



# WWURA NEWS

September 2015

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

Serving Retired Faculty and Staff

## WWURA Travelogue Explore the Columbia River with JoAnn Roe

Wednesday, September 16, 2015

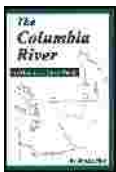
6:30 p.m. socializing; 7:00 p.m. presentation

Squalicum Yacht Club, 2633 South Harbor Loop Rd.

Author of *The Columbia River* (2013), Roe will talk about this mighty waterway- one of the longest rivers in North America. Hear about early river steamers on both sides of the border. Ponder the travels of salmon. Roe will expand your knowledge of the history, towns and people along this great river - making you eager to take another road trip to explore this historic watercourse.

Members whose last names begin with **A through L**, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Contact a board member if you need a ride.

A small donation of \$2/person, \$3/couple is requested to cover the cost of room rental and beverages.



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## President's Note

Following a warmer and drier summer season than normal, it was refreshing to hear the sound of rain on the trees once again, even if we did pay for it with some rather severe wind gusts.



Welcome to a cooler September and the start of yet another good year at the Western Washington University Retirement Association. We always look forward to having new retirees join our group just as we cherish former members who renew their memberships.

This month we'll have our first social activity of the fall when we gather at the Squalicum Yacht Club for a Travelogue with speaker **JoAnn Roe** on September 16. She'll share her insights on the mighty Columbia River, from its beginnings in Canada to its mouth at the Pacific Ocean. The second social event will be our Fall Luncheon. Even though the luncheon will not take place until October 9, you'll need to make your reservation using the form (*page 5*) in this issue. We're expecting a good crowd to hear **Jerry Johnson** give a *highly entertaining* presentation entitled, "Mathematics of Beauty vs. Beauty of Mathematics."

You'll also find informative articles in the form of Health Notes by **Evelyn Ames**, a Book Review by **Bob McDonnell**, and Interest Groups for every taste. Our Web Master, **John Woll**, archives every issue of the Newsletter. You'll find them (they're in color) and lots of other interesting items – at [www.wwu.edu/wwura](http://www.wwu.edu/wwura)

I look forward to meeting many of you for our social hour and presentation at the Yacht Club on September 16. Feel free to contact me any time during the year at [ron.ward740@gmail.com](mailto:ron.ward740@gmail.com)

**-Ron Ward**

## September 2015 Health Notes by Evelyn Ames

### What Makes You Come Alive? Be Adventurous! Take a Chance!

“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.” (Howard Thurman).

Do you hesitate to do something you easily did a few years ago but now wonder if you are up to the task? Did you used to go hiking at Heather Meadows/Artist’s Point area but now wonder if your body is capable of walking along the paths? You’ve gone to community events, but it has been with others, and now you don’t want to go by yourself? Conquer your worries and be adventurous.

What does it take to be more adventurous? A simple formula for adventure is to have the courage to overcome unknown worries and try new things and do old things that you have “stuffed away” in memories. Something new + courage = adventure! Daniel Kaufman suggests “we tend to focus more on what might go wrong – what we might lose or sacrifice – than what might go right. Because what we focus on tends to magnify in our imaginations, it causes us to misjudge (and over-estimate) the likelihood of it occurring. Yet the reality is that the risk of something not working out is often not near as high as we estimate and the odds of it working out well, are often far better.” We underestimate our ability to handle the consequences of risk.

Shake up your routine. “Because, day in, day out, we tend to follow the routine we construct for ourselves, and although that routine may be necessary, we can often become stuck to it, eating the same food, sitting in the same spot, taking the same route to work; losing all sense of spontaneity and novelty. ...Adventures make us grow and laugh and learn about the world and ourselves. Go on an adventure and the landscape changes on the inside as well as the outside” (Margie Warrell).

