



WWURA NEWS



October 2008

www.wvu.edu/~wwura

Serving Retired Faculty and Staff



Notes from your President, Evelyn Ames

October is the month for the Fall Luncheon at Northwood Hall. While some of us may be traveling or otherwise engaged, we hope your schedule allows you

to attend and meet Western's new president, Dr. Bruce Shepard, or Bruce, as he likes to be called. You'll find the registration form at the bottom of this page. There is a slight increase in cost (50 cents); we hope this is manageable for our members.

At the Fall Luncheon, WWURA wishes to acknowledge individuals who were charter members and those who played a role in the beginning of WWURA (around February, 1987). Let's celebrate our 20th year!

As indicated in a previous newsletter, the Board's plan is to provide members with a newsletter each month of the academic year. We aim to please!

WWU President Bruce Shepard speaks at WWURA's Fall Luncheon Oct. 29



Western's personable new president, Bruce Shepard, will be the guest speaker at WWURA's Fall Luncheon at 11:30 a.m. on Wednesday, October 29, at Northwood Hall. The subject is "Looking Ahead for Western". Don't miss this opportunity to meet the new president and hear his thoughts about the future of the University.

Bruce comes to Western from the University of Wisconsin at Green Bay, where he was chancellor. Check out his web page on the <http://www.wvu.edu> site to read his convocation address to the faculty and message to the campus community.

The luncheon will give you time to catch up with friends and colleagues after the summer.

To make your reservation, clip the form below and send to Barbara Davidson along with your check. Luncheon tickets are \$13.

Reservation Form—WWURA October 29, 2008 Luncheon Northwood Hall (*behind Northside Restaurant*) 3240 Northwest Avenue, Bellingham

Please return by October 22 to Barbara Davidson, 806 17th Street, Bellingham, WA 98225 (phone 360-734-8782)

Name(s) _____

Enclosed is my check for \$13.00 per person = \$ _____

Please make payable to WWURA

Antibacterial Household Products: Is There a Cause for Concern?

Health Notes by Evelyn Ames

Have you searched store shelves seeking soaps, cosmetics, children's toys, dental care products, deodorants, fabrics, and kitchen looking for items that do not include the use of antibacterial substances, particularly triclosan? It's time you question the use of antibacterial substances in healthy household products. Surface antibacterial substances were developed to prevent transmission of disease-causing microorganisms among hospital patients. They are now added to many healthy household products. Some products (e.g., Tom's of Maine toothpaste) specifically state they do not contain triclosan. "Triclosan possesses mostly antibacterial properties, but also some antifungal and antiviral properties. It is marketed under the trade name Microban® when used in plastics and clothing, and Biofresh® when used in acrylic fibers. Triclosan is most often used to kill bacteria on the skin and other surfaces, although it sometimes is used to preserve the product against deterioration due to microbes" (Glaser, see web site below). [Note: the active ingredient in "instant hand sanitizers" used in hospitals is ethyl alcohol (62%).]

Surface antibacterial substances are similar to antibiotics. Antibiotics are critical in the treatment of bacterial infections. There is public health concern regarding the overuse worldwide of antibiotics. The concern relates to resistance. Many disease-causing bacteria have developed resistance to antibiotics (e.g., penicillin, tetracycline). Stuart Levy (Tufts University School of Medicine) at the 2000 Emerging Infectious Diseases Conference sponsored by CDC, stated there are more than 700 household products containing antibacterial agents, and the added health benefit has not been demonstrated. "However, their purpose is not to cure disease but to prevent transmission of disease-causing microorganisms to non-infected persons. Like antibiotics, these products can select resistant strains and, therefore, overuse in the home can be expected to propagate resistant microbial variants. Moreover, these agents, like antibiotics, are not cure-alls but have a designated purpose. Whereas antibiotics are designed to treat bacterial (not viral) infections, antibacterial products protect vulnerable patients from infectious disease-causing organisms" (CDC, 2000).

The Centers for Disease Control and Prevention says that antibacterial soaps are not necessary in everyday use, and washing hands with ordinary soap and warm water is an effective way to ward off infections. Besides resistance, the antibacterial craze has another potential consequence. Reports are mounting about a possible association between infections in early childhood and the incidence of allergies. In expanding this "hygiene hypothesis," some researchers have found a correlation between *too much* hygiene and *increased* allergy. This hypothesis stems from studies that revealed an increased frequency of allergies, cases of asthma, and eczema in persons who have been raised in an environment overly protective against microorganisms.

