



# WWURA NEWS

December 2019

www.wwu.edu/wwura

Serving Retired Faculty and Staff

## President's Note

An early Wednesday afternoon camping at Fort Casey, and I'm watching the ferry to Port Townsend leave the dock. This trip gives me a few minutes to muse about WWURA and how best to serve the needs of the membership. The Board has spent some time over the past year discussing the various programs, groups, and services offered by the group. The membership seems steady although we hope to be able to attract more WWU employees as they retire (we've also discussed that perhaps our main recruitment of retirees might be better several months after retirement when all the changes have settled a bit...any thoughts?). The recent inauguration of a second writing group appears to be meeting a need and the continued success of the informal dining activities is a strength of the Association. If you have any thoughts about membership, programs, interest groups, etc., send me an email.

I hope you'll all be attending the upcoming Holiday Party. It is one of the few times where everyone gathers during the year. This is certainly a busy time of the year but hopefully this event will be on your schedule. The membership has been generous in donating funds in support of the annual WWURA scholarship awards. We'll have a donation jar at the Holiday Party for people that want to give a few extra dollars. We anticipate these funds will be used to support the WWU food pantry and the student emergency fund to help students with those extra unanticipated expenses, preventing disruption in their educational journey. (I think back to my own experience in 1972 when the gift of \$200 made finishing my last semester a reality)...and of course there is still the opportunity to get more involved by volunteering for various WWURA tasks and positions.

I wish you a season of engagement with family and friends and some time to reflect upon the grace of this season.

- Kevin Majkut

## Annual Holiday Party Wednesday, December 18, 2019

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 soft drink, or some wine to share, 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 **hot dish**, (such as a vegetable, potato, yam, or a bean dish), **H-Q** bring a **salad**, and **R-Z** bring a **dessert**.

The \$7 fee per person covers the cost of the hall, music, and some food.

**Deadline for reservations is Saturday, December 14.** 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.**

**(Reminder—**It takes 2 days for mail to reach Chris so reserve *soon*)

### Inside :

Health Notes	p. 2
Interest Groups	p. 3
Mark your Calendar	p. 3
Book Review	p. 4
Worthy Non-Profit	p. 4
<b>Reservation Form</b> –Holiday Party	p. 5
WWURA Calendar 2019-2020	p. 5
It's Party Time!	p. 5
Poetry Corner	p. 6

## 2019 December Health Notes by Evelyn Ames

### JOYS of the Holiday Season

The holiday season, (often called “the holidays”), is a festive time of the year. In Western influenced countries it generally occurs from late November to early January. “Joy is an emotion that’s acquired by the anticipation, acquisition or even the expectation of something great or wonderful. It could be described as exhilaration, delight, sheer gladness.”

Appreciating the holiday season, as with anything in life, makes it much more enjoyable and much less stressful. Instead of rushing around in a high state of anxiety and worrying about crossing every item off our to do list, we have options to choose other ways that can make this holiday season enjoyable, fun, and peaceful. A way to think about joy is to ask yourself “What is on my list of JOYS?” A friend recently shared that it was faith, family, friends, and social on her list. Does your list include such words as hope, faith, celebration, love, generosity, others, stories, and promises?

As the holidays are a time for connection, cheer, and camaraderie, it is important to take care of yourself physically, mentally, socially, psychologically, and environmentally. These five components are part of a high level of wellness. You’ll not only enjoy the season more thoroughly, but you’ll also make the holiday season sweeter and kinder for those around you. Too often holidays go by in a blur. To keep from being “fogged in”, try answering these questions: What have I accomplished this year? Who has meant the most to me during the good and bad times? Where do I find my strength? Who has pleasantly surprised me this year? What was my biggest lesson I learned this year? What am I feeling right now? Is my life aligned with my values? What’s one thing I want to change for next year?

