



WWURA NEWS

March 2018

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note



What beautiful weather we are having, hope you are able to get out and enjoy the sun. Spring will soon be here with all the gardening chores. The deer have been very busy chomping on my plants and I have been busy spraying everything to keep them out.

We have a busy schedule coming up. This month our travelogue is presented by **Shirley Osterhaus** on March 21, see full details on this page. Next month we have a travelogue by **Rich & Stephanie Bowers** on April 18th. **Ambassador John Koenig** will speak at our Spring Luncheon – *note date change to April 13th*. We have invited our scholarship recipient, **Emily Diel**, to join us for the luncheon. Be sure to save the dates. Hope to see you then.

Happy St. Patrick's Day to all.

- **Peggy Loudon**

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WWURA Travelogue

Wednesday, March 21, 2018

Squalicum Yacht Club

2633 South Harbor Loop Road

6:30 p.m. for Dessert, 7:00 p.m. Presentation

Presenter: Shirley Osterhaus

“Alternative Travel—Service Learning with Villages in Thailand”

Staying with villages in three regions of Thailand: the northern mountainous area, forest in Central Thailand and a beach in the south, the Institute for Village Studies at WWU travels with students for 8 week to marginalized communities. Time is spent living with families, sharing their foods, learning of their culture and life, building relationships and offering service as requested by the people. A rich alternative to traditional tourism in Thailand.

Members whose **last name** begins with **A through L** please bring a dessert to share. WWURA provides coffee and tea. Some members like to bring wine.

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



March 2018 Health Notes by Evelyn Ames

Benefiting your Brain by Walking

“Walking is the best medicine,” Hippocrates (c. 460 – c. 370 BC)

We don't need to devote much effort to the act of walking; usually we walk with a rhythmical stride. “When we stroll, the pace of our feet naturally vacillates with our moods and the cadence of our inner speech; at the same time, we can actively change the pace of our thoughts by deliberately walking more briskly or by slowing down,” This allows us to let our minds wander and creative thoughts and insights to easily occur.

Researchers at Stanford (Opezzo and Schwartz, her colleague) have found that going for a walk may be the most practical way to generate creative thinking anytime during the day. To see if walking was the source of creative inspiration rather than being outdoors, an “experiment with 40 participants compared responses of students walking outside or inside on a treadmill with the responses of students being pushed in a wheelchair outside and sitting inside.” The students who walked, whether indoors or outside, came up with more creative responses than those either sitting inside or being pushed in a wheelchair outdoors. “While being outdoors has many [cognitive](#) benefits, walking appears to have a very specific benefit of improving creativity.”

Researchers at New Mexico Highlands University found that the foot's impact during walking sends pressure waves through the arteries that significantly modify and can increase the supply of blood to the brain. “The NMHU research team and others previously found that the foot's impact during running (4-5 G-forces) caused significant impact-related retrograde (backward-flowing) waves through the arteries that sync with the heart rate and stride rate to dynamically regulate blood circulation to the brain.” They found that though there is lighter foot impact associated with walking compared with running, walking still produces larger pressure waves in the body that significantly increase blood flow to the brain. In addition, walking, when compared to pedaling, is more effective in increasing blood flow. The lead author (Greene) reported that “one year of walking increased functional connectivity between aspects of the frontal, posterior, and temporal cortices within the Default Mode Network and a Frontal Executive Network.” These are two brain networks central to brain dysfunction in aging. “There is a continuum of hemodynamic effects on human brain blood flow within pedaling, walking and running. Speculatively, these activities may optimize brain perfusion, function, and overall sense of wellbeing during exercise.”

We may not be a Beethoven, who has been described as spending considerable time walking in the country. Consider his 6th Symphony with depictions of sunshine, raindrops building to a violent thunderstorm with thunder and lightning, winds and sheets of rain. “The storm eventually spends itself, with an occasional peal of thunder still heard in the distance. There is a seamless transition into the final movement, including a theme that could be interpreted as depicting a rainbow.” So, as our seasons change from winter to spring, imagine the many places we can wander (and let our creative thoughts flourish) in our beautiful Whatcom County!

