



WWURA NEWS

September 2019

www.wwu.edu/wwura

Serving Retired Faculty and Staff

Irish Adventure

Come and join fellow WWURA members on an adventure to Ireland. We will be traveling with Overseas Adventure Travel starting in Dublin (city tour focusing on the uprising of 1916) and working our way north to Navan Fort (ancient archaeological complex), then Belfast, Glengariff Forest, the Giant's Causeway (World Heritage Site), then south to Derry (one of Europe's last walled cities, the Donegal Coast, Clifton, Cliffs of Moher and finally Shannon. There is also an optional tour to the Aran Islands. The group is limited to sixteen. Let **Donna Moore** know if you are interested in this trip. Contact: dfmoore12@gmail.com

Dates: August 15, 2020 – August 30, 2020
Cost: \$6195 + (travel insurance and any upgrades on air-flight)



Save the Date—October 18th

Drawing on the vast resources of the WWU Heritage Resource Center, **Director Elizabeth Joffrain** and her staff are preparing a program featuring the sights and sounds related to the buildings and architecture of Western's campus—including some history of the persons for whom each building is names. This is an excellent way to open the Luncheon series and members are urged to save the date: **Friday, October 18.**

WWURA Travelogue Wednesday, September 18, 2019 Squalicum Yacht Club 2633 South Harbor Loop Road

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

In 2014, **Laura Weiss** and **Stephen Zylstra** embarked on a self-supported 5 week-long bicycle tour starting in Prague and ending in Tirana, Albania. Their adventures took them through the Czech Republic, Austria, Slovenia, Croatia, Montenegro and Albania. They saw 1000-yr old monasteries and Roman ruins, castles, beautiful coastlines and cities, and met lots of interesting and generous people. They will share their photos and stories with us on Sept 18.



Albania bunker

Members whose **last names** begin with **M through Z**, please bring a dessert to share. WWURA provides coffee and tea. Some members like to bring wine.

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

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2019 September Health Notes by Evelyn Ames

Getting High on Nature! It's Our Health Pill!

“Take your free outdoor nature-pill, find outdoor beauty, plant seeds, touch, draw or picture, walk, observe, listen, and breathe.” (Mary C. Hunter, Univ. of Michigan)

Have you been outside today? Have you found beauty or something new in nature? This is the perfect time of the year to get outside, walk and experience nature. Spending time outdoors is known to improve people's health and reduce their mortality. Forget the TV and mobile phone; go outside. Experience new buds and flowers on plants and trees, observe bumblebees fluttering among lavender pushes, see the birds/butterflies, or just watch the clouds pass by. Spend quiet moments to breathe, relax and observe. Or if one is not able to do so, turn on a computer screen and view pictures of nature.

Research findings, focusing on the cardiovascular system, stress, and depression, are showing “nature” makes people much happier and less depressed and stressed. A University of Michigan study “shows that for the greatest payoff, in terms of efficiently lowering levels of the stress hormone cortisol, you should spend 20 to 30 minutes sitting or walking in a place that provides you with a sense of nature.” The study's author (Hunter) included a few constraints to minimize factors known to influence stress: “take the nature pill in daylight, no aerobic exercise, and avoid the use of social media, internet, phone calls, conversations and reading,”

Getting outside may be difficult to achieve for those who have mobility problems. Step/move outside onto a deck or porch and view the sky and out-of-doors. Even looking at nature scenes on one's computer has been found to be effective. Most important is for one to choose the nature experience that accommodates one's living conditions. How to begin: make a commitment to do at least 5 minutes every day.

Experiencing nature and the effect on depression: A Stanford study in which two groups of participants walked for 90 minutes, one in a grassland area scattered with oak trees and shrubs, the other along a traffic-heavy four-lane roadway. Before and after, the researchers measured heart and respiration rates, performed brain scans and had participants fill out questionnaires. Little differences were found in physiological conditions, but researchers found “marked changes in the brain. Neural activity in the subgenual prefrontal cortex, a brain region active during rumination – repetitive thought focused on negative emotions – decreased among participants who walked in nature versus those who walked in an urban environment.” This finding may show how nature makes us feel better. There is now a growing body of research demonstrating the numerous physical and mental health benefits of walking. Getting your daily steps could lead to better [cardiovascular health](#), [reduced stress](#), [improved mood and self-esteem](#), [healthy weight](#), [strengthened bones](#), and [boosts in creative thinking](#). Suggestion: take a walk!

Interestingly, people have been found to have a Nature Deficit Disorder (term coined to describe lack of being out with nature) that needs to be addressed. Nature is good for the cardiovascular system. One is likely to lose weight or maintain it; be happier and improve memory; be able to better fight off illness; improve focus, concentration and productivity of brain; feel less pain; be revitalized. Sync to nature's rhythms and practice mindfulness naturally.

Sources:

<https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/>

<http://www.bbc.com/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness>

<https://www.businessinsider.com/scientific-benefits-of-nature-outdoors-2016-4#4-reduced-inflammation-4>

<https://www.asla.org/healthbenefitsofnature.aspx>

<https://www.mindbodygreen.com/0-20793/10-great-reasons-to-get-outside-more-often.html>



Writers Group

Purr-fect

“Purr-fect,” the Haggens grocery checker says brightly as I give her my phone number for the “regular shopper” discount.

I put my debit card into the machine and enter my password. A low chime indicates the purchase has been paid for. I can extract my card.

