



PRESIDENT'S NOTE

Spring at last--well, close anyway! It just needs to warm up a little. There are always so many things to do this time of year -- WWURA is a good example of that. We had a busy winter and spring promises to be the same. This month is the election of new directors to the Board. Be sure to read about the new people who are running and send in your vote. Once again we have a great travelogue planned on April 16 featuring Dr. Tom Terich from Environmental Studies. Our interest groups continue to offer activities for those who are interested--I know the Biking Group is ready to go after a winter's rest. Check the box of interest group meetings in this newsletter and see if there is something that appeals to you. If you have a suggestion for a new group, let us know. There is also a group of 14 leaving this month for Turkey -- we'll look forward to a fascinating travelogue next year!

Next month on May 15th the Spring Banquet and President's Reception gives us a chance to meet the new retirees. If you know someone who is retiring be sure to let them know how much fun we have, about our activities and encourage them to join us. If you need a ride to the Banquet, please indicate that on your reservation form and we will be sure you have one.

I look forward to seeing you at the Travelogue and the Banquet.

— Barb Evans

TRAVELOGUE: APRIL 16

Tom Terich, a geography professor at Western for over 30 years, counts among his great life adventures being chosen to teach, travel and learn from the Semester at Sea Program in 1995 and 2002.

The Semester at Sea Program sails 100 days around the world with 600 students and 30 faculty teaching classes aboard the ship and stopping at several ports conducting field trips and sight-seeing. Tom will tell us about the sights and adventures from his 202 voyage.

Place, time and refreshments:
Squalicum Yacht Club
Socializing 6:30 with the talk at 7:00.
Those with last names **L though Z**,
please bring a dessert to share.

APRIL INTEREST GROUP MEETINGS

Biking: Thursdays, 10 am; Evelyn Wright, 676-0227 if you are interested.

Book Group: Apr. 15th 2:30 pm at Evelyn Mason's, *The Bone People*, by Keri Hulme. Donna Rochon, 671-2301

Bridge: Tues. Apr. 22, place to be determined Call Ellen Broad, 734-5145

Opera: Met Live in HDTV, Richmond BC, and Lynnwood;
Apr. 26, *Daughter of the Regiment*.
There is a new venue for the Met HDTV broadcasts: Regal Alderwood Stadium 7, 3501 184th St. SW, Lynnwood WA (425) 672-2077
Evelyn Ames, 734-3184

WWURA SPRING BANQUET
Thursday, May 15th
President's Reception 5:30, Dinner 6:30
Viking Union Multipurpose Room

Please join us and welcome Western's new faculty and staff retirees with a festive banquet, musical entertainment by The Prawns, WWURA program and travel review.

Each new retiree is recognized. Here is your chance to welcome and get to know the newly retired and encourage them to be part of WWURA.

RESERVATIONS REQUIRED BY FRIDAY, MAY 9th.

This year the menu will include a 6 oz. filet mignon and prawn skewer. Special diet requests can be arranged. Wine and other beverages are included. Fill in the form below and mail your check soon.

(please detach and return by Friday, May 9th)

WWURA SPRING BANQUET RESERVATION
Thurs. May 15th - President's Reception 5:30, Dinner
Viking Union Multipurpose Room

(Please print)

NAME(S) _____

Number of Reservations: _____

_____ Special Request (Vegetarian, etc. - Please Specify;)

_____ Telephone _____

\$25.00 per reservation - check payable to **WWURA** - send to
Janet Berg, 1029 16th St.
Bellingham, WA 98225

*** * * News from WWURA's Travel Committee * * ***

*** Bon Voyage to the Turkey Trotters ***

Don Rochon and his WWURA and friends group fly to Turkey on April 20 for their OAT trip, Turkey's Magical Hideaways. We'll think of them as they're cruising along the scenic Turquoise Coast, exploring the rock formations of Cappadocia, riding in a hot-air balloon over Cappadocia, and gazing at the mosques in Istanbul while we Bellinghamsters are looking at a few more days of drizzle. We will be eager to hear of their adventures when they return.

