



President's Note

Welcome to WWURA members and to the new retirees who received their plaque of commendation at the Retirement Dinner on May 15 and who have joined WWURA. We look forward to your participation. Our membership has grown to approximately 300! The 2008-09 membership form is in this Newsletter. We hope you renew. Additional forms are available from Pauline Palmer, 734-4425, in case you know of someone who is interested in becoming a member,

Another year of opportunities to socialize with WWURA members and to engage in activities such as bridge playing, bicycling, attending MET HD opera, discussing books in the book group, and hearing informative travelogues are being planned by the WWURA Board. We welcome your suggestions for other interest groups. The Travel Committee, chaired by Kathy Whitmer, has several international trips during the 2008-09 year.

The Annual WWURA Picnic is scheduled for July 9 from 11-2. Please note that the site for the picnic is changed! We are going to be at the Pavilion (upper level) in Fairhaven Park. There is plenty of parking, but you can drive up to the pavilion and leave your food if case you need to park by the tennis courts.

The first travelogue is scheduled for September 11 (Thursday). We encourage current members to invite retired friends to the travelogues arranged throughout the year. Each WWURA Newsletter will include the date, presenters, and topic. Save October 29 for the Fall Luncheon. Roy Clumpner, Program Chair, has arranged for the new WWU President, Dr. Bruce Shepard, to be the speaker.

Last fall, the WWURA Board decided to use email to enhance communication with members. Barbara Evans took on this task of using email to inform members of special opportunities and to let members know about changes in event

plans. She will continue to do this for us and I thank her for that.

“Looking to the Future for WWURA” is scheduled for August 13 at Lakewood (Lake Whatcom). This is the planning session for the year. We welcome members to attend and participate. The time is 10:30—1:00 followed by a potluck.

I look forward to meeting you at our gatherings.

Evelyn Ames

Summer Picnic Slated for Fairhaven Park July 9, 11:00 a.m. Mark your calendar!

This annual summer picnic is scheduled for the upper pavilion at Fairhaven Park this year because the covered shelter at Whatcom Falls park is not available. Parking is limited at the upper pavilion and some additional parking is available by the tennis courts. However, after leaving your passengers (and potluck dishes) off at the pavilion, you may wish to use the large parking area near the park entrance.

If you bring a potluck dish, the cost is \$2.00. If you prefer not to bring something for the potluck, the cost is \$6.00. Chicken will be provided by WWURA and Charlie Way is bringing his delicious home-made ice cream. No assignments are being made for the potluck, so bring your favorite dish or whatever meets your fancy.

Reservations are being taken by Margaret Loudon. See form on page 6.

Hope to see you at the picnic!

Ken Hoover Memorial Scholarship Recipient Announced

Elliott Hindman, a junior Political Science and History double-major at WWU has been named the first recipient of the Hoover Memorial Scholarship. Elliott is active in various campus activities and has been on the President's List Honor Roll since his freshman year in 2005. In Fall 2007 he studied Balkan Politics and History in Athens, Greece and traveled through out the Balkan countries. His future plans include graduate school focusing on International Relations and Comparative Politics.

In the March 2008 WWURA newsletter there was an article telling about Ken Hoover. Before his untimely death about a year ago, he had been a WWURA Board member, co-founder of the Bellingham City Club and a person who involved himself in the community after his retirement from WWU's Political Science Department. The article also invited WWURA members to join City Club members and Political Science alumni in contributing to the WWU Foundation's Ken Hoover Memorial Scholarship.

More than \$10,000 has been donated for this scholarship, and with the match of \$5,000 from the Political Science Department, there is now enough in the fund to award an annual scholarship in Ken's name for at least the next 7 years. The first recipient, Elliott, was chosen by the Political Science Department and awarded \$2,000. He was honored at a dinner on June 3.

Judy Hoover, the Hoover family, and the WWURA Board appreciate the scholarship donations made in memory of Ken. Thank you very much.

Happy Book and Film Corner

By Lynne Masland

Carol Radke recommends *Boomsday*, Christopher Buckley's comical political satire about baby boomers and social security, with its title taken from the day the majority of boomers become eligible. Joyce Giesler recommends Bill Bryson's *Tales of the Thunderbolt Kid*, an amusing look at being a (male) kid in the 50s, "when everything was good for you including DDT, cigarettes and nuclear fallout." Then there's Alexander McCall Smith's eight-book series about the redoubtable Mma Ramotzewe, Botswana's first lady detective, with the latest, *The Miracle at Speedy Motors*, on VB's best-seller list.

Announcement

Save This Date!