#### Suggestions for how to be more adventurous!

- go for a walk around your neighborhood just after dawn
- wear a color you never usually wear
- watch a film you don't think you would enjoy
- go to a restaurant you've never been to before
- try making bread from scratch
- take a different route to go home
- talk to strangers or better yet, chat with WWURA members you seldom talk to at our luncheons and travelogues.



“You’ll always miss 100 percent of the shots you don’t take.” Wayne Gretzky

“A ship in a harbor is safe but that’s not why ships are built.” (John A. Shedd, 1928, quoted often by U.S Rear Admiral Grace Murray Hopper)

Some sources for being adventurous: <http://30sleeps.com/blog/2007/08/24/how-to-be-adventurous/>  
<http://www.forbes.com/sites/margiewarrell/2013/06/18/take-a-risk-the-odds-are-better-than-you-think/>  
<http://www.johnkreiter.com/dont-be-afraid-to-take-risks/>  
<https://psychologies.co.uk/be-more-adventurous-join-30-day-challenge>  
<http://m.wikihow.com/Be-Adventurous>

Music and Health (January 2013 Health Notes): find information about use of music in treating aphasia from stroke, depression and other health issues from a neurobiological aspect in Elena Mannes book, *The Power of Music*.

## **WWURA Fall Luncheon**

**Friday, October 9, 2015**

11:30 a.m.

Northwood Hall, 3240 Northwest Avenue

### **“Mathematics of Beauty vs. the Beauty of Mathematics”**

**Speaker: Dr. Jerry Johnson**

A fun exploration of the two (or more) sides of mathematics and beauty, amidst a discussion woven together using the perspectives of history, art, science, philosophy, psychology, and of course, mathematics. As part of the journey, a few "unusual" tangents will be experienced!

As a mathematics professor at Western Washington University, Jerry Johnson taught all levels of mathematics but focused on preparing quality teachers of secondary mathematics. Over a 41+ year period, he taught mathematics to students from ages 4 to 80+, stressing that the learning of mathematics is not only possible but it should be both fun and useful. His primary interests in mathematics are problem solving, the history of mathematics, modern geometries, and the use of humor in the classroom.

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### **Book Review**

#### ***All the Light We Cannot See* by Anthony Doerr: A Review**

This delightful, insightful novel caught me by surprise. I wasn't expecting such beautiful writing or such human tenderness amid details of the brutality of war. The two central figures in this compelling tale are a French girl and a German boy—both intelligent, decent, thoughtful—whose lives begin in quite different circumstances and yet converge through the senseless imperatives of World War II.

Marie-Laure, congenitally blind since she was six years old, lives with her father who has charge of the thousands of locks at the Museum of Natural History in Paris. Werner lives in an orphanage in industrial Germany, an orphanage designated to receive the orphans of the men killed in the coal mines of the region. Marie-Laure's life is disrupted by the Fall of Paris to the German forces. She and her father flee Paris with perhaps the most valuable possession of the Museum entrusted to their care, a diamond of great beauty and value. They flee to the medieval sea-side town of St. Malo.

Werner's intelligence and scientific bent rescue him from the orphanage. He is sent to a science-oriented high school run by the Nazis, where he is subjected to planned brutal treatment designed to mold the boys into brutal men. Drafted into the army he sees service on the Russian front, in Vienna, in France, ultimately in St. Malo. Through his army experiences he becomes convinced of the inhumanity of war.

A third character finds his way to St. Malo—Von Rumpel, a German officer riddled with cancer who patiently and mercilessly seeks, stalks the treasured diamond. Without giving away the details of events in St. Malo, let me just say that Doerr manages the convergence of the three characters with a sure touch.

Doerr's writing is a special pleasure to read. It is expressive, nuanced, sensitive. I didn't want this novel to end.

**-Bob McDonnell**

## SEPTEMBER INTEREST GROUPS

If you are interested in one of the groups please call or email the contact person. There will also be an opportunity to sign up and to suggest a new interest group at the Fall Luncheon.