*** NYTimes Notes *Deutschland's* Musical Gala at Sea ***

A recent article in the travel section of the NYTimes noted the *Deutschland's* unique cruise with musicians aboard. Kathy Whitmer and her group will fly to Frankfurt, Germany on the new Lufthansa direct flight from Seattle and then on to Hamburg, where they will embark their ship. Amsterdam, Antwerp, Lisbon, Valencia and Monte Carlo are some of the ports of call in the 7 countries to be visited on the cruise from Sept. 17-Oct. 1, 2008. All port excursions are included as well as international flights, musical performances, meals, etc. WWURA has a very good group price. Great cabins are still available, but they are limited in some price categories. Kathy (360-734-7211) has brochures with itinerary, cabin rates and pictures of the ship.

*** "To go or not to go?" ...That is the Question ***

Reviews of the plays at the Oregon Shakespeare Festival this year have been wonderful. Barbara Evans (360-650-9724) has plans for a bus trip to Ashland, leaving Bellingham on Tues., Sept. 30 and returning Fri., Oct. 1. Look for a full-page of details in this newsletter.

*** Visit Enchanting India with a Frequent Traveler There ***

It is time to make up your mind in participating in the Enchanting India tour, according to Joseph Correa. International air tickets have opened for purchase; prices from Seattle to Delhi range upwards from \$1200 and will rise as time goes on. Tour participants will need to fly into Delhi to start the tour on Jan. 17, 2009. Departure from Delhi back to Seattle is Jan. 28, 2009. The Enchanting India itinerary has been designed to cover the best-known monuments, including the Taj Mahal, and a taste of a variety of cultures. A deposit of \$500 by July 30, 2008 will be required to reserve a spot. Cost of the 11 nights trip will be ~\$2850. Contact Joseph (360-647-1232) to receive more information about the itinerary, booking airfare, etc.

*** Cruise, land tour or both...Panama Canal and/or Costa Rica ***

A wonderful opportunity to spend 10 days aboard the *Pacific Explorer* with Cruise West from March 11-20, 2009 with Margaret Loudon (360-733-6052) followed by 10 days in Costa Rica with Caravan Tours awaits our group. There is the option to combine the two great trips or to only book one portion. Deposit for the cruise portion is \$700; deposit for the land portion in Costa Rica is \$300. Participants will arrive in Panama City, then transfer by bus to the Caribbean coast to board the ship. Many interesting excursions are scheduled as you go through the canal. Disembarking in Los Suenos, Costa Rica, you may fly home or extend with the Costa Rica Natural Paradise land trip. It sounds like a great combination.

Two trips are no longer being offered. Carolyn Wilhite's musical weekend in July to Sleeping Lady Resort in Leavenworth has been cancelled due to lack of response. Nita Clothier will not be taking a group to Greece and Turkey in September due to various circumstances.

Look for trip brochures on the WWURA Travel Table at the travelogues and Spring banquet.

2008 OREGON SHAKESPEARE FESTIVAL IN ASHLAND

WWURA is planning another trip to the Oregon Shakespeare Festival, leaving Tuesday, Sept. 30 and returning Friday, Oct. 3, on a Hesselgrave bus. There is a choice among seven plays and we are holding 30 tickets for each play. We have reserved rooms at the Best Western Bard's Inn which is a short walk from the theaters. Travel insurance is available at a very modest cost for those who are interested. We need to give the Festival and the Bard's Inn a closer estimate of the number of people soon, so **the deadline for reservations, including a deposit of \$75, is May 20th.**

The plays we can choose from are: (30 tickets held for each performance)

The Clay Cart by Sudraka. Bursting with music, dance, color, action and romance this 2000 year-old Indian classic proves that great storytelling endures. Journey through a world where gamblers, holy men, political fugitives and royal rascals intersect and good triumphs.

The Further Adventures of Hedda Gabler by Jeff Whitty. It's the final act of Ibsen's play and Hedda's done herself in again and ventures out on a Thelma and Louise quest to liberate her story. It is a mind bending and riotously funny comedy. Strong language.

A View from the Bridge by Arthur Miller. A timely tragedy that probes the rules of love and loyalty against a backdrop of American immigration.

Coriolanus by William Shakespeare. Bred for the battlefield, Coriolanus is out of his league in the Roman senate. He won't control his contempt and won't compromise to save his life. His mother's milk fed him heroism but not humanity

Breakfast, Lunch and Dinner by Luis Alfaro. Minerva's family is a hotbed of appetites. Life is a carnal and spiritual banquet and Alfaro's new work takes a big, yummy bite out of it. (Strong language, mature themes)

Othello by William Shakespeare. The Moor Othello, celebrated general and an outsider, shares a love with Desdemona. Defying her family and convention, they marry. Iago's vengeful hatred and deceit lead to catastrophe for Othello and Desdemona.