For detailed information (e.g., chemical analysis), consider these web sites:

- Scorecard (information about pollution problems and toxic chemicals):
scorecard.org/chemical_profiles/summary.tcl?edf_substance_id=3380-34-5..
- EPA and FDA regulate antibacterial substances (www.epa.gov/enviro/html/emci/chemref/3380345.html and www.cdc.gov/ncidod/eid/vol7no3_supp/levy.htm).
- The Ubiquitous Triclosan article by Aviva Glaser in *Against the Misuse of Pesticides*. Vol. 24, No. 3, <http://www.beyondpesticides.org/pesticides/factsheets/Triclosan%20cited.pdf>
- Agency for Toxic Substances and Disease Registry (<http://www.atsdr.cdc.gov/mrls.html>)

In conclusion, next time you are purchasing hand soaps, toothpaste, or toys for your grandchildren, check the list of ingredients! When washing your hands, sing happy birthday to yourself! That's the amount of time suggested you need wash to appropriately cleanse your hands!

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

Another Memorable Classical Music Cruise

Interesting shore excursions, outstanding on-board concerts, gourmet dining and a friendly ambience aboard the *MS Deutschland* combined for a memorable classical music cruise from Hamburg, Germany to Monte Carlo, September 18 – October 1st. We visited big cities such as Valencia, Lisbon, Amsterdam, Brussels and charming seaside resorts. The Wurttemberg Chamber Orchestra Heilbronn and soloists played concerts each evening and many afternoons. Our WWURA and friends group was remembered by the crew and other passengers from the Mozart Gala Cruise two years ago. Two-thirds of the 420 passengers were “repeat *Deutschland* cruisers”. Sharon and Milt Schayes celebrated their anniversary aboard ship at the Four Seasons restaurant with a visit from the captain and complimentary wine from the USA Deilmann rep. The trip was outstanding in every respect and thoroughly enjoyed by the twelve of us.

Kathy Whitmer, trip co-ordinator

Panama Canal and/or Costa Rica

Spend ten days aboard the *Pacific Explorer* with Cruise West from March 11-20, 2009 followed by ten days in Costa Rica with Caravan Tours. Combine the two trips or book one portion. Deposit for the cruise portion is \$700; deposit for the land portion is \$300.

Two have reserved for the cruise; six have reserved for the land tour so far. Others are showing interest. Participants will arrive in Panama City, then transfer by bus to the Caribbean coast to board the ship. There are many interesting excursions going through the canal. Some will disembark in Los Suenos, Costa Rica and fly home while others will extend with the Costa Rica trip. Contact Margaret Loudon (360-733-6052) for details.

Oregon Shakespeare Festival in Ashland

WWURA is planning another trip to the Oregon Shakespeare Festival in Ashland in May. The plan is to leave by bus on May 5, 2009, see up to four plays on May 6 and 7, and return to Bellingham on May 8. All of the details are not yet finalized, but the hotel cost will be roughly what it was in May of 2007 as it will not be high season yet. There will be a choice of five plays with the possibility of seeing as many as four. Plays are: *Death and the King's Horseman*, *The Music Man*, *Equivocation*, *Servant of Two Masters*, *Dead Man's Cell Phone*. Complete details as well as sign up information will appear in the November newsletter. Anyone interested in going may call Barb Evans (360-650-9724) or e-mail howard.evans@wwu.edu to be included on a list.

*“Wandering re-establishes the original harmony which once existed
between man and the universe.” – Anatole France*



Jingle Bell Run/Walk

WWURA will have a team and we hope that a large number of members will participate. Please register at the following web site: <http://bellinghamjbr.kintera.org/faf/home/default.asp?ievent=286410>

Note: At a recent meeting a small committee of board members met with President Shepard and shared the following information..

WWU RETIREMENT ASSOCIATION

What is WWURA's purpose?

WWURA is an organization whose members are retired Western faculty and staff and friends of the university. WWURA provides opportunities for longtime associates and newcomers to socialize, expand horizons and become intellectually re-charged. Through its activities it meets members' intellectual, social and physical needs.

WWURA networks with other university retirement groups in the Pacific Northwest and Canada.

Service to Western Washington University

- WWURA provides an annual \$2,000 scholarship to a student returning to school after an absence.
- WWURA hosts the annual spring banquet for retiring Western faculty and staff in conjunction with the President's reception.
- WWURA provides a means for retired members of the Western community to stay connected to the University.

Activities

- WWURA hosts a fall and winter luncheon speaker's series plus a summer picnic for all members. The speaker is often a Western faculty member discussing an area of expertise.
- Six monthly travelogues feature members' excursions.
- Several travel options are offered each year from relatively local "land cruises" to international tours and cruises.
- Interest groups range from opera to bridge, bicycling and books.