BOOK GROUP--Donna Moore, 360-733-5769 <[dfmoore12@gmail.com](mailto:dfmoore12@gmail.com)>

We will meet at 2:30 Tuesday, September 15th at the home of Barbara Evans, 715 N. Garden St., #502, 650-9724.

September's book is *Strength is What Remains* by Tracy Kidder; discussion leader is Marilyn Knauf; snacks, Gail Adele

October's book is *The DoveKeepers* by Alice Hoffman; discussion leaders are Gail Adele and Mary Jo Lewis; snacks, Caryl Hinckley

BRIDGE GROUP--Nicholas Bullat, 360-770-7270

We will meet at 1:30 on Tuesday, September 22nd, place to be announced.

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

Meets in small groups each month at member's homes and will resume in October 2015.

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 European venues.

Schedule for Met HD

October 3 - *Il Trovatore* by Giuseppe Verdi; Encore - October 7

October 17 - *Otello* by Giuseppe Verdi; Encore - October 21

October 31 - *Tannhauser* by Richard Wagner; Encore - November 4

November 21 - *Lulu* by Alban Berg; Encore - December 2

Skagit Opera *Hansel & Gretel*, November 6/8/13/15 at McIntyre Hall in Mt. Vernon.

SKIING - Charlie Way, 360-734-0649. Over for this season. Let's hope for more snow this year!

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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## WWURA 2015 Calendar

### September

1—Board Meeting

16—Travelogue- Columbia River

### October

6—Board Meeting

9—WWURA Luncheon

Speaker— Dr. Jerry Johnson

### November

3—Board Meeting

18—Travelogue-Vietnam and Cambodia

### December

1—Board Meeting

16—Holiday Party

## Poetry Corner

### Night blooming cereus

This flower wafts memory back to me  
as I dream another for you.

Paired in darkness, blossoms droop,  
rise separately, petals tinged violet,

filled with midnight dew,  
never trace red sun turned gold

nor explore day's full bloom.  
Alone, together, dampened by night,

they open, spread wide briefly,  
cast a single lilac shadow -- then

exude sweet fragrance and die  
under a billowing moon.

-Timothy Pilgrim

### FIRE

Prometheus, what have you done?

Fires consuming voraciously  
Speeding through the dry trees and bushes  
Dancing wildly one hundred feet tall

Fire tornadoes – such power!  
Houses turned to ash in minutes

The horrible price you paid  
O challenger of the gods  
And oh! The price still being paid  
By men trying to control your gift to them.

-Pat Clarke  
August 2015

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## Reservation Form

**Fall Luncheon Friday, October 9, 2015**  
**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 October 5, 2015**

Make your **check payable to WWURA** and mail with this form to **Chris Gerhold, 829 Racine, Bellingham, WA 98229**. Questions? Call 733-9265.

## Jingle Bell Run/Walk for Arthritis

Join Barbara and Mel Davidson, Rosemary Flora, Margaret Woll, and Evelyn Ames walking for arthritis on December 12, 2015.

Directions for registering for our 2015 Bellingham Jingle Bell Run/Walk WWURA team

<http://www.kintera.org/faf/home/default.asp?ievent=1139054>

- On left, click on “participant registration” or on WWURA on the right
- Read statement and click on “agree” or “disagree”
- Click on register one person with credit card
- Click on register with a team
- Find WWURA on list of teams and click



Follow directions about password or using social media (depends on your preference )

**OR:** obtain paper form for registering from Evelyn Ames (email [evelyn.ames@wwu.edu](mailto:evelyn.ames@wwu.edu) or call 360-734-3184.

**OR:** you can call the Arthritis Foundation, ask for Lori McKnight: Phone: 360.746.2663 Email: [Lmcknight@arthritis.org](mailto:Lmcknight@arthritis.org) to register.

**Note:** A “Please renew your membership” label on your newsletter is your invitation to renew your WWURA membership *right away*. Regular membership dues are \$25 ( which includes your partner). Mail your check to Barbara Evans, 715 N. Garden St., #502, Bellingham, WA 98225

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