**WWURA Fall Luncheon, 11:30, Wednesday, October 29, at
Northwood Hall. WWU President Bruce Shephard will be the
speaker.**

Importance of Vitamin D

Recent news reports suggest the importance of Vitamin D in maintaining a healthy body and possibly preventing certain diseases. Vitamin D is found in food (e.g., fortified milk, fatty fish) and is made in the body (liver and kidneys help convert D to its active hormone form) following exposure to the sun's ultraviolet rays. "Vitamin D is a fat-soluble vitamin that is naturally present in very few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis. Vitamin D obtained from sun exposure, food, and supplements is biologically inert and must undergo two hydroxylations in the body (in the liver and kidneys) for activation" (NIH, Office of Dietary Supplements, 2008).

What Vitamin D does: Maintains normal blood levels of calcium and phosphorus, aids in absorption of calcium to form and maintain strong bones, and promotes bone mineralization.

Sources of Vitamin D:

- ✦ Fortified foods are major dietary sources (e.g., one cup of "D fortified milk supplies about one-fourth of the estimated daily need for this vitamin in adults" (National Institutes of Health, 2001). Breakfast cereals, pastries, breads, crackers, cereal grain bars and other foods may be fortified with 10% to 15% of recommended daily value for vitamin D. Check labels to see which food products are fortified with D.
- ✦ Significant amounts of D are found in fatty fish and fish oil.
- ✦ ***Exposure to sunlight is an important source of vitamin D.*** Ultraviolet (UV) rays from sunlight trigger vitamin D synthesis in the skin. Twenty minutes in the sun without sunscreen can raise levels of D. It is highly recommended that individuals who spend more time indoors include good sources of vitamin D in their diets.
- ✦ Vitamin D supplements.

Older Americans (greater than age 50) are thought to have a higher risk of developing vitamin D deficiency. The ability of skin to convert vitamin D to its active form decreases as we age. The kidneys, which help convert vitamin D to its active form, sometimes do not work as well when people age. Therefore, some older adults may need vitamin D from a supplement. It is important for those with limited sun exposure to include good sources of vitamin D in their diets. Excessive sun exposure does not result in vitamin D toxicity because the sustained heat on the skin is thought to photodegrade previtamin D₃ and vitamin D₃ as it is formed. High intakes of dietary vitamin D are very unlikely to result in toxicity unless large amounts of cod liver oil are consumed; toxicity is more likely to occur from high intakes of supplements.

Vitamin D and disease: "Further research is needed to determine whether vitamin D inadequacy in particular increases cancer risk, whether greater exposure to the nutrient is protective, and whether some individuals could be at increased risk of cancer because of vitamin D exposure." "A growing body of research suggests that vitamin D might play some role in the prevention and treatment of type 1 and type 2 diabetes, hypertension, glucose intolerance, multiple sclerosis, and other medical conditions. However, most evidence for these roles comes from in vitro, animal, and epidemiological studies, not the randomized clinical trials considered to be more definitive" (National Institutes of Health, Office of Dietary Supplements, 2008).

Is there a risk of too much vitamin D? It is unlikely unless one routinely consumes large amounts of cod liver oil or has high intakes of vitamin D supplements. Toxicity can cause nausea, vomiting, poor appetite, constipation, weakness, and weight loss. It can also raise blood levels of calcium, causing mental status changes such as confusion. High blood levels of calcium also can cause heart rhythm abnormalities. For more information about building a healthful diet, refer to the *Dietary Guidelines for Americans* (<http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>)

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

***Tremendous Turkey Trip ***

It was unanimous!!! Everyone agrees that not only was "Turkey's Magical Hideaways" an outstanding tour, but we also agree that since we didn't see the Black Sea area and the northeast, we want to return to see that part of the country. Thanks to our guide, who as knowledgeable, flexible, and good natured, we learned much about his country. He provided us with many moments to remember – the sight of the stone carvings of Antiochus, Zeus, and Apollo at Antiochus' tomb on Mt. Nemrut brought the past 2000 years into the present – in Istanbul we toured historic Haghia Sophia, the Spice Bazaar, and the Blue Mosque – we boarded our Gullet boat and toured Fethiye Bay (opposite the island of Rhodes) to see beautiful Lycian tombs carved in the cliffs – then to a Greek town that was abandoned after the exchange of populations that took place in 1923 – we ended our tour in the "Grand Canyon of Cappadocia" enjoying the view from some 1800 feet above the ground in a hot air balloon!! WHAT A TRIP!!!!

Written by Don Rochon, trip co-ordinator

*** Classical Music Gala at Sea ***

Kathy and her group will depart on September 17. Ports of call from Hamburg to Monte Carlo beckon. Shore excursions and musical performances aboard the *MS Deutschland* will be memorable. A good cabin has recently become available, so call Kathy (734-7211) or Joyce (733-4703) if you would like to come along on this wonderful cruise.

