



# WWURA NEWS

December 2015

www.wvu.edu/wwura

Serving Retired Faculty and Staff

## President's Note

Recent nights with temperatures down in the 20s, welcome snow for the skiers up on Mount Baker, and days getting inexorably shorter all serve to remind us that Old Man Winter is just around the corner. December is also a month for remembering Pearl Harbor, and celebrating holidays such as Advent, Hanukkah, the Winter Solstice, Christmas, Boxing Day, Kwanzaa, and New Year's Eve among others. It's a time for attending concerts and plays, dancing at holiday balls, participating in the Jingle Bell Run, and traveling to visit family and friends.

But as we enjoy this special season of the year, our Past President, **Lynne Masland**, reminds us: "Let's not forget those less fortunate, tucking a bit into the Salvation Army kettle or putting a few extra cans and boxes of food into the Food Bank cart." You might also contribute Toys for Tots or, if you prefer, donate to your favorite charities as the year winds down.

WWURA members are invited to gather at the Squalicum Yacht Club on Wednesday December 16 for our annual Holiday Party where we'll share some festive cheer, a pot-luck dinner, and the background music of keyboardist **Lou Lippman**. The WWURA Board provides the meat, coffee and tea, and our wonderful members bring side dishes, salads and desserts to share. It's a joyous occasion to be sure.

If you wish to help with decorating the Yacht Club or with set-up in the afternoon prior to the Party, just let **Chris Gerhold** know of your interest and availability.

As 2015 draws to a close, let me wish you good health, rewarding friendships and exciting adventures in the New Year.

- Ron Ward

## Annual Holiday Party Wednesday, December 16, 2015

Squalicum Yacht Club  
2633 South Harbor Loop Rd.

"Celebrate the holidays with friends, good food and lovely music"

- Social gathering—6 p.m.
- Potluck dinner begins at 6:30 p.m. There will be fried chicken, ham, coffee, cider & 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 \$7 per person.
- Please bring a dish (to share) as listed below.
- Last names beginning with **A-G** bring a **salad**, **H-Q** bring a **dessert**, and **R-Z** bring a **hot dish** (such as a vegetable, potato/yam, or bean dish).

The \$7 fee per person covers the cost of the hall, music, and some food.

**Deadline for reservations is Saturday, December 12th.** Mail your check and reservation form (found on page ) to **Chris Gerhold,, 829 Racine St. Bellingham, WA 98229.**



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## **December 2015 Health Notes by Evelyn Ames**

### **Health, Food and Color! Are There Connections?**

Look around your abode. What colors do you see? The basic Red! Yellow! Blue! Green! Brown? Black? Orange? Do you think about the color of the tablecloth you use when hosting dinner guests? Are the colors in your bedroom conducive to sleep? The November 2, 1015 issue of *The New Yorker* triggered the idea for this December Health Notes. The main gist focused on Oxford University experimental psychology studies of how the brain integrates information from the five human senses to produce a coherent impression of reality. One of the researchers (Spence) argues “that in most cases at least half of our experience of food and drink is determined by the forgotten flavor senses of vision, sound, and touch.”

Various articles about color include the following descriptors relating to the major colors. One in particular specified that:

RED makes us feel more energetic, outgoing and ready to move forward.

It tends to attract attention. Action, strength, passion, drama, ferocity are feelings synonymous with this color.

ORANGE is stimulating. It encourages enthusiasm and zeal. Individuals who wear this color like to smile and to make others smile. It also encourages conversation and a sense of humor.

YELLOW encourages open-mindedness and attention to detail. This is a color often worn by intellectuals, the studious and those who like to be in positions of authority and control. It tends to generate optimistic qualities in those who wear it.

GREEN generates an atmosphere that is calm, soothing and balanced. Harmony and equilibrium are qualities of this color. Wearing this color reflects conventionality, security and an appreciation of nature.

TURQUOISE encourages clarity in thoughts, feelings, and communication. People who are drawn to wear this color have a refreshing and approachable personality. Youthfulness and sparkle resonate with this colors' special energy.

BLUE is a nonthreatening color and promotes values like loyalty and honesty. Those who wear this color reflect a wish for peace and quiet, and tranquility. Blue promotes trust and is a good color to wear if this is the quality you wish to inspire in your interactions.

PURPLE generates feelings of self-respect, dignity and self-worth. It is a royal color and is associated with the monarch, extravagance and wealth. People who choose to wear this color or to put it in their environments are drawn to its creative and spiritual qualities.

