



WWURA NEWS

December 2018

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note by Kevin Mujkat

Washington DC, December 4th 10:00PM: Sally and I are here visiting family and taking advantage of the opportunities provided in this unique city. Late at night we took the 7 blocks walk to the Capitol with the hope the line of people waiting to pay their respects to President Bush would be shorter due to the late hour and the very cold weather. We were surprised by the thousands of people in line; a cross section of the city which included military service members, government employees, people from DC, travelers, and families with small children. On and on the lines went moving slowly. We met many people near us in line with different philosophies and politics ...but that night they gathered in community to share a moment of reflection and respect. Unfortunately, I don't think the moment will be enough to get people to reach across the deep divides that currently impact our country, but it might be another small step in getting people to let down their guard a bit and begin to listen to each other...realizing our common interests and goals.

In my reflections that night...thoughts turned to WWU, the current Hate Speech situation, and other recent campus events that speak not to respect for each other, but to the divisions that are rising across the country. The safety of all members of the campus community, the importance of a learning environment free from hate and vitriol, and finding a path that brings "sunlight" to these events - to continue Western's roles in learning, research, and community service free from fear in a search for shared truth ... all were on my mind. I mused if there was some role for WWURA to play in this process...we who have invested many years of service to the institution and its students. That path is not clear to me, but I would be interested in any thoughts members might have on this issue.

Annual Holiday Party Wednesday, December 19, 2018

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 turkey, ham, cider, coffee and 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 flatware.
- 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 15. Mail your check and reservation form (*found on page 5*) to **Chris Gerhold, 829 Racine St. Bellingham, WA 98229.** Questions? Call Chris at **733-9265.**

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December 2018 Health Notes by Evelyn Ames

Tips for Enjoying the Holidays



Our feelings about holidays are very personal. We can feel happy, sad, or be ambivalent. Thanksgiving and Christmas holidays can create stress because we often over schedule or over anticipate the unknown. We are apt to overindulge, overspend, or over anticipate. Sometimes we spend too much time with family and other times too little or not enough. We have expectations of what we should do, especially when there is personal or family illness or multiple care giving roles. Some people experience seasonal affective disorder or may have depression.

For enjoying the holidays as much as possible, here are several tips to help you put “enjoyment” in your daily activities:

- **Reflect on what is important to you during the holidays.** Determine ahead of time what will give meaning (e.g., who you would like to spend time with and how you would like to spend the time).
- **Make plans early about what you will do during the holidays.** Advance planning gives a sense of control and gives you something to look forward to. Plan one activity that is important to you.
- **Let others know how they can support you** and accept their offers of such things as shopping, cooking, wrapping, and chauffeuring. Communicate what it is you want or need. Be sure to acknowledge if those you ask to help have enough time to provide support.
- **Set a reasonable pace and acknowledge that you cannot do everything for everyone!** Holiday seasons are not sprint events that you “run” as fast as you can. Doing too much for too many people for too many events compromises your physical, mental, social, and emotional health.
- **Manage your spending.** Advertisements promote consumerism (Buy! Buy! Buy!). Decrease financial stress by making and sticking to a budget. Thoughtfulness does not come with a hefty price tag. Gift solutions could include giving to a charity in person’s name, making a home-cooked meal, reducing the number of gifts; or arranging for spending time having a cup of tea or coffee..
- **Manage your expectations for family gatherings.** Be flexible and be clear as to your expectations when multiple generations and multiple families celebrate together. Go without a fixed set of expectations. Focus on what you appreciate about the holidays. In other words, “go with the flow!”
- **Monitor use of alcohol and medications.** During holiday seasons it is easy to overindulge in alcohol. Moderation is the key. Review your medication instructions about interactions with alcohol and maintain your daily medication schedule. Missed doses can lead to emergency care.
- **Maintain a healthy lifestyle.** Practice relaxation techniques when feeling stress surging upon you. Continue to make those good food choices you have incorporated into your daily lifestyle. Stick to your usual daily routine and you will make it through the holidays and be snug in bed!
- **Think ahead about stories or observations from the past family gatherings that you’d like to share.** Telling stories about favorite family traditions/events bring back fond memories.
- **Finally,** reflect on what went well this holiday season and improvements you would like to make for the following year.

