



# WWURA NEWS

January 2020

www.wvu.edu/wwura

Serving Retired Faculty and Staff

## Heads Up !

I am pleased to announce that our Winter Luncheon on Friday, February 21st will feature a most distinguished speaker: **Ambassador Terance McCulley** who has served as Ambassador to the Ivory Coast, Nigeria, and Mali. He is a retired member of the Senior Foreign Service with the rank of Minister Counselor, appointed by President Obama in June 2013. He has also served as Deputy Chief of Mission in Denmark, Togo, Tunisia and India, and has received four Department of State Honor Awards. He presently works as Senior Director for Africa for the McLarty Associates of Washington DC, advising American corporations on investments in Africa.

Details of the presentation will be included in the February Newsletter.

- **Sam Porter, Program Chair**

## Inside :

Health Notes	p. 2, 3
Book Review	p. 3
Worthy Non-Profit	p. 3
Writers Corner	p. 4
Interest Groups	p. 5
Christmas Party Pictures	p. 5
WWURA Calendar	p. 6



**WWURA Members:** it is not too late to get the flu vaccine! Check with your primary care doctor if you have questions. Vaccines are available at several stores and pharmacies.

-**Evelyn Ames, Health Chair**

## WWURA Travelogue Wednesday, January 15, 2020

6:30 p.m. Socializing—7:00 p.m. Presentation  
Squalicum Yacht Club  
2633 South Harbor Loop Rd.

### “Normandy, the Loire Valley and Cruising the Seine River”

Take a tour through northern France (Brittany, Normandy, and the 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), Blois (including its Royal Chateau and the Blois Resistance Museum), Chateau de Chenonceau, family owned vineyard in Amboise, Chambord where DaVinci spent his last two years, and end with a few scenes in Paris.



Members whose **last name** begins with **M through Z** please bring a dessert to share.

WWURA will provide coffee and tea; some members like to bring wine.

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

## **January 2020 Health Notes by Evelyn Ames**

### ***Social Ties/Friendships Affect Our Health***

Our social and personal links to others can have powerful effects on our health. Whether with family, friends, romantic partners, neighbors, or pets, social connections can influence our biology and well-being. One sign of a healthy relationship is feeling good about oneself around partner, family member, or friend. You feel safe talking about how you feel. You listen to each other. You feel valued and you trust each other. Friends increase our sense of belonging and purpose, reduce levels of stress, improve self-confidence and self-worth, and help us cope with traumas, such as divorce, serious illness, or death of a loved one.

Sheldon Cohen (scientist) at Carnegie Mellon University has explored links between relationships and health for more than three decades. As reported in *News in Health* at the National Institutes of Health, Cohen's team exposed more than 200 healthy volunteers to the common cold virus and observed them for a week in a controlled setting. They found "that the more diverse people's social networks—the more types of connections they had—the less likely they were to develop a cold after exposure to the virus." They also found evidence that people with more types of connections also tend to have better health behaviors (such as not smoking or drinking heavily) and more positive emotions.

Cohen's research group has also been exploring whether simply believing one has strong social support may help protect against the negative effects of stress. Long-term conflicts with others are a potent stressor that affect health. They found that its effects are buffered by perceived social support. "People who have high levels of conflict and low levels of social support are much more likely to get sick when exposed to a virus. Those with high conflict and high levels of social support seem protected." In addition, hugging seemed to shield against stress. People who reported having more frequent hugs were less likely to develop an infection after viral exposure. In other words, having a variety of social relationships might improve one's ability to fight off germs, may help reduce stress and heart-related risks and promote a more positive outlook on life. In contrast, loneliness and social isolation are linked to poorer health, depression, and increased risk of early death.

Adults with strong social support have a reduced risk of significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI). Studies have found that older adults with a rich social life are likely to live longer than their peers who have fewer connections. Good friends help a person celebrate good times, provide support during bad times, prevent loneliness and give a person a chance to offer needed companionship. Friends can increase a sense of belonging and improve self-confidence and self-worth.

Developing and maintaining good friendships takes effort. Various sources suggest the following as ways to meet new people: attend community events (often listed in newspaper or community bulletin boards); volunteer at such places as a museum, library, place of worship, hospital, charitable organization or community center; extend or accept invitations to social gatherings; take up new interests such as enrolling in our local Academy for Lifelong Learning classes (strike up conversations with those who attend); join in faith community activities; or take a walk and engage in conversations with people met on the walk. The number of friends is not as important as the quality of the friendship.

Nurture friendships by displaying kindness and gratitude (forget criticism and negativity). Listen and ask what is happening in friends' lives. Pay attention to what is being expressed. Be willing to disclose personal experiences and concerns about oneself. Demonstrate that one can be trusted and responsible and reliable. Follow through on commitments and keep private information confidential. Be available to get together for lunch, dinner, or a cup of tea! And lastly, resist the temptation to stay home and not attend social settings!

## Health Notes, cont'd

The following list is from *The Friendship Book, 2005* by Francis Gay. This is a partial list of resolutions for January.

- I will give up complaining and be more grateful.
- I will give up pessimism and be an optimist.
- I will stop judging harshly and think kind thoughts.
- I will give up bitterness and turn to forgiveness.
- I will give up anger and practice being patient.
- I will give up being gloomy and enjoy the beauty around us.

