



# WWURA NEWS

June 2016

www.wwu.edu/wwura

Serving Retired Faculty and Staff

## President's Note

“And what is so rare as a day in June?” -- especially if it's Flag Day, Fathers' Day, or the Summer Solstice. My own garden has reminded me that “June is Bustin' Out All Over.”

Your WWURA Board has just finished its June meeting (with 100% attendance I might add) during which it planned the Summer Picnic for July and, among other things, elected a new Vice President for 2016-17, **Margaret Loudon**, who will automatically serve as President-Elect during the coming year and become President one year from now.

I want to thank all of you who attended President Shepard's Reception and Dinner to Honor the New Retirees. I counted at least 18 members who showed up to demonstrate their interest and support for the honorees as they received their plaques of commendation. Your presence was duly noted and much appreciated. The Board also thanks you for your almost unanimous approval of the proposed amendments to the Constitution.

This is a reminder that June is the month we ask our current members to renew their membership for another year. There is a membership renewal form in this newsletter (*page 5*) If you send it in by June 30, you may pick up your new membership card at the picnic. If you know of someone who would like to join for the first time, the same membership form may be used. Also, please notice that there is a space provided if you would like to donate to our Scholarship Fund.

If you would like to volunteer to serve as our Treasurer this coming year or if you would like to nominate someone else, please let **Barbara Evans**, Search Committee Chair, know *as soon as possible*: 715 N. Garden Street, #502, Bellingham, WA 98225.

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**Whatcom Falls Park**  
**Tuesday, July 12, 2016, 11:30 a.m.**

WWURA has reserved the big covered shelter for our Summer Picnic/Annual Meeting. The park offers opportunities for nature walks, beautiful views of Whatcom Falls and the fish hatchery.

*We encourage you to pull out your favorite recipe for a dish you would like to share—salads, hot dishes, desserts, etc. You'll find the alphabetic breakdown of which dish to bring on the Reservation Form (*page 4*). Chicken, coffee and tea will be provided by WWURA and Charlie Way has again promised to bring his delicious home-made ice cream. **Please bring your own table service and your favorite non-alcoholic beverage.***

The WWURA picnic is a great time to visit, pick up your new membership cards (*if you renew by June 30th*), and enjoy the park. To locate the shelter, take the entrance closest to Bayview Cemetery on Lakeway. The shelter will be on the right side of the road when you come into the parking area.

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## June 2016 Health Notes by Evelyn Ames

### *Sonically Seasoning Your Food and Drink*

Ever thought how music might affect your taste buds? Not only does the color of the plates on which food is served affect what you perceive as salty or sweet, but specific sounds and tempi of music can enhance or diminish flavors of food.

In a nut shell:

- Wine and other drinks may taste more expensive when listening to classical music!
- Flavors of food may last longer in the mouth when slow music is playing!
- Increase the tempo of music and food flavors fade more quickly!
- Piano music enhances the sweetness of foods being eaten!
- Match nationality of music with selection of food and enhance the flavors!
- Like a bass beat (think tubas)? The bitter taste of chocolate is enhanced.
- High levels of sound (think flutes) make food taste sweeter!
- Believe it or not, research studies show the more you like the music being played, the more you enjoy the food. The opposite is true as well.

Try some “sonic seasoning” when eating chocolate by listening to a low-pitched sound and see if your taste awareness shrinks to the back of your tongue and “focuses on the chocolate’s bitter elements.” Switch to a high frequency and do you have feelings of sweetness in the mouth? In a laboratory setting, volunteers were fed cinder toffee (also called puff candy or sea foam) while high and low frequency sounds were played. Subjects were asked to rate the taste on a scale from sweet to bitter. Interestingly, low notes brought out the bitter and high notes enhanced sweetness. To see what happened in the real world, Oxford University researchers spent one month in which “the London restaurant [House of Wolf](#) served a “sonic cake pop” of chocolate-coated bittersweet toffee, which came with a telephone number. On the other end of the line was an operator instructing the diner to dial one for sweet and two for bitter, and they were played the high and low-pitched sounds accordingly.” The same results occurred! Low notes = bitter and high notes = sweetness.