A Comedy of Errors by William Shakespeare. It's a mad, mad world when Shakespeare busts into the wild, whacked-out Old West. Everyone in the whole town is off-kilter--gunning for love and order in this hilarious, musical brawl of a comedy.

(cont'd on next page)

Happy Book and Film Corner By Lynne Masland

With spring lurking around the corner, a humorous book that combines golf and politics is Mark Nemcek's *One Nation Under Par, From the Clubhouse to the White House*. It's an improbable roller-coaster story of a prospective pro-golfer who tumbles head first into American politics.

Cold Comfort Farm by Stella Gibbons is a hilarious send-up of 19th century English novels about dreary country life and families, which the heroine Flora Poste curiously sets right; the book was made into a film comedy in 1995. Also on the film shelf, "Miss Pettigrew Lives For A Day" was at the Sunset Theatre at this writing and will soon be out on DVD.

(2008 Oregon Shakespeare Festival, cont'd)

Please fill out the form and send it with your deposit (checks to WWURA) to Barb Evans, 622 Everglade Rd., Bellingham, WA 98225. Questions, call 650-9724.

Name _____

Address _____

Phone _____ Email _____

No. of tickets: \$22 each

Wed. 10/1	1:30	___	Clay Cart	Thurs. 10/2	1:30	___	View
	1:30	___	Coriolanus		1:30	___	Breakfast
	8:00	___	Adventures		8:00	___	Clay Cart
	8:00	___	Coriolanus		8:00	___	Othello
	8:00	___	Comedy of Errors				

Type of room ___1 Queen bed--\$110 ___1 King--\$120 ___2 Queens beds --\$130
Singles sharing a room, please list the name of the other person _____

The bus cost, divided among those going, will be about \$136 based on 30-36 people.



HEALTH NOTES by Evelyn Ames Achoo! Allergies

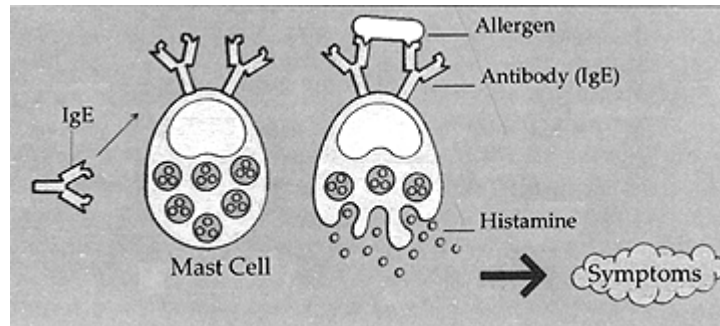
Now that the allergy season is upon us, and for some, it is always an allergy season, it is time to discuss seasonal allergies ("seasonal allergic rhinitis" or hay fever), principal allergens, symptoms, measures to reduce contact, and appropriate actions to alleviate sniffles/itching and all-around misery. Food allergies are not covered.

What is an allergy - what are some common allergens? It is an altered immune response to an unusually otherwise harmless substance or re-exposure to the very same substance. The sensitization to a substance may be inhaled, injected, rubbed on the skin, or taken in by mouth. Common allergens include pollens, wool, molds, industrial chemicals, house dust (dust mites), animals (danders, urine, and saliva), drugs, feathers, insect venom, and factors such as temperature extremes and sunlight.

What happens in the body? When an allergy prone individual is first exposed to a particular allergen, he/she produces a protein called **IgE antibody** (a specific kind of antibody responsible for allergies). The person is primed for a future allergic response. The IgE antibodies attach to the surfaces of two types of cells known as the mast cells and basophils. Mast cells are found primarily in the respiratory and digestive tracts and the skin. Basophils are found in the blood. Each antibody will react only with a specific allergen. The combining of the allergen with its antibody is a signal to these cells to release *irritating chemicals*, known as *mediators*. These cause the various allergic symptoms.

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HEALTH NOTES, cont'd



Symptoms of allergy often include congested or runny nose, itching and tearing of the eyes, tightening of airways leading to wheezing and shortness of breath, itching welts and other rashes on skin, and stomach and bowel problems such as cramps, vomiting, and loose stools. **Allergic Rhinitis** is one of the common allergy diseases. A person has a swollen nose and such common features as sneezing, itchy, runny and stuffy nose.

