



# WWURA NEWS



January 2014

www.wwu.edu/wwura

Serving Retired Faculty and Staff

## **WWURA Fall Luncheon Friday, February 7, 2014 Northwood Hall, 11:30 a.m. 3240 Northwest Ave**

**“A Life (so far) in Words and Music”**

**Speaker—Gary McKinney**

Gary McKinney is a WWU graduate (MA in English, 1989) and currently a technical writer for WWU's Vice Provost for Undergraduate Education. He is a novelist, musician, and publisher. He and his wife manage Kearney Street Books in Bellingham, which has published eight novels, three poetry and short story collections, and one picture book, *Cows With Guns*. They are completing a short film "Living with the Dead," whose premiere is planned for March 2014.

Gary has written four novels, two of them mysteries set in the fictional town of Elkhorn, WA, about Gavin Pruitt, Deadhead (Grateful Dead fan) and Sheriff of Willapa County. Come to hear Gary read selections from *Slipknot and Darkness Bids the Dead Good Bye*, his Sheriff Gavin Pruitt mystery collection. He will also play cuts from two of his original recordings and read passages from other works published by Kearney Street Books.

## **WWURA Travelogue “Lovely New Zealand”**

**Wednesday, January 15, 2014**

**6:30 p.m. socializing;**

**7:00 p.m. presentation**

Squalicum Yacht Club,

2633 South Harbor Loop Rd

**Bob Moles**, incoming president of Bellingham Bay Rotary, and his wife **Julie Johansen** traveled recently to New Zealand to visit a fellow Rotarian in Auckland. The travelogue will feature a narrated presentation from their car travels in both the North and South Islands, showing the remarkably beautiful forests and seacoasts as well as the warm, friendly people they met. As Bob remarks, “we were so impressed not only with the incomparable scenery but with the remarkable people we encountered.”

**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.



Post-holiday greetings to you all,

I hope all your holidays were good ones and I send you warm thoughts for 2014.

Our WWURA Holiday Party in December was well-attended and featured music by our favorite keyboardist Lou Lippman. Coming up on Wednesday, January 15 is an interesting travelogue on New Zealand, featuring gorgeous scenery and remarkable people, some Rotarians, some not. Join us at the Squalicum Yacht Club for January cheer in the dark of winter.

We're looking for WWURA members who would be interested in serving on the board in a variety of capacities. We need Hospitality and Travelogue committee chairs and a few more to fill out the board,

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"What do most Nobel Laureates, innovative entrepreneurs, artists and performers, well-adjusted children, happy couples and families, and the most successfully adapted mammals have in common? They play enthusiastically throughout their lives" (Stuart Brown, National Institute of Play, [www.nifplay.org](http://www.nifplay.org)). "Play is simultaneously a source of relaxation and stimulation for the brain and body. A sure (and fun) way to develop your imagination, creativity, problem-solving abilities, and mental health is to play with your romantic partner, officemates, children, grandchildren, and friends" (play and health\Play, Creativity, and Learning Why Play Matters for Kids and Adults.mht). "Play is often described as a time when we feel most alive, yet we often take it for granted and may completely forget about it. But play isn't a luxury—it's a necessity. Play is as important to our physical and mental health as getting enough sleep, eating well, and exercising. Play teaches us how to manage and transform our "negative" emotions and experiences. It supercharges learning, helps us relieve stress, and connects us to others and the world around us. Play can also make work more productive and pleasurable."

**Some reasons why we play:** to learn, create, pass time, for fun and joy, to feel challenged and to calm ourselves. The lifelong benefits of play, as written about by Gina Kemp, M.A., Melinda Smith, M.A., [Bernie DeKoven](#), and Jeanne Segal, Ph.D., August 2013): are that play

- connects us to others,
- fosters creativity, flexibility, and learning, (the "components of play include curiosity, discovery, novelty, risk-taking, trial and error, pretense, games, social etiquette, and other increasingly complex adaptive activities"),
- is an antidote to loneliness, isolation, anxiety, and depression,
- teaches us perseverance,
- makes us happy,
- "is one of the most effective tools for keeping relationships fresh and exciting",
- helps us develop and improve our social skills,
- teaches us how to cooperate with others, and
- can heal emotional wounds.