Resources: <https://www.sciencedaily.com/releases/2017/04/170424141340.htm>
<https://www.psychologytoday.com/blog/the-athletes-way/201404/why-does-walking-stimulate-creative-thinking>
<https://www.inc.com/jessica-stillman/the-science-of-why-you-do-your-best-thinking-while-walking.html>
<https://www.psychologytoday.com/blog/the-athletes-way/201506/hippocrates-was-right-walking-is-the-best-medicine>

Film Review

The Post: A Movie Review

Okay, this movie got skunked at the Oscars, but even so it is an important movie. If you haven't already seen it, I strongly suggest that you do—for two reasons. First, it's an exciting movie, strongly scripted, magnificently acted, imaginatively directed—a very satisfying experience at the cinema. Second and perhaps even more important, it underscores, as no other recent movie has, the importance of the First Amendment to the US Constitution, the one that guarantees the freedom of the press, and illustrates the attractive dangers to that freedom that lurk in our political processes.

The opening scenes beautifully lay the groundwork by showing Daniel Ellsberg, then an imbed for Rand Corporation in a night patrol in the jungles of Viet Nam. It undergoes an ambush, with casualties. On the trip home on Secretary of War Robert McNamara's plane, McNamara asks Ellsberg for his assessment of how the war is going. Ellsberg says it's unchanged, which McNamara says that means we're losing. Then to reporters on the ground McNamara gives an upbeat assessment of the war. Overhearing this, Ellsberg decides to leak pages and pages of the Rand Corporation history of our involvement in Viet Nam.

When he leaks to the New York *Times* and it publishes the material, enraged President Nixon gets a restraining order to ban further publication. Ben Bradlee, managing editor of *The Post*—wonderfully brought to vigorous life by Tom Hanks—springs at the opportunity to get in the game by seeking out Ellsberg and his trove of more Pentagon Papers. That poses an agonizing problem for Katherine Graham, owner and publisher of *The Post*. The ever-superb Meryl Streep makes her live with amazing poignancy and depth. Graham inherited the ownership from her father and the publisher role from her deceased husband. An inexperienced person in the rough and tumble world of newspaper publishing, she is also a woman in a man's world. And, and because she and *The Post* are cash strapped, she is taking *The Post* public through an initial public offering of stock. Her financial advisors—all men-- tell her that publishing the Papers will jeopardize the IPO, whose infusion of cash she desperately needs.

So, the legal case reaches the Supreme Court just as the IPO is risked. Her entire public life is in jeopardy. She publishes, the newspaper world supports her decision, the IPO succeeds, the Supreme Court does the right thing, and we all cheer. The strong performances of Hanks and Streep are supported by many, many strong actors in supporting roles.

The final scenes of the movie show a security guard at The Watergate Complex discovering Nixon's Plumbers at work breaking into the headquarters of the Democratic National Committee. With the implication that we're off to Watergate and resignation. As I said, this is a beautiful, important movie. I liked and enjoyed it even more the second time I saw it.

- Bob McDonnell

Cards

On behalf of WWURA, **Sally Majkut**, a member of our Hospitality Committee, sends condolence cards to the families of Western retirees/employees who have passed away. She also sends get well cards to our members when they are hospitalized. If you know of someone who fits those categories, please email her at <majkut.kevin@gmail.com>.

MARCH 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

We will meet on Tuesday, Mar. 20 at the home of Donna Moore, 1200 Birch Falls Dr. March's book is *The Professor's House* by Willa Cather, discussion leader-Suzanne Krogh; snacks Chris Gerhold.

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

The bridge group will meet on Tuesday, March 27th at 1:30 place TBD.

We are looking for a few more bridge players. If you would like to join our friendly, fun bridge group, please call Caryl and let her know.

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

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

Contact Evelyn if you want information about scheduled dates and locations for the Metropolitan Opera and Skagit Opera.

March 10, *Semiramide* (Rossini) **9:30 am**

March 31, *Cost fan Tutti* (regular time of 9:55 am) It's set in Coney Island

Pacific Northwest Opera's next opera is Turandot, starting in April.

