



WWURA NEWS



May 2015

www.wwu.edu/wwura

Serving Retired Faculty and Staff



May supposedly brings spring showers! But who knows what our weather will be. For sure, our WWURA members are out and about, traveling, walking, bicycling, discussing books, playing bridge, hiking, sailing, and attending concerts/plays/movies. Summer brings the sound of music (Bellingham Music Festival and Marrowstone), to our community.

Western Washington University's banquet for 2014-2015 retirees is scheduled for May 28th. This May WWURA Newsletter includes a reservation form and dinner menu (*see page 5*). For those wishing to attend, complete the form and send it with your check to **Nanette Davis** who is taking reservations.

Last year the Board of Directors changed our Annual Meeting to the July picnic, held at Whatcom Falls Park. **Save the date, July 7th**, and join us as we socialize and catch up with what members are doing. At that time, **Ron Ward** will take over as 2015-2016 President of WWURA. We hope you will attend and bring a friend who is interested in joining WWURA. Remember, WWURA provides the chicken. **Charlie Way** brings his famous and delicious ice cream! The picnic is potluck. What to bring is determined alphabetically by how many members complete the reservation form that will be in the June newsletter.

Please welcome new Board of Directors members elected by our membership: **George Kriz** (faculty from chemistry), **Ariel Marice Lennon** (staff/administration) and **Margaret Belzek** (member-at-large). Thanks to members such as George, Ariel, and Margie who agreed to serve on the Board, WWURA continues to organize five travelogues, three luncheons, and various interest groups. With **Patricia Roberts** stepping off the Board this May, we need a one-year replacement in the category staff/administration. I am hopeful that one of you will step forward to fill this position on the WWURA Board of Directors.

Renewal of membership is coming up! The June Newsletter will include a membership form. You can pre-pay membership before the picnic or at the picnic. Contact for renewal or new membership is **Barb Evans** (650-9724), chair of WWURA's membership committee. WWURA is inclusive, not exclusive. People associated with Western

Washington University in various ways (e.g., Academy for Lifelong Learning, WWU Foundation) are welcome to become members.

A special invitation to those retiring from Western this year – Join WWURA and enjoy the many activities and friendships that continue to make our lives rich.

-Evelyn Ames

WWURA President 2014-2015



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WWURA 2015 Calendar

May 5—Board Meeting
 May 28—WWU Banquet
 June 2— Board Meeting
July 7—Picnic & Annual Meeting
 August 4—Board Planning Meeting



Dance your way to high level wellness! It is a lot of fun! People can dance in health clubs, dance halls/studios, and at home. To dance at home, just move your body to some lively music. Imagine doing a waltz step across the room or doing a slow, slow, quick, quick, slow to a tango beat! If the tango is not your cup of tea, try two-stepping (step-together- step). Research shows dancing (e.g., ballroom, square, folk, clog, and jazz) serves as an excellent form of aerobic exercise and providing cardiovascular conditioning. The National Heart, Lung, and Blood Institute reports such conditioning lowers a person's risk of coronary heart disease, decreases blood pressure, and aids in weight management efforts. Because dancing is a weight-bearing activity, bone density can be improved along with muscle strength and balance. Other physical benefits to dancing include improvement in posture and balance and an increase in stamina and flexibility, which potentially lower a person's risk of falling!

Dancing is a great mind-body workout. Researchers are showing that regular physical activity such as dancing help keep the body, including the brain, healthy as one ages. Exercise increases the level of brain chemicals that encourage nerve cells to grow. Dancing requires remembering dance steps and sequences. This in turn helps improve memory skills. In square dancing, allemande left means to go left. Imagine what happens to a square in square dancing if one person goes to the right when the call is to allemande left! The Journal of Sports Science and Medicine found that teaching the cha-cha to a small group of older adults twice a week for six months was enough to improve their memory and cognitive function on a number of tests. Research published in the *New England Journal of Medicine* found that ballroom dancing at least twice a week made people less likely to develop dementia.

