A Great Year
President Maxine Thomas’s Final Report to RAPS

How quickly the time goes----when you’re having fun! It’s hard to believe that my year as President of RAPS has passed so quickly but it HAS been a fun year working with your RAPS board of talented, energetic, capable, fun and willing members.

After twelve years of service to RAPS as President and also as Editor, Jerry Penk left the board. John Cooper has taken over as editor of this newsletter. Thanks to the Past-President and Election Committee Chair, Robert Vogelsang, we have new talent to fill the board positions for those whose term ends in June. We will be losing the positive energy of Sylvia Moseley, who has served on the Board as Member-at-Large and on the Membership Committee. Robert Pearson will be serving as the Member-at-Large staff representative and Roger Moseley will be the Member-at-Large faculty representative. Terry Rohe recently accepted the position as Interim University Librarian and so had to resign her position as Member-at-Large. This is a wonderful compliment for Terry, but we are sorry to lose her from the board. Dave Krug’s term of service as a precise and efficient Treasurer and member of the Membership Committee also ends this year; he will be replaced by Robert Lockerby. Steve Brannan has been and will continue to chair the Awards Committee, with the help of Gordon Solie and Brent Schauer.

The board is fortunate to have the continuing work and dedication to the Social/Friendship Committee of Beryl and Vic Dahl.

After a year of wonderful programs, organized and facilitated by our President-Elect and Program Chair, Richard Brinkman, he will take over the RAPS helm in September. To follow in his footsteps as the new President-Elect will be Mary Brannan, who was Special Activities Coordinator last year and whose creative talents are bound to bring us interesting programs for 2004-2005.

This year has also seen the formation of the bridge, hiking and book groups. These groups may be less active during the summer months, but please consider joining one or more of them in the fall. May I also suggest that you consider one or more of the following for your future “To Do” list:
- write a letter to the editor
- submit an article for publication in the newsletter
- contact the past-president to volunteer to be on the board or on a committee
- check the RAPS website at www.raps.pdx.edu for information and other “links” of interest.
- invite fellow retired staff and faculty to join RAPS if they aren’t yet members.

See Report on page 2
This last year has also brought a new name to the newsletter, The RAPS Sheet. A “Think Tank” including four board members and Pat Squire, Executive Director of the Alumni Association, came up with a list of potential activities/directions for RAPS, so the next year promises to be busy, interesting and rewarding!

Have a great summer and I hope to see you at the August picnic.

Maxine Thomas

---

RAPS Activities

Bridge Club

The June Bridge Group will meet on Tuesday June 8th at 1:30 pm at the home of Maxine Thomas, 6535 SW Canyon Ct.

Call Maxine at 503 291 1279 or e-mail ondangwa@yahoo.com to confirm or to ask directions.

Continuing during the summer is a possibility. Although no scheduled bridge gatherings are planned, there may be spontaneous meetings. Plan to join us on June 8th and help plan for the summer.

Colin Dunkeld

Hiking Club

Possibly because of a conflict with Mother’s Day, no hikers showed up for the Gorge hike in May. No hike is planned for June.

---

RAPS Book Club

The Last Report of the Miracles of Little No Horse by Louise Erdrick. was discussed at the May Book Club meeting. We felt the book was engaging, focusing on the lives of people living at Little No Horse in North Dakota. The main character is Father Damien who is a female portraying a male priest.

Due to already-filled summer schedules, the Book Club will not meet in June, July, and August. Our next meeting will be on Tuesday, September 21 at the home of Felicia Wirtz at 1:30. Call Felicia at 503-628-2252 for directions and to RSVP. The group discussed possibilities (e.g., The Spirit Catches You and You Fall Down by Anne Fadiman and Aging Well by George E. Vaillant), but the selection for September has not been made as of yet. Please e-mail Mary Brannan with your suggestions (brannanmg@comcast.net).

Have a great summer!

Mary Gordon-Brannan

---

RAPS MEMBERS ARE ONCE AGAIN INVITED TO PARTICIPATE IN THE FERDINAND SOCIETY WILLAMETTE RIVER TRIP

Date: Thursday, June 10
Where: Sternwheeler Portland Rose
OMSI parking lot 1945 SE Water Ave
Boarding time: 6:30 pm at the OMSI dock
(next to the submarine)
Boat leaves: 7:00pm (sharp!)
Boat returns: 9:30
Cruise: up the Willamette to Lake Oswego and return to the harbor to view the Rose Festival ships
Dinner Menu: No-host bar
BBQ brisket and BBQ chicken,
potatoes, macaroni salad, green salad,
corn muffins,homemade dessert bars
Cost: $38.00 for a single; $75.00 for a couple

You may bring guests; we have the whole boat!
Send check made out to “Ferdinand Society,”
to Scott Burns, Dept. of Geology, PSU Box 751, Portland, OR 97202;
You can also call Scott for a reservation at 503-725-3389 (feel free to leave a message)
or email him at burnss@pdx.edu

Mary Gordon-Brannan
The Great Shakespeare Non-Mystery

We often see references in the popular press to a supposed controversy about the authorship of Shakespeare’s plays. Recently a piece in the Oregonian, for example, referred to “a growing number of scholars” who believe that someone other than Shakespeare wrote the plays attributed to him. The fact is that virtually all (actually all but one, I believe) Shakespeare scholars in university English departments believe that the plays were almost certainly written by William Shakespeare, who was born in Stratford-on-Avon in 1564 and died there in 1616.