MAGENTA (PINK) is the color of compassion. It generates feelings of softness, gentleness, kindness, affection and love. Taking responsibility for your life and manifesting your dreams resonate with this color's energy. (*Color Connections*)

Spence “found that a strawberry-flavored mousse tastes ten per cent sweeter when served from a white container rather than a black one; that coffee tastes nearly twice as intense but only two-thirds as sweet when it is drunk from a white mug rather than a clear glass one; that adding two and a half ounces to the weight of a plastic yogurt container makes the yogurt seem about twenty-five per cent more filling, and that bittersweet toffee tastes ten per cent more bitter if it is eaten while you’re listening to low-pitched music.” In 2011, Coca Cola issued a special white-colored can of Coke to raise funds for endangered polar bears. People complained because they thought the company had changed the formula. Not true. This illustrated the power of a package’s color and association to taste of contents. Spence’s lab has repeatedly shown that red, the usual color of a Coke can, is associated with sweetness.” In another experiment, participants thought salty popcorn was tasting sweet when it was served in a red bowl. When we see red fruit, we think of it as being riper and sweeter! Some studies show serving food on a blue plate makes it taste saltier.

## Health Notes, cont'd

“Americans derive a sizable proportion of their daily calories from food or drinks that are consumed directly from the package, and that is only expected to rise in tandem with the “snackification” of the Western diet. Marketing departments and product-design agencies have an extra incentive to enlist Spence’s findings in the cans, packets, tubs, and squeeze tubes that populate grocery-store shelves. We are accustomed to thinking of food and its packaging as distinct phenomena, but to a brain seeking flavor they seem to be one and the same.” Color consultants suggest red may prompt people to eat more! Orange is often used to promote food products and toys. Yellow is often associated with joy and happiness and energy. One may notice that green is used in advertising drugs. As people age, especially after seventy, their senses of taste and smell are lessened. Using red and blue colored serving dishes, plates, and cups/mugs may enhance their eating experiences and improve their intake of food! Red = sweeter! Blue = saltier! As a caveat, Andrew Elliot and Markus Maier suggest that “little theoretical or empirical work has been conducted to date on the influence of color on psychological functioning, and the work that has been done has been driven mostly by practical concerns, not scientific rigor.”

Selected Resources: <http://www.colorconnections.com/emotional.html>  
<http://www.newyorker.com/magazine/2015/11/02/accounting-for-taste>  
<http://psychology.about.com/od/sensationandperception/a/colorpsych.htm> <http://www.colour-affects.co.uk/psychological-properties-of-colours>  
<http://www.webmd.com/women/home-health-and-safety-9/color-psychology> <http://www.color-wheel-pro.com/color-meaning.html>

Enjoy healthy and safe eating during the holiday season. Check November 2006 and January 2007 Health Notes (WWURA Health Notes) for detailed information on food poisoning.

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## Travel News

An opportunity to travel with WWURA members is featured on page 4 of this newsletter. **Kathy Whitmer**, who has led 9 trips for WWURA since 2002, has arranged a customized trip to Russia with the MIR Corporation. The dates are September 28—October 10th, 2016.

Additional information will be available at the December Holiday Party.

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## 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 at 2:30 Tuesday, December 15th at the home of Donna Moore, 1200 Birch Falls Drive.

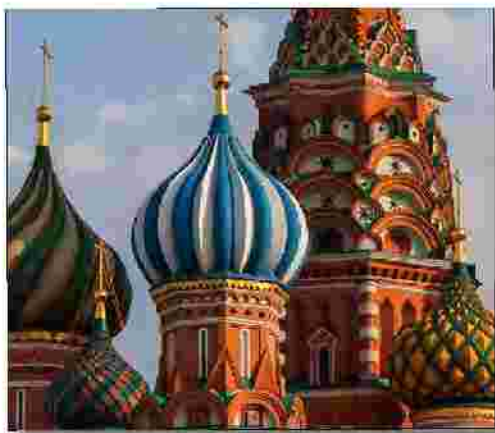
December’s book is *The Black West* by William Loran Katz; discussion leader is Donna Moore; snacks Donna.

BRIDGE GROUP--Nicholas Bullat, 360-770-7270 <[gmb.maestro@q.com](mailto:gmb.maestro@q.com)>

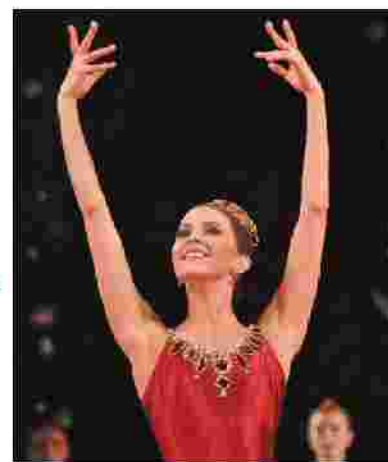
The Bridge Group will resume in January 2016. Place to be announced later.

