



WWURA NEWS

March 2020

www.wvu.edu/wwura

Serving Retired Faculty and Staff

WWURA Brown Bag Lunch

Tuesday, March 24 from 12:30 to 2pm
Community Food Co-op
1220 N Forest Street

Program: Speaker is **Joann Clemo**, Executive Director of Dementia Support Northwest. She will provide evidenced-based information about dementia-related diseases (e.g., Lewy Bodies, Alzheimer’s disease, PTSD). Join us for this opportunity to learn about various forms of dementia and community resources that support caregivers, families, and friends.

Brown bag lunch means: bring your own lunch or pick one up (as well as coffee or tea) at Co-op’s Bakery or main grocery store across Holly street.

Location of program: Food Co-op’s Community Room, attached to the Co-op’s Bakery on Holly St. The room is attached to the Food Co-op Bakery on Holly St. (across the street from the main Food Co-op grocery store). Parking is in back, on the street or across Holly at the main Community Food Co-op.

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WWURA Travelogue

Wednesday, March 18, 2020
Squalicum Yacht Club
2633 South Harbor Loop Road

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

“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 Stl 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, Chateau du Close Luce where Da Vinci 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 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.

March 2020 Health Notes by Evelyn Ames

Beneficial Health Effects of LAUGHTER! Ho! Ho! Ho!



“Every survival kit should include a sense of humor” (unknown)

Laughter and humor help us feel good! Consider what Voltaire wrote years ago: "The art of medicine consists of keeping the patient amused while nature heals the disease." Well known researcher on humor and laughter, Lee Berk at Loma Linda, wrote that laughter may not be the best medicine, but it is great and may even compare to a proper diet and exercise when keeping us healthy and disease free. Take a moment and find something around you to make you laugh! How does your body feel?

Laughter is associated with positive benefits to our physical health. It lowers stress hormones and blood pressure. It decreases pain and relaxes our muscles. It is known to prevent heart disease and make changes to our biochemical state. It decreases stress hormones and increases infection fighting antibodies. It improves brain functions by increasing our attentiveness. It is estimated that hearty laughter can burn calories equivalent to several minutes on the rowing machine or exercise bike.

Laughter is associated with helping us stay mentally healthy. It adds joy and zest to life. It eases anxiety and tension and reduces/relieves stress while elevating mood. It strengthens resilience and provides feelings of relaxation. Both sides of the brain are stimulated, thereby enhancing learning. Laughter helps us recharge our “batteries” and shift our perspective to see situations in more realistic and less threatening lights.

Laughter provides social benefits to our lives by strengthening relationships and enhancing teamwork and diffusing conflict. Laughter promotes group bonding and connection to others. Laughter makes us feel good! This positive feeling remains even after laughter subsides! Laughter is contagious—just hearing laughter primes the brain. Humor helps us keep a positive, optimistic outlook through difficult situations.

Some simple suggestions for bringing laughter into your life! **Smile.** Smiling is the beginning of laughter, and like laughter, it's contagious. **When you hear laughter, move toward it.** Seek it out and ask, “What’s funny?” **Spend time with fun, playful people.** Some people laugh easily (at life’s ridiculous events or at themselves). Seek them out. **Bring humor into conversations.** Ask people, “What’s the funniest thing that happened to you today or this week? At our next WWURA events, ask someone what was funny to them today or this past week or tell them what was funny to you! If, in your collection of DVD’s or CD’s at home, you have a humorous video/movie, play it! As a personal example, those who like classical or operatic music, find an example of Andy Griffith’s rendition of Bizet’s Carmen or Anna Russell’s how to write your own Gilbert and Sullivan. If not in your collections, these are on YouTube. A funny movie that some might know is “Shirley Valentine.” Another film is “Tootsie” with Dustin Hoffman.

"I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life, and feel alive." Anne Wilson Schaeff

A few sources: <http://www.dr-lee-berk.com/>

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

2007 September and October, Health Notes by Evelyn Ames focused on Humor and Health

Book Review

“There, There” by Thomas Orange: a Review

This a powerful, moving novel about urban American Indians surviving in Oakland, California. I’ve been looking for a book giving a more comprehensive treatment of the reality of American Indians, but haven’t found it. With Thomas Orange’s “There, There,” we have a book that simply and poignantly requires notice.

