



WWURA NEWS



June 2019

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note

Yesterday we took a friend to Butchart Gardens and I'm now sitting at the Empress Hotel in Victoria...well to be completely honest, I'm sitting in my hotel room looking at the backside of the Empress Hotel. After all, we are on a "fixed" budget as retirees. The Gardens were beautiful, especially the blue poppies, but the best part was leisurely strolling along since the overwhelming summer crowds haven't started yet.

The Board met on Tuesday— completing the planning for the summer picnic/annual meeting, electing officers for next year, and beginning the discussion about this year's activities. Over the next month, we'll be gathering information from the membership, following up on details, and closing the books for the year. In August the Board will meet for a planning retreat to look at the upcoming year. If you have any comments or suggestions for the upcoming year, please contact myself or another Board member.

We are also reaching out to the new group of retirees about joining WWURA. If you are in contact with new retirees or other retirees who are not currently members, please encourage them to join and participate in the Association.

I'm looking forward to seeing you all at Fairhaven Park for the picnic...enjoy the beginning of summer.

- Kevin Majkut



New Venue

Fairhaven Park
107 Chuckanut Drive N.
Tuesday, July 9, 2019, 11:30 a.m.



WWURA has reserved the **LOWER picnic shelter** at Fairhaven Park for our Summer Picnic/Annual Meeting. This fully enclosed shelter is next to the children's playground. There is a large parking area near the entrance to the park. There are hiking trails nearby.

*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. **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 28th***), and enjoy the park.

Inside :

Health Notes - by Evelyn Ames	p. 2
Book Review	p. 3
Worthy Non-Profits	p. 3
Interest Groups	p. 4
Picnic Reservation Form	p. 4
WWURA Calendar of Events	p. 5
Membership Renewal Form	p. 5
Been Traveling?	p. 6

June 2019 Health Notes by Evelyn Ames

Time for Humor, Laughter and Music!

A remarkable thing about the computer age is that one can revisit vignettes of past years via You Tube. For summer enjoyment, here are several humorous and musical comedic performances and spoofs easily found on YouTube. A specific web site is not needed. Just type the suggestion and voila, you have the performance. In addition, a couple of suggestions of music to warm your soul. Four recent news reports are suggested.

1. Want a short description/explanation of Carmen? Type on search line Andy Griffith and Carmen. Also, check out his “What it was, was football.”
2. Anna Russell’s famous synopsis of Wagner’s Ring cycle. Type “Anna Russell the Ring”. Her description of “Writing Your Own Gilbert and Sullivan” is also a must. Her “The (First) Farewell Special” covers these and other humorous performances.
3. Carol Burnett and Julie Andrews were in a special television program years ago. Type Carol and Julie at Carnegie Hall and click on their various skits.
4. Among the many Victor Borge videos, check out “the best piano performance ever”. Also, “Borge plays Chopin”.
5. Rolf Harris’ Waltzing Matilda (with lyrics and explanation) and his “Tie Me Down Kangaroo Sport at Royal Albert Hall.”
6. The British duo of Flanders and Swann and their songs about the Hippopotamus and the Gnu. Easy to access by typing their names and the two animals on the search line.
7. The late Tim Conway of Carol Burnett show: type his name and several skits are available (e.g., the dentist).
8. Type Saturday Nite Live Alexa old people (or seniors). “Alexa” is not “cooperating” or doesn’t understand the commands or vice versa.
9. Jeanne Robertson: “Flight attendant deals with a bad potato.” “The Christmas Bike.”
10. “Lutheran Airlines” on You Tube.

Note: *Health Notes* Sept and Oct 2007 (Laugh for the Health of It) and April 2014 (Adding Joy and Laughter to Healthy Aging) explain effects of humor on health.

Music to stir your soul and for enjoyment: Nana Mouskouri sings va Pensiero from “Nabucco de Verdi”. Or, “Nana Mouskouri – Libertad (va Pensiero)”. Or: Je chante avec toi Liberté. Enjoy Greek music? View the 1984 concert of Nana Mouskouri at Herodes Atticus (in Athens). Schubert – Notturmo - Adagio in E Flat.

Four suggestions for quick summer reading: 1. “CBD Goes Mainstream.” *Consumer Reports*, May 2019. Cannabis derivative promoted to ease anxiety and soothe pain. Potential health benefits/risks, legal status, how it is sold and current testing of contents. 2. “Home Smog: When it comes to air pollution, indoors may be worse than out.” *The New Yorker*, April 8, 2019. 3. “The Truth About Sweeteners: comparing sugar and sugar substitutes.” *Consumer Reports on Health*, May 2019. 4. “Canada’s new dietary advice about sugar substitutes: Will U.S. follow suit.?” *Washington Post*, May 13, 2019.

Note: a few copies of compilation of Health Notes, dating from September 2005 through June 2019, will be available at the July WWURA picnic. If you would like an emailed copy, let Evelyn know.