Psychological benefits of dancing lead to successful aging! Dancing is enjoyable! Dancers find their stress lowered, chronic fatigue reduced, resulting in an increase in their energy level and their mood improved. Dancing offers opportunities to socialize and meet people. This helps increase one's self-confidence. The American Association of Retired Persons suggests that "Dancing can be magical and transforming. It can breathe new life into a tired soul; make a spirit soar; unleash locked-away creativity; unite generations and cultures; inspire new romances or rekindle old ones; trigger long-forgotten memories; and turn sadness into joy, if only during the dance." The Oregon Federation of Square and Round Dance Clubs emphasizes that dancers get exercise and have fun, too, whether doing di-si-dos to commands of a square dance caller or gliding across the dance floor to a waltz. Health benefits enumerated by this organization include [1] burning calories (half-hour of dancing can burn 200 to 400 calories); [2] cardiovascular fitness; [3] stronger bones; [4] rehabilitation from surgery; [5] sociability; [6] healthy environments (no alcohol or smoking); [7] body and brain coordination; [8] estimated that a typical square dancer can expect to clock 9,000 to 10,000 steps per dance; [9] stress relief by focusing on dance commands; and [10] mental health.

Dancing brings people together across communities, creating solidarity, tolerance and understanding. Dance classes can be found at a dance school, dance studio, health club, senior activity centers, or community recreation centers. Some YMCAs, churches, and synagogues offer group dance classes followed by a social hour. Don't know which type of dance is your cup of tea? Experiment! Take a friend and try it for a month!

Web sites: http://www.aarp.org/health/fitness/info-2005/dance_to_health.html
<http://www.wvsquaredance.org/health.html>; <http://www.squaredance.gen.or.us/health.php>
<http://www.niddk.nih.gov/health-information/health-topics/weight-control/active-at-any-size/Pages/active-at-any-size.aspx>; <http://www.webmd.com/fitness-exercise/dont-be-square-dance>



<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2780534/> (relates to Parkinson Disease patients)

<http://www.sciencedaily.com/releases/2009/04/090401103127.htm>

<http://www.ihrp.uic.edu/content/news-salsa-adds-spice-older-adults> univ of Illinois Chicago the Institute or Health Research and Policy

Book Review

FLIGHT BEHAVIOR BY Barbara Kingsolver: a Review

This novel is marvelous, perhaps Kingsolver's best. In the first section of the novel, Kingsolver's central character, Dellarobbia, is climbing the Appalachian mountain behind the home she shares with her husband and two young children toward a hunting shack at the top. She's late twenties, nearsighted, and lusting for the 22 year old hunk she intends to meet. Dellarobbia is fully aware that she is about to destroy the life she now has, and she continues to climb anyway. Stopping at an overlook, she pauses to look at the mountain opposite. She sees it aflame—the sight bowls her over and knocks her out of her fervid state. She has forgotten her glasses and her impaired vision does not allow her to see that the mountain is covered in a vast migratory mass of monarch butterflies.

Dellarobbia climbs back down the mountain and continues her life, only to have it upset by the butterflies. The main people in the life she resumes are these: husband Cub (a good man but not really a partner for Dellarobbia); her children Preston (5 years old, very smart) and Cordelia (2 years old); mother-in-law Hester (a churchy woman of some depth, with a mean mouth); father-in-law Bear (ex-Marine, Viet Nam vet, over-confident and domineering, struggling to avoid total poverty); friend Dovey (smart, irreverent, companion of the heart); and finally Ovid Byron (world-class biologist specializing in monarch butterflies).

Owing to climate change, the monarchs have chosen the mountains of Tennessee as their new winter residence. A crucial question is whether they have chosen wisely—and will be able to survive. It seems natural that all the strands of Dellarobbia's life are involved in the answer to this question, her relationships with her local society, church, in-laws, children, and her husband.

Complicating matters and entrancing Dellarobbia, Ovid establishes a monarch research station, at Cub's invitation, just a few steps from Dellarobbia's and Cub's house. As she struggles to raise her children thoughtfully and to live a life of meaning for herself, Dellarobbia falls into infatuation with Ovid, a Caribbean native and a tolerant, thoughtful man who loves his wife. (Cultural footnote: Dellarobbia has no inkling of the origin of her name; Ovid informs her that she is named for a Renaissance artist. Similarly, she is unaware that Cordelia is also the name of a daughter of King Lear.)