Orange lays bare the lives of a diverse cast of characters coping with life in urban America, most of them valiantly. Orange’s focus shifts from character to character, chapter by chapter. Tony Loneman deals with fetal alcohol syndrome, lives with his grandmother. Octavio Gomez, a tall and powerful, is a drug dealer. Dean Ovedene is a poverty-stricken documentary filmmaker whose project of documenting the lives of Indians living in Oakland is a vehicle for tying together the diverse set of characters. Edwin Black has an MA in literature, is massively obese, lives with his mother, a white woman, has never known his Indian father. And more.

Scattered throughout Oakland as they are, our characters are brought into tighter, explosive connection by a pow-wow to be celebrated at the Oakland Coliseum. Some are planning and running the pow-wow. Some are dancing and drumming in it. Some are planning to rob it. Some are planning to rob the robbers. Some wind up in the hospital. Some survive. Some don’t.

What does survive is a vivid, colorful, piercing, insightful, compassionate, poignant (that word again) revelation of the lived reality of urban American Natives. You’ll not forget this book.

- Bob McDonnell

Save the Date- April 17th—”A Train of Thought”

It’s not too early to start thinking about the April 17th luncheon and the special program planned for that occasion. **Mr. Terry Finn** of BNSF Railroad will make a presentation on the issues surrounding the trains which pass through Bellingham.

Mr. Finn, recently retired as the BNSF Director of Governmental Affairs in Olympia, worked on the political and environmental problems of the railroad, and will focus on the issues of trains in Bellingham. He has vast knowledge of the history of the railroad in the U.S. and the interface of politics and government—especially in this area.



Circle the date; you will not want to miss this **April 17th** WWURA event.

Ragfinery—a Worthy Non-Profit

Since 2014, this imaginative and valuable non-profit has specialized in textile transformation. It is entirely local and deserves our support. Ragfinery gathers in, accepts almost all textile goods—yard goods, over-used clothing, lightly used clothing, other textile goods—and upcycles (their word, and a good one) them. It “teach(es) worker trainees and community members the traditional skills of identifying fabric values, cutting, sewing, weaving, and creatively repurposing post-consumer textiles of value.” Ragfinery lives at 1421 North forest Street in Bellingham. The phone number is 360-738-6977. With a name like Ragfinery it is easy to find its interesting website.

MARCH 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

We will meet on Tuesday, March 17th at 2:00 pm at the home of Barbara Davidson, 806 17th St., 360-734-8782. B_Davidson33@hotmail.com.

March's book is *The Library Book* by Susan Orlean. Discussion leader-June Hopkins, snacks-Lina Zeine
April's book is *Persuasion* by Jane Austen. Discussion leader and snacks, Minda Rae Amiran.

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

OPERA GROUP--Evelyn Ames, 360-734-3184, 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.

March 14th, *Der Fliegende Hollander* by Wagner

Met HD: Radio broadcasts: King FM-98.1 at 10 a.m. and CBC Radio 105.7 at 1 p.m.
Lincoln Theater in Mt. Vernon

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.

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

Poetry Corner

Haiku 2020

Today there is rain
Reflecting wet on the deck
Animal shaped clouds

Winter grey mountain
Coat collar pulled up warmly
Missing the sunshine

Early morning walk
Owl hoots alone in the dark
Where are you great bird?

Pat Clarke
February 13, 2020

WWURA's 2019 Scholarship Winner Melody Gao with Evelyn Ames and Lina Zeine

(More about Melody in a future newsletter)



WWURA Calendar 2020

March

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

April

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

May

- 5—Board Meeting
- 28—Western’s Retirement Dinner

June

- 9—Board Meeting

July

- 7—Picnic-Annual Meeting— 11:30 a.m. Fairhaven Park



Coming Soon—KISS . . . K e e p I t S i m p l e S i n g l e s

Suzanne Krogh will be featuring nutritious recipes and tips for preparing dishes for one to two people including what to do with leftovers.



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