your check and Reservation Form (*found on page 5*) to **Patricia Roberts, 715 Marine Drive, Bellingham, WA 98225.** Questions? Call Patricia at 676-2593.



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## December 2014 Health Notes by Evelyn Ames

### Helpful Suggestions and Tips to Reduce Holiday Stress

The holiday season has arrived. For many, events surrounding holidays create stress, wanted or unwanted; or what can be called eustress, which is positive, and distress, which is negative. Examples of good stress include physical activity, chatting with friends, and playing games. Examples of bad stress are fear, worry, and noise. How can one deal with this stress and maintain a quality of life throughout the season? Various tips and suggestions for doing so are available in many books and on-line. Following is a composite of several healthful and helpful hints from the Mayo Clinic Staff, from the book, [\*The How of Happiness\*](#), and from University of Maryland psychology lecturer Dr. Thomas Capo.

**Mayo Clinic Staff's Tips to prevent holiday stress and depression** (<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress/art-20047544>)

**Acknowledge your feelings.** "If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief."

**Reach out.** "If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships."

**Be realistic.** "The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones."

**Set aside differences.** "Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion."

**Stick to a budget.** "Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts." ( e.g., donate to a charity, give homemade gifts or start a family gift exchange.)

**Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list." Line up help for party prep and cleanup!

**Learn to say no.** "Saying yes when you should say no can leave you feeling resentful and overwhelmed."

**Don't abandon healthy habits.** "Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt."

**Take a breather.** "Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do."

**Seek professional help if you need it.** "Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional."

From *The How of Happiness*, doing the following can lead to holiday happiness:

expressing appreciation (gratitude) of what one has; being optimistic; helping others by performing acts of kindness; staying connected with friends and family, especially during the holidays; use your stress coping skills when negative things happen; maintain your physical energy level because it does affect emotional and mental health; and savor life's joys by remembering that simple things bring rewards.

(cont'd on page 3)

## Health Notes, *cont'd*

Capo's tips to reducing stress this holiday season: <http://www.reliableplant.com/Read/3418/reducing-stress-levels-holidays>

Tip #1: simply relax and enjoy yourself and your family and friends.

Tip #2: "set aside a little time each day to engage in some kind of stress-reducing activity. Anything that "calms us down" will do, whether it consists of reading, listening to music, yoga, meditation, or a hobby, etc.

Tip #3: try to avoid overuse of alcohol and overeating. Drinking and eating too much can affect sleep which can affect weight gain which affect emotions.

Tip #4: allow yourself time to go places and do things. Avoid being in a "big rush."

Tip #5: plan ahead. Holidays happen at predictable times each year.

Tip #6: "Stay connected, but not over-committed. The holidays are a great time to stay connected with family and friends....Many of us, however, add to our stress levels by over-committing ourselves (and our loved ones) to social events this time of year."

Tip #7: avoid needing to rush to buy gifts and to overspending both cash and credit card; avoid getting caught up in a last minute buying frenzy. Plan ahead, weeks/months in buying gifts.

Tip# 8: consider sending non-traditional gifts such as subscriptions to magazines.

"I think cookies are sort of the unsung sweet, you know? They're incredibly popular. But everybody thinks of cakes and pies and fancier desserts before they think cookies. A plate of cookies is a great way to end dinner and really nice to share at the holidays." [Bobby Flay](http://www.brainyquote.com/quotes/keywords/holidays.html#S1j3rkoMidY0cQE4.99):

<http://www.brainyquote.com/quotes/keywords/holidays.html#S1j3rkoMidY0cQE4.99>

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## Writers Group

**To My Grandson**  
With love from Nana

### Our House on Lopez

I want to show you how to find happiness  
In shining stars on a dark night;  
The Milky Way overhead;  
In the lap of waves on the sand,  
The ruffle of wind across water.

In the honk of geese, the swoop of swallows;  
In the fun of chasing bunnies,  
The clank of croquet balls, the tractor's snort.  
Dwight's cows mooing, frisky deer eating our roses.

When you feel mad, sad or confused,  
Go in your mind to Lopez.  
Run to your special green space in the field,  
Sit there and find peace.

- Lynne Masland

## DECEMBER 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](mailto:dfmoore12@gmail.com)

We will meet Tuesday, Dec. 16th at 2:30 p.m. at Donna Moore's home at 346 Bayside Rd.

December's book is *Short Night of the Shadow Catcher* by Tim Egan

January's book is *Yes Chef: A Memoir* by Marcus Samuelsson

BRIDGE GROUP--Caryl Hinckley, 360-734-3728, <[carylchinckley@hotmail.com](mailto:carylchinckley@hotmail.com)

We will NOT meet in December but will resume the 4th Tuesday of January.

733-4654, <[janetlila@hotmail.com](mailto:janetlila@hotmail.com)

INFORMAL DINING -- Janet Berg, 360-733-4654, <[janetlila@hotmail.com](mailto:janetlila@hotmail.com)

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

OPERA GROUP--Evelyn Ames, 360-734-3184, <[evelyn.ames@wwu.edu](mailto: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 2014-2015, 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.

December 13 - Wagner's *Die Meistersinger von Nurnberg*

Encore, December 17 at 6:30 p.m.

January 17 - Lehar's *The Merry Widow* (new production)

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. Winter is here!! Check with Charlie if you are interested in skiing.

WRITER'S GROUP - Evelyn Wright, 676-0227, <[ewright410@comcast.net](mailto:ewright410@comcast.net)> Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

### WWURA Calendar

#### December 2014

17—*Holiday Party*

#### January 2015

6—Board Meeting

21—Travelogue—Italy with Kerri Woods

#### February 2015

3—Board Meeting

13—WWURA Luncheon—Speaker, **Professor Laura Laffrado** on “The Ella Higginson Project”

**Reservation Form**



***Holiday Party***

**Wednesday, December 17, 2014  
Squalicum Yacht Club  
2633 South Harbor Loop Road**

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

Enclosed is a check (payable to WWURA) for \$\_\_\_\_\_ for \_\_\_\_\_ people

Need a ride? Check here\_\_\_\_\_ Phone number\_\_\_\_\_

Send your reservation(s) and \$5 per person (to cover the cost of the hall, music, and decorations) to:

**Patricia Roberts,  
715 Marine Drive,  
Bellingham, WA 98225.**

**Questions? Call Patricia at 676-2593.**

**Deadline for reservations—December 11, 2014.**



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

**Time Sensitive  
Open Immediately**