How WWURA can help Western excel

- Offer Brown Bag lunch meetings with potential retirees preparing for retirement: pitfalls and pleasures – the questions everyone has about activities, social circles, health and money.
- Connect more closely with the Western Foundation and the University's colleges.
- Be available as Ambassadors for Western in the community and state.

WWURA's request to Western

- Funding for producing and mailing a monthly newsletter.
- Parking help for WWURA board members.

Current WWURA Officers: President Evelyn Ames, retired health education professor; Past President Barbara Evans; President-Elect Margaret Loudon, retired program coordinator Publishing Services; Secretary Betty Cross; Treasurer John Reay, retired math professor.

MET HD Theater Showings of Opera Matinees for 2008-09

Internet site for the Riverport/Silver City theater in Richmond, BC: http://www.cineplex.com/Theatres/TheatreDetails/3ED25043/SilverCity_Riverport.aspx

Scroll down and find the list of MET HD operas with times. This includes the encores.

To see an easy list from the Met: <http://www.cineplex.com/Events/MetOpera/Home.aspx>

WWURA Contact person: Evelyn Ames (734.3184 or Evelyn.Ames@wwu.edu). Please note that members who are willing to take passengers should let Evelyn know.

List of 2008-09 operas with the original show date followed with encore date:

Salome:	Oct 11 @ 10/Nov 15 @ 10	Orfeo ed Euridice:	Jan 24 @ 10/Mar 14 @ 10
Doctor Atomic:	Nov. 8, 2008; 10 am/ Dec 6 @ 10	Thais:	Dec 20 @ 9 /Feb 14 @ 9
Lucia:	Feb 7 @ 10/April 4 @ 10	Butterfly:	Mar 7 @ 10/April 18 @ 10
Damnation of Faust:	Nov 22 @ 10/Jan 17 @ 10	Sonnambula:	Mar 21 @ 10/April 25 @ 10
Rondine:	Jan 10 @ 10 /Feb 24 @ 10	Cenerentola:	May 9 @ 9:30/May 23 @ 9:30

WWURA INTEREST GROUPS

WWURA's interest groups are open to everyone. If you would like to become a part of one of the groups, call the contact person. If you have an idea for another interest group, call Barbara Evans at 650-9724.

Interest group meetings are listed below:

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Oct. 21

The book is *No god but God* by Reza Aslan.

OPERA GROUP - Evelyn Ames, 734-3184

Oct-Nov. HD Opera Performances, 10:00 am

Silvercity/Riverport Theaters in Richmond, BC

Salome: Oct. 11; encore Nov. 15

Doctor Atomic: Nov. 8; encore Dec. 6

Damnation of Faust: Nov. 22; encore Jan. 17

Transportation on one's own. Call Evelyn if you need a ride.

BRIDGE GROUP - Barb Evans, 650-9724

Tuesday, 1:30 pm, Oct. 28

The bridge group will play at Barb Evans, 622 Everglade Rd.

BIKING - The biking group has been suspended until next spring.

SKIING (downhill - Charlie Way, 734-0469

The Skiing Group usually starts in January, depending on the snow.

For all of you over 70 or over, it's time to get your senior season pass!!

Happy Book Corner by Lynne Masland

From Evelyn Wright and the *Wall Street Journal* come some suggestions for fall books. *Portugese Irregular Verbs* by Alexander McCall Smith should amuse faculty members with its tale of Professor Dr. Moritz-Maria von Igelfeld, an expert in the Portugese language who feels he hasn't been accorded the professional respect he deserves. The results are priceless.

Lost in Place, by Mark Salzman, is a hilarious memoir about growing up in Ridgefield, Conn. It's clear that Mark Salzman is an unusual suburban kid. "When I was thirteen years old," he begins, "I saw my first kung fu movie and decided that the life of a wandering Zen monk was the life for me." The rest is a series of misadventures and family stories as he moves toward his goal.

Betty Cross says *The Best of Ogden Nash*, edited by Linell Nash Smith and Isabel Nash Eberstadts (2007) "brings back my youthful laughs – it is still great stuff!

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

WWURA Calendar

October

29 Fall Luncheon with President Shephard

November

4 Board meeting

12 WWU Benefits Fair

19 "Travelogue", Bellingham Bay

December

2 Board meeting

13 Jingle Bell Run/Walk

17 Holiday Dinner

January

19 Travelogue, New Orleans

March 2009

11-29 Panama/Costa Rica

WWU Benefits Fair
Wednesday, November 12
Noon to 4 p.m.
Viking Union Multipurpose Room

Retiree Presentation
1 to 2 p.m.
Viking Union 565