Happy Healthy Holidays to You All

DECEMBER 2018 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

There won't be a meeting in December.

January's meeting will be at Suzanne Krogh's, 402 Boulevard #103

It will be a potluck tea—bring whatever you wish. Also bring suggestions for books—we will choose books for the remainder of 2019.

BRIDGE GROUP—Caryl Hinckley, 360-739-1036, carylhinckley@hotmail.com

Is anyone interested in restarting the bridge group? Let Caryl or Barb Evans know.

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

Informal dining started in October, information for next year will be coming soon.

OPERA GROUP--Evelyn Ames, 360-734-3184, evelyn.ames@wwu.edu

Contact Evelyn if you want more information .

CBC Radio 2 broadcasts opera every Saturday starting at 1pm. MET radio broadcasts started the first Saturday of December.

Web site for The MET HD: <https://www.metopera.org/Season/In-Cinemas/>.

Dec. 15th— *La Traviata*, new production

Jan 12th— *Adriana Lecouvreur*

Skagit Opera: <http://skagitopera.org/performances/> (now Pacific Northwest Opera)

Web site for Vancouver Opera: <https://www.vancouveropera.ca/>

Seattle Opera: <https://www.seattleopera.org/>

WRITER'S GROUP - Troy Faith Ward, 425-299-4924, troyfaithward@gmail.com.

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

HAPPY HOUR—Claire Bowden, 360-540-2122 clairebowden14@gmail.com

This is a new group and will meet on Tuesday, December 18th at 4:00pm, place to be announced. If you are interested please call or email Claire and let her know so she can let you know the location.

Heads Up!

January's Travelogue: Hear about the epic (water) adventure of the Bellingham Nine (organized by **Donna Moore**) on the "Undiscovered Adriatic: Venice, Puglia, Malta".



Boardwalks set up in October for tourists in flooded Venice

Book Review

The Healing of America (2009) and A Fine Mess (2017), both by T. R. Reid

Robert Reich, in *The Common Good*, which I reviewed last month, urges us to restore a valuing of the common good by healing the cultural and political polarization that afflicts our country by reaching across the chasm that divides us. These two fine books may provide us with some knowledge and a sense of balance about two of the issues that divide us, health care and taxes. I bring them to your attention in the hope that some of us may engage in non-polemical conversations with people who do not share our attitudes, whatever they may be, on these two frequently vexatious topics.

T.R. Reid is a correspondent for *The Washington Post*. He writes well, even engagingly about these two contentious topics. His book about health care was written and published just before Obamacare was enacted in 2010. Because health care is still a much debated topic, what he has written is still relevant. Reid takes his chronic sore shoulder for care in a number of countries; he also does his research. The resultant book makes sense to me and may to you.

Among the world's advanced countries that have national health care systems he distinguishes four main types of system. He calls them the Bismarck Model (Germany, Japan, France Belgium, Switzerland), the Beveridge Model (Great Britain, Italy, Spain, most of Scandinavia), the National Health Insurance Model (Canada, Taiwan, South Korea) and the Out-of-Pocket Model (the undeveloped world. Africa, India, South America). The US he notes has the Bismarck model for working people under 65, the Beveridge model for Native Americans, the military, and veterans, the National Health Insurance (Medicare) for people over 65, and Out-of-Pocket for the vulnerable uninsured.

Taking his shoulder here and there allows Reid to use personal anecdote and significant detail to give interesting flesh to his pros and cons of the different systems. Also a bit of history here and there. He ends noting that the most *important* question is whether a country has decided that access to health care is a human right. The European Union has. We are still fighting about it.