U.S. News and World Report (March 9, 2009) listed a top ten list of ways play contributes to mental and physical health ([10 Reasons Play Can Make You Healthy, Happy, and More Productive](#)): Play has been scientifically proved to be good for the brain. Play teaches us to use our imaginations. Rough-and-tumble play teaches us how to cooperate and play fair. Play helps us learn to be friends. Sometimes the best way to learn a complicated subject is to play with it. Kids do better academically when they have recess. Physical play delays mental decline in old age. A little play can help solve big problems. Playing at work is not just useful; it's essential. When we get play right, all areas of our lives go better.

"Despite the power of play, somewhere between childhood and adulthood, many of us stop playing. We exchange play for work and responsibilities. When we do have some leisure time, we're more likely to zone out in front of the TV or computer than to engage in creative, brain-stimulating play. By giving ourselves permission to play with the joyful abandon of childhood, we can continue to reap its benefits throughout life." (play and health\Play, Creativity, and Learning Why Play Matters for Kids and Adults.mht).

**Sources to consider:**

[www.helpguide.org/life/creative\\_play\\_fun\\_games.htm](http://www.helpguide.org/life/creative_play_fun_games.htm)

[www.ted.com/.../stuart\\_brown\\_says\\_play\\_is\\_more\\_than](http://www.ted.com/.../stuart_brown_says_play_is_more_than)

[Play Science: The Patterns of Play](#) – Learn about the different ways human beings play, the roles these different patterns of play serve, and how we benefit from them. (National Institute for Play)

## Health Notes, cont'd from page 2

[The Value of Play I: The Definition of Play Provides Clues to Its Purposes](#) – Psychologist Peter Gray discusses the purpose and benefits of play. (Psychology Today)  
[The Value of Play II: How Play Promotes Reasoning in Children and Adults](#) – Learn how playfulness can improve reasoning and problem-solving skills. (Psychology Today)

[Leisure Play Is Important for Human Collaboration](#) – Article describes how play teaches human beings to cooperate and curbs tendencies towards aggression and dominance. (PsychCentral)

National Institute for Play ([www.nifplay.org](http://www.nifplay.org))

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## President's Message, cont'd from page 1

both faculty and staff. Our monthly board meetings, held on the first Tuesday at 10:30 are informal and lots of fun. Getting involved is a great way to stay in touch with university friends and others – we have several members, including past board members, who are friends of the university but not necessarily former employees. All are welcome. Please contact me at [masland@comcast.net](mailto:masland@comcast.net) if you are interested.

Have a Happy New Year and see you in January.

- Lynne Masland

### WWURA Artists Invited to Enter the 20th Annual WWU Employee Art Show, March 10-21, 2014

WWURA artists and craftspeople in all media are invited to enter the 20th Annual WWU Employee Art Show, which runs this year for two weeks, March 10-21. The show opens with a reception from 11 a.m. to 5:30 p.m. on Monday, March 11 in VU 565. Exhibit hours are 11-4, Mondays through Fridays.

Deadline for entries is February 26. For entry forms and event details, please visit the website at: <http://www.wwu.edu/artscraftsshow/>

The show is in its 20th year, thanks to the dedicated efforts of co-chairs Nancy Phillips, executive assistant to the Vice President for Business and Financial Affairs, and Linda Strock (retired), who have provided the organizing energy and enthusiasm for two decades.

### Poetry Corner

#### Oregon Coast Rainbow Birthing

Clouded dusk, sun on the go,  
I look up from waves to see

an unexpected rainbow  
inside another -- mirrored golds

purples, forest greens  
reaching up from underneath.

I cease to breathe,  
hope to see yet one more,

emerging tiny, mostly pink,  
nuzzling for a bit of sky

before, like shrouded sun,  
vanishing into hungry night.

- Timothy Pilgrim  
(unpublished)

### Tidbit

*A Cup of Tea: Collected Poems* by Lynne Masland, with cover illustration by the poet, is newly available at Village Books or from the author at [masland@comcast.net](mailto:masland@comcast.net)

## ***My Promised Land* by Ari Shavit: A Review**

*My Promised Land* has been called a memoir, a history, an analysis, a meditation. It is all of those. Shavit, a journalist for the Israeli newspaper *Haaretz*, has deep roots in Israel. Two of his great grandfathers were of the 1890's founding generation of Zionism. His grandfather was one of the developers of Israel's education system. His father was a scientist in the program that developed Israel's nuclear capability.