Research scientists, at Oxford University (with lead researcher C. Spence), have been looking at synesthetic tendencies related to the taste of food and studying the idea of modulating taste of foods with sensory sounds. Using a tag line of “multi-sensory food perception,” they suggest that sound is the “final frontier” in food presentation in that flavor perception can be modulated by sound. Charles Spence, interviewed on NPR alluded to textures of food, which have unique sounds all their own: the crunch of chips, the slurp of coffee or the fizz of soda for example. “But the other place where sound affects taste,” he told NPR, “is in the environment: imagine listening to the sounds of the sea while you’re eating fish at a seaside restaurant.” “You can then start creating experiences where you play particular kinds of music or soundscapes to diners or to drinkers while they’re tasting....We’re able to show that we can change the experience in [the] mouth by about 5 or 10 percent.”

Consider Ben & Jerry’s ice cream company use of an iTunes app link with their “Scoop of Happiness” to augment their reality-enhanced feature called Moo Vision. “Holding up a pint of New York Super Fudge Chunk, Cherry Garcia, Chocolate Chip Cookie Dough or Milk & Cookies ice cream to your iPhone will cause vector images of cocoa farmers.” With classical music, select a dark chocolate or coffee-tasting dessert, play something like “Nessun Dorma” from Turandot which has several low-pitched sounds. These sound should bring out bitter tastes of dark chocolate or coffee. Off course, near the end of the aria are high-pitched sounds.

(cont’d on page 3)

## Health Notes, cont'd

Taste the Rainbow! We do know that our ability to taste natural flavors of food decreases as we age. Maybe that is why more salt and sugar are added to older adults' diets! To counter this, explore multi-sensory experiences that involve taste, smell, sound, touch and the environment in your future dining and drinking.

**Added note:** Why airline food can't win! Loud background noise has been found to suppress saltiness, sweetness and overall enjoyment of food. Add high altitude to the mix which can block nasal passages and one's sense of smell (aroma of food) is affected.

Further discussion at:

<http://www.dailymail.co.uk/sciencetech/article-3118267/Forget-salt-pepper-enhance-food-dash-MUSIC-Sonically-seasoning-using-tunes-match-cuisine-boosts-flavour>

<http://www.psfk.com/2015/06/music-and-food-sonic-seasoning-university-of-oxford.html>

<http://mashable.com/2010/07/09/ben-and-jerrys-iphone-app/#Fe4IvXM1uaqw>

<http://www.theguardian.com/lifeandstyle/wordofmouth/2014/mar/11/sound-affects-taste-sweet-bitter>

<http://condimentjunkie.co.uk/blog/2015/4/27/bittersweet-symphony>

<http://www.npr.org/sections/thesalt/2014/12/20/372142738/want-to-enhance-the-flavor-of-your-food-put-on-the-right-music>

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## June 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, June 21st at the home of Donna Moore, 1200 Birch Falls Dr.,

June's book is *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce, discussion leader-  
Suzanne Krogh, treats-Evelyn Ames

July's book is *The Invention of Wings* by Sue Monk Kidd, discussion leader -Evelyn Wright,  
treats-Barbara Davidson

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

The Bridge Group will meet at 1:30 pm, Tuesday, June 28th. Place to be announced.

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

**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.

**SKIING** - Charlie Way, 360-734-0649 <[cbway@aol.com](mailto:cbway@aol.com)>

Finished for the season.

**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.

## A Movie Review

I've been encouraged to include movies in my reviews. Since we live in the age of Netflix we can consider almost any film. So here for my first effort, I write about a supremely beautiful film from 2014.

Seymour: An Introduction is a documentary directed by Ethan Hawke that traces with great sensitivity and insight the career of Seymour Bernstein, now 89 years old and a classical pianist. Bernstein began playing piano as a little boy and developed early as a teacher. At age 15, he began supervising the practicing of some of the students of his teacher, Clara Husserl. He soon had a group of students of his own, and he has just never stopped teaching.

Bernstein gained early recognition also as a concert pianist, winning many recognitions and awards. At age 50, chafing under the necessary practical restrictions of giving concerts. Bernstein ceased concertizing and focused on his teaching and his students. Of course, he has been teaching for 70-some years now, so the film includes marvelous conversations about life and music with some of his former students, now mature classical pianists and devoted admirers of Bernstein. It also includes God's plenty of Bernstein's playing.