In *A Fine Mess*, Reid gets more wonkish. He covers personal and corporate income tax, sales tax, property tax, etc., etc. His main point is that we need a simpler, effective taxation instead of the complicated, complex non-system we currently enjoy. He travels to other countries to find relatively fair, simple systems that we might learn from. Instead of multiple exceptions and exemptions he champions BBLR—broad base, low rate. He continues to write engagingly while enlightening his readers. I actually had fun reading both books.

- Bob McDonnell

Mark Your Calendar—February 15th - WWURA Luncheon

No topic seems more relevant nor pressing than the presence of PLASTICS in the environment. In February, two Western faculty (**Mark Peyron** (Engineering) and **Marion Brodhagen** (Biology)) will summarize some of their findings on "The Environmental Degradation Ability of Plastics" at the noon luncheon on February 15th.

It's Party Time!

We'll be decorating the Squalicum Yacht Club at 2 p.m. on December 19th in preparation for our party that night. If you would like to be part of this fun event, please join us.



WWURA Calendar 2018 - 2019

December 2018

- 4—Board Meeting
- 8—Jingle Bell Run/Walk
- 19—Holiday Party—6:00 p.m. Squalicum Yacht Club

January 2019

- 8—Board Meeting
- 16—Travelogue—6:30 p.m. Squalicum Yacht Club

February 2019

- 5—Board Meeting
- 15—WWURA Lunch—11:30 a.m. Northwood Hall

March 2019

- 5—Board Meeting
- 20—Travelogue—6:30 p.m. Squalicum Yacht Club

April 2019

- 2—Board Meeting
- 17—Travelogue—6:30 p.m. Squalicum Yacht Club
- 19—WWURA Lunch—11:30 a.m. Northwood Hall

May 2019

- 7—Board Meeting
- 30—WWU Retirement Dinner



Reservation Form

Holiday Party

Wednesday, December 19, 2018

Squalicum Yacht Club

2633 South Harbor Loop Road



Name(s) _____ Phone Number _____

Enclosed is a check (payable to WWURA) for \$ _____ for _____ people

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 15, 2018

Poetry Corner (reprinted in its entirety)

An Irish Family Fable © Iris Sanderson Jones

We followed the children down the hill
And over the stile by the Irish Sea
Where Hansel and Gretel devoured the crumbs
And Little Jack Horner stuck in his thumb
To pull out potatoes, putrid and black
Six toy soldiers in tall white crowns
Banged their drums on a whitewashed shack
And the walls came tumbling down, down
Fe, Fi, Fo Fum, I smell the blood of an Englishman
The walls came tumbling down.

We followed the children across the sea
While bread made mold in a pitching hold
And we rowed and rowed, six Celts in a boat,
To tell the others, our sisters and brothers,
The Little Miss Muffett sat on a tuffet
Eating potatoes, red and gold,
While Hansel and Gretel, now grown old,
Washed black potatoes from their hands.
“These aren’t fit for new found lands!”
Now Little Tom Tucker sings for his supper.
What does he eat?
White bread and butter!

We followed the children across the land
Where corn grew tall and the plums were canned.
Little Jack Horner, sat in a corner,
Stuck in his thumb and pulled out a f
A patat frite that didn’t speak French.
An Irishman said, as he sat on a bench,
“We’re in gravy, we serve them mashed,
In a china bowl with a silver spoon, but
Hey diddle diddle, here’s a riddle!
Why don’t they taste like days of old
When Irish spuds were made of gold.
And the cow jumped over the moon, the moon.
The cow jumped over the moon

We followed the children to the sea
Where Old Mother Hubbard had prawns in her cupboard.
And Snow White and the seven dwarfs
Sold pommes de terre down by the wharf.
Humpty Dumpty sat on a wall but
He wouldn’t eat any potatoes at all.
“I don’t eat bread and I don’t eat rice
And white potatoes are not very nice
“They make me fat, so fat;” says he.
Now all the king’s horses and all the king’s men
Won’t eat Irish potatoes again.
And the old woman who lives in a shoe
Has so many potatoes she doesn’t know what to do.

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