Kingsolver and Dellarobbia work out the entanglements in her life, and along the way treat us to a sympathetic depiction of the culture of a mountain community in Appalachia, an *apologia* for science and the scientific method, and an explanation of the perils of climate change—all done in terms of human daily life.

Perhaps the best feature of this novel is its language, its style. With Dellarobbia as her point-of-view character, Kingsolver writes with language that is expressive, precise, witty, and fresh. Occasionally as I was reading it, I had to put it down for a while. When I rushed back to it with real anticipation of additional reading pleasure. Kingsolver and Dellarobbia never disappointed me.

Bob McDonnell



Writing Group Selection

A Woman Died in Church

A woman died in church
It was during the Sunday service
Just a few days ago
She was going to play a duet
On the harpsichord
Sitting and waiting her turn
When she suddenly fell into the keyboard

Some parishioners who were doctors
Appeared and lifted her to the floor
The usual tranquility of the sanctuary was gone
Counting and pumping on the victim's chest
Brought in the reality of death
Where before had been peace
And thoughts of kindness and being a better person

I didn't know the woman
The overpowering feelings I had
Were not grief and loss
It was something else
Something hard to define
More like the possibility of my own death
I don't believe it will happen to me
But like creeping fog the reality
Sneaks in despite the denial of my strong life force
It haunted me all day

When she fell
The congregation had been singing "Take me as I am"

Pat Clarke, 2015



Western Washington University Retirement Banquet
Thursday, May 28, 2015
Viking Union Multipurpose Room
Reception 5:30 p.m. Dinner 6:30 p.m.

You are invited to join the Western community at a festive banquet honoring the faculty, staff, administrators who are retiring this year. Following the reception at 5:30, President Bruce Shephard will recognize retirees at 6:00 p.m. Dinner will be served at 6:30 p.m.

Menu

Salad Course

Lightly dressed, marinated spring vegetables served over Lola Rosa lettuce (gluten free + vegan)

Entree Choices

#1 -Jumbo marinated poached prawns + lightly brined smoked pork tenderloin medallions with sweet onion compote with a basil oil drizzle. Served with Yukon gold mashed potatoes and seasonal vegetables

OR

#2 -Seared fresh ling cod filet with sweet chili coconut sauce. Served with Yukon gold mashed potatoes and seasonal vegetables

OR

#3 -Layers of white beans and quinoa, zucchini, portabella mushroom and carrot topped with roasted red peppers. Accompanied by sundried tomato-celeriac and eggplant purees with a basil oil drizzle. (Vegetarian, Vegan + Gluten Free)

Dessert

Flourless chocolate cake

Rolls, water, and coffee

The price per person will be \$35.00. This all inclusive price includes the wine and hors d'oeuvres reception and the dinner.

Reservation Form for WWU Retirement Banquet

Please detach and return by May 14, 2015 to Nanette Davis, 715 Rosario Ct., Bellingham, WA 98229

Name(s) _____

Phone or email address _____

Number of Reservations _____ at \$35 per person

Dinner choices: ___ Prawns/ Pork Medallions ___ Ling Cod Fillet ___ White Beans, Quinoa, Zucchini, Mushroom Dish

Amount Enclosed _____

Make checks payable to Western Washington University.

May 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 at 2:30 Tuesday, May 19th at the home of Donna Moore, 346 Bayside Rd.

May's book is *The Aviator's Wife* by Melanie Benjamin; treats--Inge Paulus

June's book is *Honolulu* by Alan Brennert

BRIDGE GROUP--Caryl Hinckley, 360-734-3728, <carylhinckley@hotmail.com>

We will meet Tuesday, May 26 at the home of MaryJo Lewis, 209 S. Garden Terrace

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 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.

Verdi's *La Traviata*, starring Natalie Dessay —Encore—July 8

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. Over for this season.

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.

Western Washington University

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