However, the one scene that haunts me is one in which Bernstein is teaching a young student: he focuses on the expressive nuances of striking just one note. He's encouraging, sweet, brilliant, kind. And even I could hear some of the subtleties that Bernstein elicits. Seymour Bernstein himself, his piano career, and his character are the focus of the film. Bernstein emerges as prodigiously talented, brilliant, plain spoken, practically surreally humble—a beautiful man. I've seen the film twice, and each time, at the end, as the credits rolled, I sat riveted and almost stunned.

- Bob McDonnell

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## Trip to Africa— Best of Kenya and Tanzania—Departs on August 20, 2017

A few rooms are still left on a trip Margaret (Peggy) Loudon has organized with Overseas Adventure Travel (OAT). Here is a link to this incredible tour: <[www.oattravel.com/ktz17](http://www.oattravel.com/ktz17)>

Once you have talked with Margaret (733-6052) and/or checked out OAT's website and would like to join this fun loving group, call Overseas Adventure Travel Reservations 800-353-6262, choose option #2. Mention "Service Code" G7-25134.

Deposit is \$350 per person.



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## Reservation Form - WWURA Picnic on Tuesday, July 12th

*Reservations Due by July 5, 2016*

Name(s) \_\_\_\_\_ Number of reservations \_\_\_\_\_

Phone Number \_\_\_\_\_

Last names beginning with **A-H** bring a **Dessert**, **I-Q** bring a **Salad** and **R-Z** a **Side Dish**

**Cost: \$4 per person if bringing a dish to share that will feed 8.**

**\$8 per person if not bringing a dish.**

**Amount Enclosed** \_\_\_\_\_

**Mail your check to Chris Gerhold, 829 Racine St., Bellingham, WA 98229**

**(Phone: Chris at 733-9265 OR email at [chrisandgeorge@comcast.net](mailto:chrisandgeorge@comcast.net) if you have questions)**

# WWURA Membership Application or Renewal Form 2016-2017

Name \_\_\_\_\_ Spouse/Partner's Name (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Year Retired \_\_\_\_\_ Years of WWU Service \_\_\_\_\_ Department/Unit \_\_\_\_\_

If not a WWU retiree, check one:  WWURA Friend Spouse/Partner of Retiree

Retired from what institution/organization \_\_\_\_\_

Select Membership (includes spouse or partner)

- Contributing Membership \$ 50.00 or more
- Regular Membership \$ 25.00
- Surviving Spouse or partner \$ 6.00

Contribution to WWURA Scholarship fund \$ \_\_\_\_\_

Total amount Enclosed \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please mail this application and check (*made payable to WWURA*) to WWURA Membership, c/o Barbara Evans, 715 North Garden Street, #502, Bellingham, WA 98225. (Contributions are deductible.)**

A membership table will be at the picnic. *If you renew your membership by June 30th, your membership card will be available at the picnic. If you wait to renew at the picnic, your card will be mailed to you.*

## WWURA Calendar

### July 2016

12—Picnic & Annual Meeting, Whatcom Falls Park

### August 2016

2—Board Planning Session at Lakewood

### September 2016

6—Board Meeting

21—Travelogue—Squalicum Yacht Club

### October 2016

4—Board Meeting

21—WWURA Lunch –Northwood Hall

## **President's Note, cont'd**

As we move through the summer, in addition to our picnic, we will also have some of the activity groups functioning in June, and the Board will have its annual working retreat at Lakewood in August as it plans the next year's activities. As with any Board meeting, members are always welcome to attend and share in the planning. Plans for travelogues in September and November, as well as our Fall Luncheon in October are underway as well.

I'll look forward to seeing all of you at our July 12<sup>th</sup> picnic. Information about that appears in this issue along with a reservation form, cost information, and an alphabetical list of who is bringing salads, side dishes, or desserts.

**- Ron Ward**

## **Amendments to Constitution**

The proposed amendments to WWURA's Constitution, which appeared in the May 2016 Newsletter, have all been approved by the voting membership. An updated version of the Constitution will be found on our website in July.

WWURA's website is:  
[www.wwu.edu/wwura](http://www.wwu.edu/wwura)

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