“Purr-fect,” the checker says again as she hands me the receipt. “Have a great day.” “Thanks,” I reply. “You too.” We smile at each other. I pick up my bag and walk out into the sunshine.

At my local credit union, I approach the teller, a young fellow with dark hair and olive skin. We smile. “How can I help you?” he asks. “I’d like to make a deposit,” I reply. “May I have your account number?” He smiles. I give him the number. “Purr-fect,” he says.

While he’s doing the transaction, we chat. “How’s your day going,” he asks. “Pretty well. I’m ready for some sun though.” I say. “True, but we’ll be glad for the rain this summer,” he adds. I search through the candy box on the counter for my two Bit-o-Honey kisses, my reward for keeping up with my finances. “Found ‘em!”

“Purr-fect,” he says. “Have a great weekend!” I stop by the nearby coffee pot for a little paper cup of decaf coffee to take with me.

I think about these little extra exchanges we make in Bellingham as I go about my errands, the mundane stuff of life. The smiles, the sharing of lives: “How was your weekend, your day?” the repeated “Purr-fect.” Not just “thanks,” or “OK.” “Purr-fect.”

That extra lift that makes living in Bellingham so special.

When I visit other places – Cape Cod, the Bay Area, even Vancouver or Victoria – grocery checkers, drugstore clerks, bank tellers range from indifferent (eyes gazing past me to the wall at the back of the store), to a nod as I say “thank you,” to perhaps a smile.

But nowhere, nowhere else, *do* I hear “Purr-fect. “Purr-fect.”

-Lynne Masland, 2019

WWURA Calendar –2019

September

3— Board Meeting, 10:30 a.m.

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

October

1—Board Meeting, 10:30 a.m.

18—WWURA Lunch, 11:30 a.m. –Northwood Hall
Speaker—Director **Elizabeth Joffrain** and staff of
the WWU Heritage Resource Center

November

5—Board Meeting, 10:30 a.m.

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

December

3—Board Meeting

18—Holiday Party



Haven't Renewed Your Membership Yet?

If you see a label on the front of your newsletter that says, “Please Renew Your Membership”, it means *your dues are overdue*.

We have included a *Membership Renewal Form on page 5* and hope you will use it to rejoin us this year.

SEPTEMBER 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 not meet in September. We will meet on Tuesday at 2:00 pm October 16th at the home of Donna Moore 1200 Birch Falls Dr., 360-733-5769.

October's book is *The Soul of America* by Jon Meacham. Discussion leader-Inge, snacks-Inge.

November's book is *The House at the Edge of the Night* by Catherine Banner.

Discussion leader-Suzanne, snacks-Suzanne.

INFORMAL DINING—Stephen Hutchens, 360-483-6873 sphutchens@yahoo.com

The dining schedule has been emailed to participants and a letter and paper copy will be out soon. We look forward to another great year starting in October!!

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 has been discontinued due to lack of participation.

SECOND WRITER'S GROUP FORMING

Recently a few WWURA members have expressed an interest in joining a writer's group. Since the established group is full, we have offered to help get a second group started. Two people have already "signed up."

If you would like to be in a small, group of colleagues who share writing, and offer supportive comments and editing to each other, please speak up. Even if you want to explore the possibility of joining such a group, come try it out. The group will be designing its own "best practices," so you will have ample opportunity to make it the kind of group that fits your needs.

You may contact either: **Suzanne Krogh:**

Suzanne.Krogh@wwu.edu 360-220-5402 **OR Troy Faith**

Ward : troyfaithward@gmail.com 360-738-8900.

Share Your Travels

If you have taken an interesting trip and would like to share your experience with us or you know of someone else who might like to share their travels, our Travelogue Committee would love to hear from you.

Contact Suzanne Krogh, Chair of the Travelogue Committee.

Suzanne.Krogh@wwu.edu

WWURA Membership Application or Renewal Form 2019-2020

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.)

Thank you from Scholarship Winner Raquel Pellecer (letter dated July 22, 2019)

I want to thank you for choosing me as one of the recipients for the WWU Retirement Association scholarship. This news brought me immense joy and content as I head into my final year at WWU.

My hometown of Sandy, Oregon is known as the "gateway to Mt Hood." It is a small town of about 15,000 people with opportunity for outdoor adventure. There I attended Sandy High School where I began my interest in philanthropy. Currently, I am the president of the Student Athlete Advisory Committee. This is a national committee throughout the NCAA that focuses on getting student athletes involved in the community. Through this I have coordinated many volunteer events for my fellow athletes. We have volunteered for the COB Parks Department in a park clean up, raised money for the Make-A-Wish foundation, and gathered items for the Lydia Place's "Welcome Home Baskets." I am also a captain of the Track and Field team at WWU and each year we run a food drive for Bellingham Food Bank where we have raised hundreds of pounds of food and thousands of dollars.

After living by Mt. Hood for most of my life, living by the Bellingham Bay has been an awesome change of scenery. I enjoy doing new things such as crabbing, and clamming! At Western, my favorite classes
(*cont'd on page 6*)

Scholarship Winner, cont'd

have included my first intermediate accounting class and my accounting law class. Both were taught by professors who expected hard work and critical thinking out of their students, something I truly cherish.

Again, thank you so much for your generosity. As an out-of-state student, without financial help from my parents, this scholarship allows me to limit my student loans and continue to focus on earning both of my degrees by not working during the academic years.

Thank you!

Raquel Pellecer

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

Open Immediately
Dated Material