**From the December 2017 Health Notes:** Consider the following suggestions as ways of helping you become cheerful and to act cheerfully! \*Put a smile on your face! \*Focus your brain each morning on the good things and tasks to do each day. \*Think before criticizing or writing a negative note! \*Say positive things to yourself! \*Regulate criticism by ignoring peoples unwanted negative comments about you. \*Enjoy the company of friends and neighbors. \*Create or try something new or look at diverse ways to overcome problems. \*Admit the truth! \*Focus on memories! \*Review your daily/weekly schedule and consider taking a time-out or respite. \*Practice gratitude (say thanks) and patience, especially when driving during this time of year or even when waiting in a checkout line. \*Meditate, breathe, or pray to ponder the goodness of life. \*Let go of past negativity or stop worrying about the future and focus on the here and now. \*Be kind to yourself! \*Give someone a hug! \*Take a long walk! \*Do some muscle stretches. \*Stand up straight (you would be amazed how it can perk you up) and walk with a “bounce” in your stride! \*Bake cookies or a cake and enjoy them! \*Rely on yourself rather than others to bring cheer into your life! \*Buy yourself a ticket to a movie or concert! \*Always remember that happiness comes from within!

I asked at the December WWURA Board of Directors meeting what one word came to mind when hearing the word “joy”. Here are the comments from your board members: candy bar, who (is joy), attitude, travel, grandchildren, living, family, music, books, happiness, joy of cooking, and wife’s name abbreviated. Ask yourselves what joy means and add to the lists provided in these health notes.



## DECEMBER 2019 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 on Tuesday at 2:00 pm December 17th at the home of Donna Moore 1200 Birch Falls Dr., 360-733-5769. At December's meeting we will have a cookie exchange and talk about books we might like to read for the rest of 2020. Send your suggestions to Donna or bring them with you.

January's book is *The Rent Collector* by Cameron Wright. Discussion leader and snacks—Suzanne Krogh  
February's book is *Mudbound* by Hillary Jackson. Discussion leader-Mary Jo Lewis, snacks-Evelyn Ames.  
March's book is *The Library Book* by Susan Orlean. Discussion leader Lina Zeine

### INFORMAL DINING—Stephen Hutchens, 360-483-6873 [sphutchens@yahoo.com](mailto:sphutchens@yahoo.com)

The dining schedule has been emailed to participants. We are off to another great year!!

### OPERA GROUP--Evelyn Ames, 360-734-3184, [evelyn.ames@wwu.edu](mailto:evelyn.ames@wwu.edu)

Contact Evelyn for more information.

**2019-2020 MET HD** schedule (Saturdays at Regal Cinema. Tickets can be ordered ahead of time by going online.) January 11th is *Wozzek*, February 1 is *Porgy and Bess*.

**Radio broadcasts:** King FM-98.1 at 10 a.m. and CBC Radio 105.7 at 1 p.m. Comcast no longer includes FM radio stations on its television listings. **December's operas:** 7th—*Akhmaten*, 14th—*The Queen of Spades*, 21st—*Macbeth*, 28th—*The Magic Flute*.

**Lincoln Theater in Mt. Vernon** - December 14th at 12:45pm is *The Magic Flute* (the first Met HD live of several years ago).

### WRITER'S GROUP - Troy Faith Ward, 425-299-4924, [troyfaithward@gmail.com](mailto:troyfaithward@gmail.com).

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

A second writing group has started and is accepting new members. Meets twice a month. Call Howard Evans, 360-650-9724, [barbandhoward@comcast.net](mailto:barbandhoward@comcast.net) if interested.

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## Mark Your Calendar for our Travelogue January 15th

Take a tour through northern France (Brittany, Normandy, and Loire Valley ) with Donna Moore, Evelyn Ames, Mary Jo Lewis, and Peggy Loudon. View scenes of Saint Malo, Chartres Cathedral and its stained-glass windows, Dinan, Mount St. Michel, Honfleur, Caen Peace Memorial, Cliffs of Etretat, Omaha Beach in Normandy, Rouen (Joan of Arc), Giverny gardens (including inside Monet's house), Vernon and Les Andelys, Blois (including its Royal Chateau and the Blois Resistance Museum that shows resistance of the Nazi, Chateau de Chenonceau, family owned vineyard in Amboise, Chambord where DaVinci spent his last two years, and end with a few scenes in Paris (Montmartre).



## Book Review

### *The Library Book*, by Susan Orleans: A Review

This book is a delicious and beautifully written love letter to all libraries while being at the same time a fascinating story about the horrendous fire at the Los Angeles Central Public Library on April 29, 1986 and its preceding and subsequent history. That fire burned for seven hours, destroyed 400,00 books, and severely damaged seven hundred thousand more. There were no human fatalities.

Those numbers do not capture the awful realities of the loss. According to Orleans, they include all theater history; all books about the Bible, Christianity, and church history; ninety thousand books about computers, astronomy, physics, chemistry, biology, medicine; all Shakespeare; Etc., etc., etc. The cost to replace those that could be replaced was \$14 million.