Instead of developing the history of Israel in a step-by-step narrative, Shavit dives deeply into the experience of several seminal developments in its history. The first is the founding and development of the first excitingly successful kibbutz, Ein Harod, now deteriorating.. He is able to dive deeply because he has long family connections with it, because he has read, in the kibbutz archive, the journals of the 20-something year olds who were its first members. Shavit gives his readers a sense of what it must have been like to share in the creation of something so new and promising.

Shavit does not shy away from recognizing and narrating the wrongs that Israelis have done to the Arab, Palestinian population. One prominent example is the conquering of Lydda during the 1948 War of Independence, with the consequent expulsion of the Arabs of Lydda by forcing them (men, women, children) to march the 17 kilometers to the Arab Legion lines during one of the hottest days of the year. Many marchers died of exhaustion and dehydration.

The chapter on the development of Israel's nuclear capability is fascinating. First of all, Israel has never acknowledged that it has a nuclear capability, yet Shavit gives his readers the background for Ben Gurion's disputed decision to build "the bomb" and a fairly detailed history of that development at Dimona in the Negev Desert. He also writes that he "cleared this chapter with the Israeli censor." The accuracy and authenticity of his narration derives from an extensive interview with "the director general of Dimona."

Other chapters narrate the conscious development of Masada into a guiding metaphor for what Zionism must be and do, the clever establishment of the first settlement, the occupation of the West Bank, and more. In all of this Shavit celebrates the strength, determination, intelligence, endurance of the Jews of Israel. He also recognizes that Israel is flawed—by its failure to "see" the Palestinians, by its occupying the West Bank, by its building of The Wall. The combination of these things he calls "tragic."

In all of it, Shavit renders the multi-faceted, difficult history of Israel as an epic achievement. He ends this personal and public journey through the history of Israel with faith that Israel will be true to its better self and find peace with the Palestinians.

I recommend this book wholeheartedly.

- **Bob McDonnell**

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### **WWURA 2013 Jingle Bell Run/Walk Team.**

Many thanks to the following who contributed to our team: Anne Brown, Pat Clark, Barbara and Mel Davidson, the late Jerry Flora, Rosemary Flora, Chris and George Gerhold, Julie Gorrell, Mary Hawk, Lynne Masland, Ingeborg Paulus, Roy Potter, Carol Radke, Charlie Way, Margaret Woll, and Lina Zeine. We raised \$900 for Arthritis Foundation education and research programs.

-**Evelyn Ames**

**Information item:** Saturday, January 25 (9:30-12:30) is an Arthritis Foundation program on self-management strategies for living a healthier life with chronic pain (presenters are Cindy Brinn, R.D. and Richard Scholtz) at St. Luke's Community Health Education Center (Room A).

## JANUARY 2014 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>

Meets the 3rd Tuesday of the month.

We will meet January 21st at 2:30 p.m. at Donna Moore's home—346 Bayside Rd., Bellingham.

January's book is *The Snow Child* by Eowyn Ivey (leader, Barbara Levin)

February's book is *The Lost Wife* by Alyson Richman (leader, Evelyn Ames)

March's book is *Mr. Rosenblume's List* by Natasha Solomons. Available at the library under the title *Mr. Rosenblume's Dreams in English* (leader, Chris Gerhold)

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

Meets the 4th Tuesday of the month at member's homes.

We will meet January 28th at Carol Radke's home at 508 Lyla Lane. 733-5876.

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

February 8, 2014 Dvorak's *Rusalka*

March 1, 2014 Borodin's *Prince Igor*—New production

**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 website.

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

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

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

It continues to snow in the mountains—be sure to let Charlie know if you want to ski this year.

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### Reservation Form

Winter Luncheon

Friday, February 7, 2014

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 3, 2014**

Make your check payable to WWURA and mail with this form to **Barbara Evans, 715 No. Garden St., #502, Bellingham, WA 98225**. Questions? Call 650-9724.

## **WWURA Interest Groups, cont'd**

**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 in a second group, please call Bill Smith, 647-4534, <rhetor16@yahoo.com>

## **WWURA 2014 Winter—Spring Calendar**

### **January**

15—Travelogue—New Zealand

### **February**

4—Board Meeting

7 -Winter Luncheon—Speaker, Gary McKinney

### **March**

4—Board Meeting

19 –Travelogue—Climbing Mt. Everest

### **April**

1—Board Meeting

11—Spring Luncheon—Speaker, Nanette Davis

16—Travelogue—Portugal & Southern France

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