



WWURA NEWS

January 2016

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President Ron Ward's Note

Here's wishing all WWURA members a good year in 2016: good health, successful endeavors, and much happiness. We certainly ended the past year on a high note with our Holiday Party featuring music by keyboardist Lou Lippman. That well attended event was made possible by the efforts of many people, including Lynne Masland who secured the Squalicum Yacht Club for the afternoon and evening; those who helped with set-up such as Chris and George Gerhold, and Margie and Frank Belzek; and those who did the decorating: Barbara Davidson and Murial Crosser-Thieleker. Donna Moore supplied the ham, Margaret Woll the chicken, Lina Zeine the hot cider and Evelyn Ames the tea. Barbara Evans produced the new edition of the WWURA Roster for distribution at the Party, and although she could not attend due to illness, John Reay picked them up and brought them along with petty cash for last minute cash transactions. The Hospitality Committee bore the brunt of activities such as taking reservations, producing name-tags, arranging for coffee and so forth. And I would be remiss if I did not mention the wonderful salads, hot side dishes, and desserts brought by the membership. WWURA is at its best when volunteers such as these work together to guarantee a quality event for all to enjoy.

We can now look ahead to our January Travelogue on the 20th with Ariel Lennon giving a presentation on her trip to Iceland this past year (see the write-up in this issue). This is also the time of year when we begin our search for several

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WWURA Travelogue

Iceland with Ariel Lennon

Wednesday, January 20, 2016

6:30 pm Socializing, 7:00 pm Presentation

Squalicum Yacht Club, 2633 So. Harbor Loop Rd.

The land of fire and ice; where people are outnumbered by sheep, horses, cattle, waterfalls and fumaroles. Iceland is not white but green, where Greenland is covered in ice—those Norse jokers!

A somewhat aborted ring road trip around the island devolved into a series of 15 day trips out of Reykjavik. Visit the iconic Iceland as well as the unusual.



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 per person, \$3 per couple is requested to cover room rental and beverages.

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January 2016 Health Notes by Evelyn Ames Practicing Emotional Hygiene!

"Health is the quality of life, involving social, emotional, mental, spiritual and biological fitness on the part of the individual, which results from adaptations to the environment." (Rene Dubos)

Recently, a mental health professional (Guy Winch) was interviewed on NPR about emotional health and what we do and don't do to enhance this aspect of our well-being. He noted that we promote the practice of physical hygiene (e.g., wash our hands, brush our teeth, physical exercise, etc.) but do little, if anything about practicing emotional hygiene! Do you spend more time each day brushing and flossing your teeth than you do promoting your emotional health? Are you able to break out of a cycle of brooding?

Emotional health is generally defined in the lexicon of health educators as the ability to express emotions appropriately, to control emotions and to feel comfortable expressing emotions.

Suggestions by Guy Winch for practicing emotional hygiene include: (1) recognize emotional pain when it happens (e.g., feeling rejection or being sad for some time) and take action; (2) redirect your gut reaction when you fail instead of dwelling on the failure (e.g., list factors that can be controlled and improve your preparation for the next time); (3) monitor and protect your self-esteem (e.g., avoid putting yourself down and practice self-compassion); (4) when negative thoughts begin to be played over and over in your mind, disrupt them with positive distraction (e.g., "Studies show that even two minutes of distraction will reduce the urge to focus on the negative unhealthily."); (5) find meaning in loss (e.g., "Loss is a part of life, but it can scar us and keep us from moving forward if we don't treat the emotional wounds it creates."); (6) do not let excessive guilt linger (e.g., guilt stresses your emotional and mental health and can be toxic to overall well-being; apologies do help); (7) and pay attention to what works for you in handling emotional wounds and practice these regularly. Silence the critical voices in your head and focus on factors in your control.

We need to give ourselves a pat on the back! It's up to us to give ourselves recognition. If we wait for it to come from others, we may have to wait a long time. We may get resentful if it doesn't come. When it comes, we may not believe it. We all love praise, but have you noticed how quickly the glow from a compliment wears off? *But when we compliment ourselves, the glow stays with us!* Try completing one or more of the following statements. You've probably done each one of these at some time or another but have forgotten that you did. We tend to forget our strengths and remember our failures. Describe a time you did one or more of the following:

- I tried something I thought would be difficult.
- I stuck with a job that was hard to do and I finally finished it.
- I avoided making excuses or blaming someone else for what I did.
- I told the truth even though I was afraid it would cause trouble for others.
- I controlled my temper in a difficult situation.
- I tried to get along better with someone in my family.