What can a person do? Check to see if local pollen and mold counts are high numbers. Some local media sources track levels of molds and pollens daily. The National Allergy Bureau of the American Academy of Allergy, Asthma and Immunology (not associated with NIH), reports current pollen and mold spore levels to the media and maintains a web site at <http://www.aaaai.org/nab/>. The National Institute on Allergy and Infectious Diseases suggests staying indoors in the morning when outdoor pollen levels are highest, wearing face masks designed to filter out pollen if you must be outdoors, keeping windows closed and using the air conditioner if possible in the house and car. NIAID recommends not drying clothes outdoors and avoid mowing grass or doing other yard work, if possible. Avoid unnecessary exposure to other environmental irritants such as insect sprays, tobacco smoke, air pollution, and fresh tar or paint. If your lifestyle is adversely affected and avoidance does not work, the use of medications can help control allergy symptoms. Antihistamines are usually the first line of defense since they counter the effects of histamine. There are side effects to antihistamines (e.g., drowsiness, loss of alertness and coordination) but newer antihistamines (and alas, more expensive) cause less drowsiness. A non-drug option is the use of a nasal saline solution to irrigate the nasal passages. If allergy symptoms are annoying or are moderate to severe, it is recommended people work with their primary care provider in finding the best treatments. This might include topical nasal steroids which, when used at recommended doses, reduce mucus secretion and nasal swelling.

Allergy Resources: National Institute of Allergy and Infectious Diseases (allergy information), see <http://www.niaid.nih.gov/publications/allergies.htm>. For comprehensive allergy prevention strategies, see National Institute of Environmental Health Sciences at <http://www.niehs.nih.gov/airborne/prevent/intro.html>. Asthma can be a serious complication of allergy. Visit <http://www.niaid.nih.gov/publications/asthma.htm>. Fact sheet about sinusitis can be found at <http://www.niaid.nih.gov/factsheets/sinusitis.htm>

WWURA BOARD OF DIRECTORS ELECTION

Its time once again to refurbish and renew our board. The Nominations Committee (Margaret Loudon, Larry Richardson, and Evelyn Ames) has nominated one candidate for each trustee position (Staff/Administration, Faculty, and At-Large). The three positions are elected by the membership. This being a true democracy, you are welcome to write in the name of another WWURA member, *provided you have that person's agreement to serve in advance.*

Below are the names and brief biographical sketches for the nominees who were nominated by the Nominating Committee after receiving assurance that the candidates are willing and ready to serve. Place an X on the line next to the left of the names of the candidates you support. We hope you take part in this election.

----- Detach and return bottom portion as your ballot -----

Position 1. (Staff/Administration Member)

_____ **Maurice Schwartz**

Maury came to Western in 1968, and stepped down from teaching and being Dean of the Graduate School and Bureau for Faculty Research in 1993. As Professor Emeritus he still has an office in the Geology Department and continues to be active, on and off campus, in the area of coastal processes.

Position 2. (Faculty Member)

_____ **Don King**

"I've really enjoyed nearly three years of retirement now after 39 years of teaching chemistry. You can find me most mornings working out at the YMCA. The best thing going right now however, is helping in ESL classes at WCC. I'm looking forward to getting to better know all of you folks in WWURA."

Position 3. (At-Large)

_____ **Janet Berg**

Janet graduated from the University of Washington in 1959 with a B.A. degree in Education. Two children and five years of teaching later, she finished her fifth year of education at the U. of W. prior to moving to Bellingham. She went on to earn a Masters degree as a reading specialist at W.W.U. She taught school 30 plus years in both private and public schools. She is married with two grown children and four partially grown grandchildren.

Please mail your ballot to Pauline Palmer, 2510 48th Street, Bellingham, WA 98229-3130

WWURA Calendar

April

16 Travelogue

April/May 2008

20-12 Turkey's Magical Hideaways

May 2008

6 Board meeting

15 Spring Banquet

September/October 2008

17-1 Classical Music Cruise II

30-3 Shakespeare Festival

January, 2009

17-29 Taste of India

March 2009

11-29 Panama/Costa Rica

April/May 2009

Balkans

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