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

Meetings will resume in January 2016.



presents  
a Custom Tour for Western  
Washington University  
Retirement Association  
and friends



## Moscow • St. Petersburg • Kaliningrad Museums, Music & Memorable Sites

September 29 - October 10, 2016

Join like-minded travelers on a journey to Western Russia's most important cities, the political capital, Moscow and the cultural capital, St. Petersburg. Take an unusual side-trip to Kaliningrad, an exclave of Russia along the Baltic Sea, to explore the epicenter of amber. Visit famous museums, take a ride on the Moscow Metro, and attend first class performances at renowned theaters. In Moscow, spend time at the wonderful Pushkin Museum of Fine Arts, with canvases from the foremost international artists of the last millenium, and the Tretyakov Gallery where Russian art is displayed. In St. Petersburg, tour Peterhof's massive Grand Palace with its parquet floors, lavish apartments, and grand galleries, as well as baroque Catherine's Palace with its luminous Amber Room. Spend a day at one of the finest museums in the world, the Hermitage.

### Itinerary Overview

Days 1-4: Moscow

Days 5-9: St. Petersburg

Days 10-12: Kaliningrad

### Price & Contact Information

**\$4,750 per person**

**\$850 single supplement**

\*Airfare to Moscow/from Kaliningrad is not included

Contact Kathy Whitmer (kathrynwhitmer@comcast.net or 360-734-7211), WWURA travel committee, for more information. Kathy has visited Russia seven times between 1963 and 2014, including attending Hermitage summer schools in 2002 and 2004 and is keenly interested in Russian history, art and music.

For more information or to make a reservation, contact Anne Thorsteinson at MIR Corporation (annet@mircorp.com or 855-691-7903).

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Photos: Jonathan Irish, James Beers, MIR Corporation

### Program Highlights

- Discover less-visited art museums, such as the Pushkin Museum of Fine Arts and the Tretyakov Gallery, as well as the big one, the amazing Hermitage.
- Admire the fabulous State Rooms of the Hermitage, with their inlaid floors, gilded woodwork, and precious stonework, and the grand double Jordan staircase, works of art in themselves.
- Attend performances at Moscow's famed Bolshoi Theater, and at St. Petersburg's world-class Mariinsky.
- Enjoy a performance by the Kaliningrad Philharmonic Orchestra.
- Visit an amber mine and a factory where craftsmen create high-end wooden furniture inlaid with amber.



**December Interest Groups**, cont'd from page 3

OPERA GROUP--Evelyn Ames, 360-734-3184, <[evelyn.ames@wwu.edu](mailto:evelyn.ames@wwu.edu)>  
Web site for The MET HD: <https://www.metopera.org/Season/InCinemas/>.  
and for the Skagit Opera: <http://skagitopera.org/performances/>

Locations for MET HD: Barkley Film Center and Lincoln Theater in Mt. Vernon. Skagit Opera is at McIntyre Hall in Mt. Vernon. At various times the Pickford Film Center offers opera, ballet, and theater productions from Europe venues.

Schedule for Met HD

January 16, *Les Pecheurs de Perles* by Georges Bizet. Encore, January 20

SKIING - Charlie Way, 360-734-0649 <[cbway@aol.com](mailto:cbway@aol.com)> [Mt. Baker opened November 19th! If anyone wants company for skiing prior to January, contact me and I will run it past our group. I will start organized skiing among our active skiers in January.](#)

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.

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*Reservation Form*

**Holiday Party**

**Wednesday, December 16, 2015**

**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 \_\_\_\_\_ and phone number \_\_\_\_\_

Send your reservation(s) and **\$7 per person** (to cover the cost of the hall, music, and some food) to:

**Chris Gerhold  
829 Racine Street  
Bellingham, WA 98229**

Questions? Call Chris at 733-9265.

**Deadline for reservations—December 12, 2015.**

## **WWURA Calendar 2015– 2016**

### **December 2015**

- 1—Board Meeting
- 12—Jingle Bell Run/Walk
- 16—Holiday Party

### **January 2016**

- 5—Board Meeting
- 20—Travelogue—Basque Area of Spain

### **February 2016**

- 2—Board Meeting
- 19—WWURA Lunch



*Happy Holidays!*

Western Washington University  
Retirement Assoc. ( WWURA)  
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