Sources: Winch, Guy. *Emotional First Aid: Practical Strategies for Treating Failure, Rejection, Guilt, and Other Everyday Psychological Injuries*. Hudson Street Press, New York. July 2013.

<https://www.psychologytoday.com/blog/the-squeaky-wheel/201412/5-steps-better-emotional-hygiene>

<http://ideas.ted.com/7-ways-to-practice-emotional-first-aid/>



Happy, Healthy, Feel Fantastic; Boy am I enthusiastic!

JANUARY 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, January 19th at the home of Donna Moore, 1200 Birch Falls Drive.

January's book is *The 100 Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson. Chris Gerhold and Barbara Davidson are discussion leaders and Pat Clarke will bring snacks.

BRIDGE GROUP--Nicholas Bullat, 360-770-7270 <gmb.maestro@q.com>

The Bridge Group will meet January 26th at JoAnn Roe's home, 221 Jerome St., 756-9900.

INFORMAL DINING -- Janet Berg, 360-733-4654, <janetlila@hotmail.com>

Meetings will resume in January 2016.

OPERA GROUP--Evelyn Ames, 360-734-3184, <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>

Mt. Baker is open! Call Charlie if you are interested.

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.

We are thinking about adding a play reading interest group. If this sounds like fun to you, call or email Barb Evans, 650-9724 or <barbandhoward@comcast.net>

RUSSIA ANYONE?

MIR Corporation in Seattle, which has taken groups to Russia for 30 years, has arranged a custom tour for WWURA and friends to visit Moscow, St. Petersburg, and Kaliningrad September 28– October 10, 2016. This cultural tour will highlight museums and musical events as well as wonderful sightseeing. Information will be available at the January WWURA travelogue or by contacting Kathy Whitmer (Kathrynwhitmer@comcast.net).

WWURA 2016 Calendar

January

20 Travelogue—Iceland

February

2 Board Meeting

19 WWURA Lunch-Speaker, Richard Mollette

March

1 Board Meeting

16 Travelogue—Basque Area of Spain

Writer's Group

BUCK FEVER

Me and cousin Tom were walking quietly through the brush, stalking partridges — not the greatest for eating, but good hunting. We both had almost new .22 rifles — birthday presents for our eleventh birthdays. All summer, we'd been shooting cans off the fence at Grandma's farm, learning not to flinch when you pull the trigger. And now, in October, with Dad a ways behind us, we were stalking game on her place. We walked over the rutted, muddy fields, and bushwhacked through the scrubby stuff at the edge of the field. There were lots of bird there, Dad said, but we weren't finding any.

And you know, it's funny,, but when you've been doing target practice all summer, and you know you're good, you're just itching to get a partridge. Watching every clump of bushes, eyes narrowed, being as quiet as could be. We were following Dad's rules. He had shown us how to carry loaded guns, with the safety on, of course. And he had warned us about buck fever — that's when a hunter, maybe a guy who's never hunted before, gets over-excited, and shoots anything that moves — including other hunters. So we knew we had to keep the lid on.

Still, you walk, and walk, and walk, and whisper a little, and watch for movement anywhere, and you're all tense and ready to raise your rifle and aim and shoot with a really steady aim — no shaking, no tremors. And it was a perfect afternoon, Dad said, for partridge — cold and cloudy and coming towards sunset — time for the birds to move around before settling in for the night. But they weren't moving that afternoon.

And then suddenly, Tom nudged me and pointed at something moving up in the crotch of a small maple. Since he saw it first, he took the first shot, but he missed. So I slowly released my safety catch, aimed steady and true, no flinching, and it fell out of the tree onto the ground.

I saw at once it was not a partridge. It was a little grayish-black thing, and it lay there, squirming, and it spread out its pretty quills, and I knew it was a porcupine — and it looked at me with a small, real shiny black eye. And Dad came up and said, "You can't let it suffer. You have to kill it." And I looked at him — like, you want me to kill that helpless little thing lying there? Like, it's looking at me, how can I kill it? And I was afraid I might . . . cry. And he didn't say to me, "That was a good shot." He just said again, very serious, "You have to kill it. You can't let it suffer." So I put another .22 long into my rifle, aimed carefully, didn't flinch, and shot it in the head while it watched me, like it was praying or something.