*** Ashland?. ... maybe in May ***

Barbara is disappointed that not quite enough people signed up for the Sept. 30-Oct. 3 trip to the Ashland Shakespeare Festival. Due to the increasing price of gas, she needed at least 30 people to go to make a trip by coach feasible. She will take a look at the possibility of going next May instead. Call Barb (650-9724) if you'd like to join her.

*** Last Chance to Sign up for Enchanting India ***

Joseph reports that he needs to know by June 15 whether anyone is interested in joining him on his trip to India. Information can be obtained by contacting him (647-1232). The cost for the 11 nights tour beginning January 17, 2009 is \$2850 plus airfare of ~\$1100. A deposit of \$500 is required for this great opportunity to see India.

*** Panama Canal and Costa Rica ***

Margaret is pleased that three have already put down their deposits for the March 11-29, 2009 trip. Ten days aboard the *Pacific Explorer* with Cruise West and ten days with Caravan Tours in Costa Rica – do both or select one portion. Call Margaret (733-6052) or Joyce (733-4703) for complete details and itinerary for this unique combination.

*** Discovering the Crossroads of the Adriatic ***

Don is making plans to take a group on an OAT trip to the Balkan area in May/June 2009. Call Don (647-2301) to be added to his list of interested people. The trip starts in Tirana, Albania, travels through Croatia, Slovenia, Montenegro, Bosnia, and ends in Budapest. Look for more complete details on itinerary and cost in a future WWURA newsletter.

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"To see once is worth more than hearing a hundred times." – African proverb



We sailed on the Sadri Usta 1 along the Turkish Coast



We marveled at the sights of Cappadocia, but didn't ride the camel!



Some of us rode a hot air balloon in Turkey



Culebra Cut seen from the Millennium Bridge

Journey through the Panama Canal with Margaret Loudon



Join the Classical Music Cruise aboard the Deutschland



Jagannath Temple in Delhi by sujit-mahapatra

Last call for India—call Joseph

MET HD-Opera Enthusiasts: Opera Gala Cruise Dinner

The Metropolitan Opera begins its season with a gala on Monday, September 22 at 6:30 pm eastern time. MET HD Theater broadcast is 3:30 pm our time. Car pool (Nexus card holders and non-Nexus) to the Riverport Silver City theater in Richmond, BC. Following the three hour performances (three acts from three operas with Renee Fleming and Thomas Hampson), we tentatively will have dinner at Hazelmere GCC (depending on arrangement by Barbara Evans). More information to come at the July 9th picnic.



Summer Picnic Reservation Form Fairhaven Park, July 9, 2008

Please make reservations with Margaret Loudon, 2611 Mill Ave., Bellingham, WA 98225. You may also send in your reservation by e-mail: mal.iaap@clearwire.net or phone her at 733-6052.

Name(s): _____

Phone: _____

Cost will be \$2.00 per person if you bring a food item or \$6.00 without a food contribution. Money will be collected at the picnic.

Please remember to call and offer rides to other WWURA members.

2008-09 WWURA Membership Renewal Form

To join WWURA or renew your membership by mail, send your information to Pauline Palmer, WWURA Membership Chair, 2510 48th St., Bellingham, WA 98229-3430. Checks should be made payable to WWURA. **You may also pay in person at the July 9 annual picnic.**

Membership cards for renewals received prior to the July 9 picnic will be available at the picnic. Otherwise, 2008-09 membership cards will be mailed to you at the address you indicate below.

Note: Regular memberships are for a household; i.e. one member plus spouse/partner (if applicable).

Please complete the following information:

- | | |
|--|---------------|
| <input type="checkbox"/> Benefactor | \$100.00 plus |
| <input type="checkbox"/> Contributing Membership | \$ 50.00 |
| <input type="checkbox"/> Sustaining Membership | \$ 25.00 |
| <input type="checkbox"/> Regular Membership | \$ 15.00 |
| <input type="checkbox"/> Pre-Retirement Membership | \$ 15.00 |
| <input type="checkbox"/> Surviving Spouse/Partner | \$ 6.00 |
| <input type="checkbox"/> Limited Income | \$ 6.00 |

I include a contribution to the WWURA scholarship fund: \$ _____

Signature _____ Date _____

Directory Information

Name _____

Spouse/Partner (if applicable) _____

Street address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Year Retired _____ Years of Service _____

Retired from what department or office _____

If not a WWU retiree, What institution/organization _____

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

WWURA Calendar

July

9 Summer picnic at Fairhaven Park

August

13 Looking to the Future meeting

September

2 Board meeting

11 Travelogue

17-1 Classical Music Cruise II

22 Metro Opera gala

October

7 Board meeting

29 Fall Luncheon with President Shepherd

January, 2009

17-29 Taste of India

March 2009

11-29 Panama/Costa Rica

April/May 2009

Balkans