Book Review

Dreyer's English: An Utterly Correct Guide to Clarity and Style by Benjamin Dreyer—A Review

The tongue-in-cheek subtitle gives a slight foretaste of the tone of this valuable guide to punctuation, usage, and other useful and sometimes bothersome details involved in putting words on paper. For more than two decades he has been copy editor at Random House. He's experienced. He appears to cover everything, including easily misspelled words (there's one), commonly misspelled proper names, various arcane on reading numbers in print—with comments sometimes witty, sometimes learned, and sometimes both. And there, we've just had an example of the Oxford comma, which he demands and which is one of my requirements for taking a commentary on punctuation seriously. Dreyer is especially fine on the details and nuances of the differences between American and English usage.

Dreyer's guide is a pleasure to browse. I read it straight through and don't recommend that for everyone. I do recommend the book.

It is not, however, a guide to style, in the sense of the structure of sentences. For the best guide that I know of to that topic we need to turn to *Style: Ten Lessons in Clarity and Grace* by Joseph M. Williams. This valuable book first appeared in 1981 and has been republished in several edition now available on the internet.

Williams takes his readers through a series of lessons: on clarity, cohesion, emphasis, concision; on controlling sprawl, managing long sentences. Before ending with style and punctuation, style and usage, Williams treats us with a chapter titled, "A Touch of Class." I like it. But then I like the entire book. Thirty-five years ago when I used it in a class I was teaching, it helped me improve my writing significantly. Williams expends no effort to be witty or entertaining. He's just very good on effective sentences. As I said, I still like it and recommend it to people who are serious about their writing.

- Bob McDonnell

Ashesi University: a Worth Non-Profit

The local connections for this worthy non-profit are that its founder and president, Patrick Awuah, worked at Microsoft and that the Ashesi University Foundation has its offices in Seattle. After undergraduate work at Swarthmore, a successful career at Microsoft, and an MBA from UC Berkeley, Awuah founded Ashesi U in Accra, capital of Ghana, with 30 students in rented premises in 2002. It now has a beautiful new campus and buildings on a hilltop in the suburbs of Accra, with over 1,000 students.



Through an emphasis on critical thinking, creative problem solving, ethical reasoning, and effective communication it is educating ethical, entrepreneurial leaders. Within 6 months of graduation almost 100% of its graduates are offered appropriate jobs, start a business, or enter grad school. Every class has a component on ethics. In 2015 Fortune Magazine listed Awuah among 50 of the world's leaders. In 2017, Ashesi U. was awarded the World Innovation Summit in Education Prize. This is a powerful new force for good in Africa and the world. Awuah has given two TED talks.

- Bob McDonnell

JUNE 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

We will meet on Tuesday at 2:00 pm June 18th at the home of Donna Moore, 1200 Birch Falls Dr., 360-733-5769.

June's book is *Educated* by Tara Westover, discussion leader-Claire, treats-Chris.

July's book is *Buzz* by Thor Hanson, discussion leader-Evelyn, treats Lina

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

Watch for more information.

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

Contact Evelyn for more information.

2019-2020 MET HD schedule (Saturdays): Oct. 12 (*Turandot*); Oct. 26 (*Manon*); Nov. 9 (*Madama Butterfly*); Nov. 23 (Philip Glass' *Akhmaten*); Jan. 11 (*Wozzeck*); Feb. 1 (*Porgy and Bess*); Feb. 29 (Handel's *Agrippina*); March 14 (*Der Fliegende Hollander*); April 11, (*Tosca*); May 9 (*Maria Stuarda*).

Met HD: Radio broadcasts: King FM-98.1 and CBC Radio 2 105.7

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

Happy hour will meet on Tuesday, June 18th from 4:00 - 5:30 at Four Points by Sheraton Hotel, 714 Lakeway Dr. We will meet in the lounge.

**Reservation Form
WWURA Picnic /Annual Meeting
Tuesday, July 9, 2019
Fairhaven Park**

Reservations Due by July 2, 2019

Name(s) _____ Number of reservations _____

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 (made payable to WWURA) to Chris Gerhold, 829 Racine St., Bellingham, WA 98229

(Phone: Chris at 360-733-9265 OR email at chrisandgeorge@comcast.net if you have questions)

WWURA Membership Application or Renewal Form for 2019-2020

(Those who have joined since March 2019 need not apply. Your dues are paid through June 2020)

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 28, 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 2019

9—Picnic & Annual Meeting, 11:30 a.m. Lower Picnic Shelter, Fairhaven Park

August 2019

6—Board Planning Session

September 2019

3—Board Meeting

18—Travelogue—6:30 p.m., Squalicum Yacht Club

October 2019

1—Board Meeting

Been Traveling Lately?

The WWURA Travelogue season for 2018-2019 has come to an end. We look forward to new, interesting programs with your help! If you have had a travel experience you would like to share, or you know someone who has had one, please let us know. Do ask permission of a recommended presenter before advising us.

Looking forward to hearing about potential presentations!

Suzanne Krogh, Chair
Travelogue Committee
slkrogh@comcast.net

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

***It's Membership
Renewal Time!***