I never went hunting again. Maybe if I'd shot a partridge instead of a porcupine, then maybe I'd have felt good when Mom cooked it, even though I don't like partridge meat. But you know, to have to kill something while it watches you, you just don't feel good. And now sometimes, when I read about how young guys in gangs shoot each other, do drive-by shootings, then I think about buck fever, and how, when you hold a loaded gun in your hands, how easy it is to shoot something, anything that moves, because you got buck fever.

-Submitted by Evelyn Wright

? **Question**—Where can you find suggestions for adding joy and laughter to your daily living?

Go to this WWURA web site: <http://www.wvu.edu/wwura/1404.pdf> and find suggestions for doing so.

Book Review

An Introduction to a Worthy Magazine, The Sun

About a year ago a friend introduced me to The Sun. Because I'm a sucker for good writing, I want to tell others about it too. It's a magazine devoted to good writing. I mean really good personal writing—plain, honest, straightforward, expressive, occasionally moving writing. It is edited by and seems to be owned by one man, Sy Safransky, who has a marvelous ear for writing. The contents are, as you might suspect, stories, poems, interviews, short stories, photography, and (my favorite section) Readers Write—several pages of readers writing about a single topic.

In the current issue, January 2016, the overarching theme is medicine, physicians, tending the ill. The lead piece is a sensitive interview with a pediatric oncologist; it's about practicing medicine with compassion. Following that, we are treated to a two-page excerpt from a book first printed in 1974, describing a physician's experience of making rounds with the personal physician of the Dalai Lama. Next comes an article by a physician lung specialist laying bare his experience of being a patient learning that he has melanoma. The last page is reserved for Safransky's selection of brief quotes on the topic of the issue. My favorite in this issue is "We don't heal in isolation, but in community."

The Sun began publication in 1976. In 1990, it went ad free. Safransky proudly lists things you won't find in The Sun: "advertising of any kind, right wing duplicity, left wing sanctimoniousness, complacent centrism, spiritual doubletalk, literary snobbery," and more. It's an accurate list.

Perhaps my favorite section is Readers Write. The topic for this issue is Being Single. I found myself treated to tales of other people's adult singlehood, some funny, some sad, some poignant. The topics for coming issues of Readers Write are Houses, At the Last Minute, Restaurants, First Impressions, Perseverance, Making Friends.

For browsing purposes, current copies may be found at Community Co-op and Village Books. Happy browsing.

- Bob McDonnell

President Ron Ward's Note, cont'd from page 1

individuals to run for positions as Directors to replace those who have completed their three-year service and will be rolling off the WWURA Board. Please give serious consideration to doing this if you are asked. Finally, I must tell you that we have not yet had anyone volunteer to serve this year as President-Elect, so we have been functioning without a current Vice-President, and the three-year succession required by the Constitution is in jeopardy for next year. We need a volunteer for this important position.

Enjoy the contents of this issue of the Newsletter, and I'll look forward to seeing you at the Squaticum Yacht Club for the Travelogue with Ariel Lennon.

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Save the Date—February 19th

For WWURA's next luncheon

Our presenter will be Richard Mollette, a highly entertaining speaker who will discuss what stimulated the development of colleges in the Colonial Era of the U.S. and which were the first six. What was the impact they had on the development of our nation and what was to become an interesting irony down the line.

Details and reservation forms will be in the February newsletter.

Thank you!

A *big thank you* to the following who contributed to our WWURA Jingle Bell Team: Barbara and Mel Davidson, Rosemary Flora, Marc Geisler, Chris and George Gerhold, Julie Gorrell, Colin Magnusson, Lynne Masland, Eleanor Mischaikow, Ingeborg Paulus, Roy Potter, Carol Radke, John Reay, Alisa Sachs, Ron and Troy Faith Ward, and Margaret Woll. Pat Clarke and Charlie Way, although not listed on our team roster at the present time, walked with our energetic walking group (Barbara and Mel, Julie and John, Ron and Troy). Our runners were Marc, Alisa, and Collin (who finished 6th).

As of the end of December, almost \$176,000 was locally raised.

- Evelyn Ames

Poetry Corner

Swallow

A chocolate chunk heads right
in my mouth. I bite through,

send it left, drain center goo,
cherry-flavored brandy sweet.

I drink, suck my cheeks, send
what's left to roof, tongue underneath,

savor cocoa, both eyes closed. Guilt
reminds the last swallow should be

yogurt, granola, bitter berries,
not a seventy-percent evil treat.

- Tim Pilgrim

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