Susan Orleans ranges far and wide. She tells us about her love affair with libraries, about the history of the Los Angeles Public Library, about its directors. We are reminded at some length of our horrific heritage of intentional book burning. Racially and politically motivated book burning (think Nazi Germany) and religiously motivated book burning (think Islamic and Reformation Christian book burning). She tells about her own burning of a book in order to feel the experience directly. She chose Ray Bradbury's dystopian novel about book burning *Fahrenheit 451*.

Orleans also follows the possible arson story. The cause of the fire remains a mystery, though some investigators suspect a sad character named Harry Peak, an aspiring actor, an attorney's gofer, and a charming handsome compulsive liar. Not a regular library patron, he visited the Los Angeles Public on the morning it burned. He was arrested but not charged.

Orleans treats us to several marvelous characters other than Peak. You will particularly enjoy learning about the outrageous Charles Lummis.

Orleans love of books and of libraries is manifest throughout the fine book.

**-Bob McDonnell**

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## A Worthy Non-Profit

The Family Resource Center or FRC is part of the Bellingham School District's Department of Family Engagement. The FRC is a family support center that helps students and families in times of need and links families with children enrolled in the district with local resources and human services to address the needs of the whole child in order to promote student success. The Friends of the FRC is a volunteer organization developed to allow the small department staff to spend less time trying to source items, and more time working with families' social and emotional needs.

They collect donations of personal care items, toiletries, baby needs, beddings, blankets, and so on. \$25 Fred Meyer (or other) gift cards are *especially welcomed by families at this time*.

Items can be delivered directly to the "Family Resource Center" yellow portable, Shuksan Middle School, 2717 Alderwood Avenue, Monday to Friday, 9am—5pm (closed 12-1pm). (Phone-360-676-6456. Or, to pick up items from your location, please email [friendsoftheFRC@gmail.com](mailto:friendsoftheFRC@gmail.com)).

**- Lina Zeine**

***It's Party Time!***

We'll be decorating the Squalicum Yacht Club at 2 p.m. on December 18th in preparation for our party that night. If you would like to be part of this fun event, please join us.



**WWURA Calendar 2019- 2020**

**December 2018**

- 3—Board Meeting
- 14—Jingle Bell Run/Walk
- 18—Holiday Party

**January 2019**

- 7—Board Meeting
- 15—Travelogue—Squalicum Yacht Club  
“Normandy, the Loire Valley & Cruising the Seine River”

**February 2020**

- 4—Board Meeting
- 21—WWURA Lunch—11:30 a.m. Northwood Hall

**March 2020**

- 3—Board Meeting
- 18—Travelogue—Squalicum Yacht Club  
“Wales and Ireland” with Carol Rice

**April 2020**

- 7—Board Meeting
- 15—Travelogue –Squalicum Yacht Club  
“Around the World” with David Carroll
- 17—WWURA Lunch—11:30 a.m. Northwood Hall  
Speaker: Terry Finn, Railroad Issues Affect Bellingham



***Reservation Form***  
**Holiday Party**  
**Wednesday, December 18, 2019**  
**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 14, 2019**

## Poetry Corner

...*And Beyond* by Suzanne Krogh

*His* magazine cover might look like this:

“The best workouts for you in your 50s, your 60s...and beyond!”

Or even:

“Say hello to today’s best muscle cars for you in your 60s, your 70s...and beyond!”

*Her* cover is different, and yet the same really:

“Ageless make-up for you in your 50s, your 60s...and beyond!”

And another: “See page 43 for the best lo-carb menus for you in your 60s your 70s...and beyond!”

There are, of course, magazines covers they might share. How about...

“Now you can sleep like a baby in your 50s, your 60s...and beyond!”

Or, maybe you’ve seen this next one:

“Boost your cognitive fitness in your 60s, your 70s...and beyond!”

But...and beyond? What is this “...and beyond?”

Do the 80s not merit a numerical mention?

We octogenarians have been lost to the mists of time.

Forgotten by generations that can’t count past 70.

But Millennials. The Baby Boomers. Generations Y and Z.

We too once had a name: The Silent Generation.

But now with my creaky, 80-something voice, I propose that

We call ourselves who we really are: “Generation And Beyond”.

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