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

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/>

Pacific Opera Victoria: <http://www.pov.bc.ca/>

PLAY READING—Margaret Woll, 360-734-8427, mhildeb408@aol.com

Play Reading will **not** meet Monday, March 26, 2018.

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, 206-419-6628 clairebowden14@gmail.com

This is a new group and will meet on Wednesday, March 28, time to be announced.

If you are interested, please call or email Claire.

Heads Up—Travelogue for April 18th

“Bears of Alaska and British Columbia.”

By Rich and Stephanie Bowers.



Travel with Rich & Steph through the temperate rainforests of Alaska and British Columbia to see both grizzly and black bears as they feast on an abundance of salmon within the Great Bear Rainforest, on the Bella Coola, Anarko, and Chilkoot Rivers, on Fish Creek and Pack Creek, and within Denali National Park.

Writers Group

THE TREE IS GONE

This morning I heard a chain saw
From the deck I saw a huge branch fall
“My tree” is being cut down

The tree whose unsymmetrical branches
I imagined trimming for 20 years
The tree where many birds sat
The tree blocking some of my view
It is not going softly into oblivion
But resisting the chainsaw
And spitting out sawdust



Bach’s “Tocata and Fugue” playing in the kitchen

My quiet battle with “I CAN’T.”
The death of “my” huge Douglas Fir
The beauty of the music
Putting words on paper

It’s too much

Focusing from one to another

More trees going down
Cut in pieces
Larger view opening up
The 4th of July fireworks at the port
Now will be visible

The yellow hard hat is the last I see
The climber with rope and chainsaw is gone

- Pat Clarke
February 2018

Project Ethiopia.

Worthy Non-Profit identified by Norm Lindquist and Ann McCartney

Since 2002, Project Ethiopia has resulted in:

- 23 new primary schools and 25 improved school buildings providing 152 classrooms and impacting 20,000 students;
- 28 university transition awards in the region resulting in 88 university graduates and 200 on track to graduate;
- Clean water wells at 9 schools and composting latrine systems at 5 schools;
- 516 metal roofs for the neediest homes;
- 200 families with composting latrines
- Solar lanterns with chargers
- 7 farmers associations serving 350 farmers
- Microloans to 75 women and 62 men with 100% repaid in full and on time.

Started “accidentally” by our friends and professional colleagues Judy Sanderman and Dennis Wilkins after their tour guide and former high school history teacher Awoke Genetu connected them with a small Ethiopian village in the rural northwest region of Degla. They saw the needs and learned from Awoke that the needs could be met only by actively engaging the villagers. We have been contributors since the beginning and have been amazed by what has been accomplished.

Project Ethiopia describes its approach as: listen and learn, engage community, hire and buy locally, spread hope, and share knowledge.

Check out the website for the story and details of accomplishments of this amazing organization: <https://www.project-ethiopia.org/> or contact either of us for more information.

Websites relating to health and medical care in Whatcom County:

Home health care: <https://local.aarp.org/bellingham-wa/home-healthcare/>

Doctors: <https://local.aarp.org/bellingham-wa/doctors/>

Pharmacies: <https://local.aarp.org/bellingham-wa/pharmacies/>

<http://www.bellinghamherald.com/living/seniors-aging/article155429774.html> (Resource guide o a variety of resources for senior citizens in Whatcom County)

<http://www.bellinghamhealth.com/resources1.HYPERLINK>

“<http://www.bellinghamhealth.com/resources1.htm>” (Bellingham Health and functional Medicine)

WWURA Calendar 2018

March

- 6—Board Meeting
- 21—Travelogue—Shirley Osterhaus—Thailand

April

- 3—Board Meeting
- 13—WWURA Lunch—Northwood Hall
Speaker—Ambassador John Koenig
- 18—Travelogue— Bears of Alaska & British Columbia
by Rich and Stephanie Bowers

May

- 1—Board Meeting

June

- 5—Board Meeting

July

- 3—Picnic-Annual Meeting

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