Sources: <https://newsinhealth.nih.gov/2018/04/building-social-bonds>  
<https://newsinhealth.nih.gov/2017/02/do-social-ties-affect-our-health>  
[https://www.maHYPERLINK \"https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860\"yoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860](https://www.maHYPERLINK \)

---

## Book Review

### *Endurance* by Alfred Lansing: A Review

This impressive, exciting book is the standard, indeed classic, narration of the outstanding accomplishment of Sir Ernest Shackleton. First published in 1959 and republished in 2014. Shackleton's story is, I think, a useful metaphor for some of the qualities we all need in these difficult times, not least of which are uprightness, integrity, courage, and almost unimaginable steadiness of purpose. Shackleton was already a knighted Antarctic explorer when he set out from England in 1914 as World War I was just beginning, and under the auspices of the British navy and its First Lord, Winston Churchill. His ship, the *Endurance*.



---

## A Worthy Non-Profit

### Blue Skies for Kids: A Worthy Non-profit

For twenty years this estimable non-profit has been helping the most vulnerable among us—homeless children, low-income children, and children in foster care—through providing them with warmth (coats, gloves, scarves, blankets) and through enriching their lives and their prospects by providing support for lessons in dance, Taekwondo, gymnastics, art, music, sports. It has a musical instrument lending program. Its main fundraising activities are an annual dinner and auction and an annual casino night. Individual donations are always welcome. Donors may sponsor an individual child. Blue Skies, which help hundreds of kids each year, has its office at 2505 Cedarwood, Suite 5. Its phone number is 360-756-6710. An opportunity to donate is provided on the Blue Skies website.

## Writers Group

### Caribbean Confrontation

My husband and I were under sail off the Caribbean coast of Honduras with our favorite couple. It was a hot, moonless night. The spreader atop our mast was glowing. Otherwise a totally black sea and sky. My husband and I were on our bunks asleep. The skipper's wife was at the helm.

Suddenly, out of nowhere, an immense and blinding light was shone on our dark boat. Then a loud voice : "Sailboat, prepare for boarding." All we could see was the big, bright light. I had read reports about this region of the world where smugglers commandeered innocent boats and killed their owners. I was terrified our boat was going to become a drug running one – with us at the bottom of the Caribbean.

Then the loud voice continued: "This is the United States Coast Guard. All passengers are to remain in the cockpit and not move." Our skipper told us not to talk, but to sit quietly while six – or so – uniformed men approached in a dingy. We were told firmly not to try to help them by getting up to take their lines when they reached our sailboat. I was relieved, but still fearful about who these midnight intruders really were. I was still thinking that these might be costumed pirates.

The skipper's wife, my husband and I waited quietly while our skipper went down into the cabin with an officer to show our boat papers and answer questions. I believe that each of us had one uniformed man watching each of us. A young man in a heavy dark blue uniform seemed to be assigned to me. I glanced at him and suddenly he reminded me of my high school students -so young! So young and earnest! No longer terrified, I said quietly "in this heat you must be cooked!" "Ma'am, You don't know the half of it. Under this heavy uniform we are all wearing bullet proof vests." That did it and I giggled because he sounded so like an American – and just a kid! What a relief! I began to believe that we would be OK.

After the boat inspection we were told to remain seated as our visitors got into their dingy and disappeared toward the bright light. That light was turned off and nothing but blackness remained. I never saw nor heard their big Coast Guard boat.

I remembered the whole incident as being pretty spooky.

Our skipper said he had been asked by the Coast Guard officer who led our boat search to sign a form stating that no damage had been done to the sailboat – no slit cushions, etc. We had been asked to produce some of our safety equipment like flairs, life vests and fire extinguishers. But we were not fooled. In the middle of the night the Coast Guard was not checking safety equipment, but looking for drugs for which the Caribbean is famous.

We had passed the test! Old innocent citizens out for a sailing adventure! We really got one that night!

Pat Clarke  
June 27, 2019



## JANUARY 2020 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, January 21st at 2:00 pm at the home of Barbara Davidson, 806 17th St., 360-734-8782, [B\\_Davidson33@hotmail.com](mailto:B_Davidson33@hotmail.com),

January's book is *The Rent Collector* by Cameron Wright. Discussion leader-Suzanne Krogh, snacks-- Minda Rae

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-June Hopkins, snacks-Lina Zeine

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

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 11: *Wozzek* by Alban Berg

February 1: *Porgy and Bess* by the Gershwins

**Met HD: Radio broadcasts:** King FM-98.1 at 10 a.m. and CBC Radio 105.7 at 1 p.m.

**January's operas:** January 18, "*La Traviata*", January 25 - "*La Boheme*"

**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

---

## Scenes from the December 2019 Holiday Party



**January 2020**

- 7—Board Meeting
- 15—Travelogue—6:30 p.m. Squalicum Yacht Club  
“Normandy, the Loire Valley & Cruising the Seine

**February 2020**

- 4—Board Meeting
- 21—WWURA Luncheon-11:30 Northwood Hall  
Speaker— Ambassador Terance McCulley

**March 2020**

- 3 —Board Meeting
- 18—Travelogue-6:30 p.m. Squalicum Yacht Club  
“Wales and Ireland” with Carol Rice

**April 2020**

- 7—Board Meeting
- 15—Travelogue—6:30 p.m. Squalicum Yacht Club  
“Around the World” with David Carroll
- 17—WWURA Luncheon-11:30 Northwood Hall  
Speaker: Terry Finn, Railroad Issues Affecting Bellingham

**May 2020**

- 5—Board Meeting

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