My own involvement in this issue goes back about three years. I had known, of course, that there were people arguing that the plays were written by someone other than Shakespeare and that the Earl of Oxford had replaced Francis Bacon as the chief candidate. I often felt uneasily that intellectual honesty required that I look into the controversy. Some years ago, however, the Atlantic Monthly presented a forum on the issue, so I had the chance to look at the principal arguments. The arguments of the anti-Stratfordian (the term for those who deny the authorship to Shakespeare) seemed so obviously bad that I thought that I could safely dismiss the issue and go on teaching the plays with a clear conscience. Then one day I received a call from a former student and PSU graduate who teaches at Concordia University, which hosts the annual Oxford Society gathering of anti-Stratfordians. Would I represent the Stratfordian position to the convention? I would and did, and an interesting experience it was.

It would take up far too much space here to summarize the arguments on both sides. (For more information, go to shakespeareauthorship.com.) All the evidence from the 16th and 17th centuries supports the belief that Shakespeare of Stratford wrote the plays. His name is on several of the quarto editions of the plays, on the First Folio edition of 1623, and we have the testimony of his contemporary Ben Jonson, that Shakespeare of Stratford wrote the plays. The fundamental premise of the anti-Stratfordians is that the son of a glove maker in Stratford could not have been educated enough to write these works. All the candidates offered as the “real” author of the plays are of higher social rank than our William. Certainly the founder of the Oxford theory, one J. Thomas Looney, thought that the plays must have been written by an aristocrat. In fact, Shakespeare’s father was an important official in the local government and, in that capacity, helped to found the King’s New Grammar School. It is most unlikely that Shakespeare did not attend it. There he would have been given a rich education in the classics by recent graduates of Oxford University whose names we know.

The anti-Stratfordians were nice people, very many of them medical doctors or lawyers. After my talk, they surrounded me vigorously presenting new arguments to replace the ones that I had refuted. They believe passionately in a conspiracy theory or rather two conspiracy theories. One is that the real authorship of the plays was hidden at the time, either because writing of plays was considered beneath the dignity of an aristocrat or because the plays were somehow politically dangerous. This makes no sense first because aristocrats were known as authors of works and, in one case, of a play, the influential play Gorbuduc, and secondly the plays were all approved for performance by the Lord Chancellor, who had a keen eye for anything politically suspect. The second supposed conspiracy implicates all Shakespeare scholars who are alleged to have a vested interest in maintaining the claim that Shakespeare of Stratford wrote the plays. Anyone who knows anything about English departments, however, knows that destroying received beliefs in the field is the way to fame and possibly tenure.

Does any of this matter? There is a body of contemporary critical thought that the identity of an author, the actual human being who lived, ate, slept, and, incidentally, wrote the work, is irrelevant. All that matters is the text. This is not a view that I share. The mind behind these plays of is one of the most interesting that we know of from the past two thousand years, and knowing provenance of that mind adds to our knowledge of humanity in general. Moreover, for those of us who work with Shakespeare professionally, the anti-Stratfordian line is a distraction and a nuisance. Many a teacher has to begin a new course on Shakespeare in response to a student, question by saying, something like, “Yes, the plays are by Shakespeare of Stratford. Now please let’s look at them as plays and not as documents containing hidden clues about the author.”
**Guess What? It’s Up To You**

Enjoying good health means being satisfied with the body that you have and yet wanting to maintain and even improve its condition and appearance. In a sense, it is being satisfied with life and yet willing to experience and learn new things and even change ideas.

Our responsibility for our own health and well-being is a vital force in any rational approach to health. Life is an adventure in which nothing is static. Every manifestation of a healthy existence is a response to stimuli and challenge, each of which constitutes a threat if not adequately dealt with. The very process of living is a continual interplay between the individual and the environment, and it may take the form of a struggle resulting in injury or disease. Health education is education for effective living. One purpose of this article is to bridge the gap between what science has learned and the use that each of us makes of that knowledge.

**Conquering Fatigue**

In one major study, exercisers were asked what were the most important results of their conditioning program for them. The most common answers were that they experienced more energy and less fatigue.

How do we account for the way that fitness developed through exercise brought on relief from fatigue and tiredness? The renewal of energy can be explained by the body’s better use of oxygen in two important ways. First, as air (with its oxygen) is breathed in, the body is better able to transfer oxygen from the air in the lungs to the hemoglobin in the blood, and lung expansion is increased. Second, once the oxygen is in the blood, it is transported to the working muscles of the body during exercise. The trained body is better able to pick up this oxygen and use it than an untrained body. The body, muscles and all, begins to function at its optimum when it is in condition.

As the body is stressed and conditioned through exercise, it becomes more efficient both during exercise and during rest. Often after a period of exercise we feel that we could “go all day” without feeling fatigued because our body is more efficient. So, when we wiggle a finger or walk quickly or swing our arms playing tennis, we have more oxygen in those tissues demanding it. We experience less fatigue.

In keeping with the World Health Organization’s recommendation, many nations have been placing increased emphasis on self-care as a means of maximizing health at all ages. The three pillars of promoting health are nutrition, exercise, and a maintenance of general physical fitness. As we age we tend to lose some of our body’s ability to rebound from accident or illness. Keeping our bodies healthy and fit becomes paramount to a quality of life that we can really enjoy. So, again we have to say, “Guess what? It’s all up to you!”

---

**Shakespeare continued from page 3**

But, many people, including some journalists, are fascinated by conspiracy theories and conspiracy theories thrive even or especially in the absence of evidence to support them. After all, the fact that no one during Shakespeare’s lifetime ever suggested that they were written by someone else only shows how successful the conspiracy was. When I pointed out to one Oregonian reporter that the anti-Stratfordian arguments were rejected by virtually all scholars in the field, he responded, “Only the professionals should address the matter, eh professor?” When someone calls you “Professor,” you know that you have lost the argument. So the belief that someone other than Shakespeare wrote the plays will thrive regardless of the evidence. In fact, the anti-Stratford movement should make an interesting case study in the psychology of conspiracy theories.

---

John Cooper