



Notes from your President, Evelyn Ames

Welcome to all members and friends of WWURA to another year of activities and opportunities to get together. WWURA is off to a great start following the annual "Planning the Future" retreat at Lakewood on August 13. Good discussion, suggestions, and camaraderie among the participants.

Our *WWURA Newsletter* is an important vehicle for communication. We aim to provide a monthly issue except for July and August during the 2008-09 year. Email correspondence will continue with Barb Evans sending notices when deemed expedient. We hope more members will come onboard. Please send your email address to Barb Evans (howard.evans@wwu.edu).

As you peruse this Newsletter, note the calendar events that include the Fall Luncheon, travelogues (fantastic suggestions for presenters this year), travel, meeting times of interest groups, arts/entertainment on campus, and whatever else we conger up. Have questions? Send email or call Board executive members (Evelyn Ames, Margaret Loudon, Barbara Evans, Betty Cross, and John Reay). Questions about membership? Contact Pauline Palmer at ofelia@att.net or at 734-4425. Our Scholarship Committee Chair, Howard Evans, is working with Tom Nerini at WWU to solicit applications. Changes (e.g., reducing the number of years out of school) were made in requirements for returning undergraduate students in the hope of soliciting more applications. The College of Humanities and Social Sciences is interested in interfacing with WWURA and wishes to offer opportunities for our members to pursue research and other activities with faculty. I shall be contacting other college deans/associate deans to solicit interfacing ideas.

WWURA looks forward to a busy and exciting year. I look forward to meeting you at our gatherings.

WWURA Travelogue Turkey's Magical Hideaways

Date: Thursday, September 11, 2008

Time: 6:30 p.m. for Socializing

7:00 p.m. Media Presentation

Place: Squalicum Yacht Club

(located between the Bellingham Yacht Club and a large boat yard)

Note: If your last name begins with **M through Z**, please bring a dessert to share. WWURA provides coffee and tea.

Join our adventuresome, high-spirited travelers as they relive their journey among the hidden coves and tranquil inlets of Turkey's magnificent coast. Travel with them to Istanbul where they experienced the dazzling Blue Mosque and the ancient cisterns of Yerebatan Sarayi of Istanbul. Hike up the 6,000 ft high Mt. Nemrud to view immense statues and descend with them into elaborate Cappadocian cave cities. Soar into the early morning sky in a hot air balloon to view Cappadocia's valley filled with rock formations in a rainbow of colors. Travel to the Taurus Mountains and a farm village near Lake Beysehir to share a home-cooked meal and spend the night with a Turkish family. View local artisans weaving rugs and extracting silk from cocoons. These are but a few of the sights we saw as we traveled Turkey's Magical Hideaways.

Come join us as we relive this adventure and show off a few of the "treasures" we brought home.



Age-Related Eye Disease Study on Vitamin & Mineral Supplements

Health Notes by Evelyn Ames

AREDS, a major study sponsored by the National Eye Institute (NEI), was conducted at 11 major medical center research facilities around the country. “Scientists looked at the effects of zinc and antioxidants, and a combination of both, on people with cataracts and those with varying stages and types of age-related macular degeneration (AMD)” (<http://www.nei.nih.gov/amd/faqs.asp>). People without evidence of cataract or AMD were also studied.

Results? Important findings:

- High doses of antioxidants and zinc can reduce the risk of vision loss from advanced AMD by about 19 percent in high-risk patients (patients with intermediate AMD or advanced AMD in only one eye).
 - Supplements do not appear to provide significant benefits to people with mild AMD.
 - The supplements do not prevent development of AMD nor restore vision already lost to AMD.
 - Nutritional supplements do not seem to prevent cataracts or to keep them from getting worse over time.
- The results for reduction in vision loss from advanced AMD were statistically significant only for the combination of zinc and antioxidant treatment” (www.eyecareamerica.org/eyecare/treatment/alternative-therapies/antioxidant-supplements-amd.cfm).

Side Effects: “While most people in the study experienced no serious side effects from the doses of zinc and antioxidants used, a few taking zinc alone had urinary tract problems that required hospitalization.” Some patients taking large doses of antioxidants experienced some yellowing of the skin. Smokers and ex-smokers probably should not take beta-carotene, as studies have shown an association between beta-carotene use and lung cancer. The long-term effects of taking large doses of these supplements are still unknown (www.medem.com/medlb/article_detailb.cfm?article_ID=ZZZPH27OH4C&sub_cat=2013). Other side effects included kidney stones, incontinence, and enlarged prostate. “Participants in the two groups that took zinc also reported anemia at a slightly higher rate; however, testing of all patients for this disorder showed no difference among treatment groups” NEI-NIH, December 2006.”

Where antioxidants are naturally found: The antioxidants include vitamin C (ascorbic acid), vitamin E (alpha-tocopherol), carotenoids, anthocyanidins, selenium, and zinc. “Carotenoids, nutrients that are not classified as vitamins, include beta-carotene, alpha-carotene, the lycopenes, lutein, and zeaxanthin. The carotenoids are found in leafy green vegetables, corn, kiwi, and many other green, red, or yellow fruits and vegetables. The anthocyanidins are responsible for the blue color of blueberries and bilberries. Antioxidants neutralize the damage to cells caused by free radicals, and may be relevant to AMD if oxidative damage to the retina leads to AMD” (NEI).

Web Sites for references included the National Eye Institute (<http://www.nei.nih.gov/amd/>), and the Medical Library (posted information from American Academy of Ophthalmology (http://www.medem.com/medlb/article_detailb.cfm?article_ID=ZZZPH27OH4C&sub_cat=2013



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

WWURA's Travel Committee had its monthly meeting on August 26 at the BGCC. We heard updates on planned trips and discussed suggestions made by WWURA members at the July picnic for possible future excursions. Here are some highlights from our recent travel committee meeting.

The pre-departure Bon Voyage get-together for the **Classical Music Gala at Sea** was held August 27 at Joyce and Bill Wilson's home. Cruise participants got acquainted and documents were given out. Everything is ready for the **September 17th departure**. Kathy Whitmer and her group are looking forward to this wonderful **12 day cruise from Hamburg to Monte Carlo** with good port excursions and evening concerts by the chamber orchestra aboard the *MS Deutschland*.

There is a great opportunity to visit **Panama, Panama Canal and Costa Rica** coming up in 2009. Choose a cruise, land tour or both. Nine people are interested in the Panama Canal tour and six are interested in Costa Rica. **Panama Canal to Costa Rica – Between Two Seas, March 11-20, 2009**. Spend 10 days/9 nights aboard the *Pacific Explorer* with Cruise West. \$3,486 PPDO with a \$700 deposit required to reserve your cabin.



Cabins are going fast, so get your reservation in soon!

Costa Rica Natural Paradise, March 20-29, 2009. Spend 10 days/9 nights in Costa Rica touring with Caravan. \$1095 PPDO. Both tours include all port charges, meals and excursions. Call Joyce D. Wilson at 733-4703 for reservations or Margaret Loudon at 733-6052 with questions.

Closer to home, here's the latest information from Evelyn on the **MET Gala**. The Gala is being shown at Silvercity Riverport Theater in Richmond on September 22. BUT, time listed for showing is 6:30 pm our time! I'll send email to opera group distribution list if time changes. Transportation needed for non-Nexus card holders. You can go on-line to purchase tickets. If you have difficulty, send email and I'll give you help. No Land Cruise due to uncertainty to time. The Rochon's have room for 5 Nexus card holders. Evelyn Ames (evelyn.ames@wwu.edu)

Two previously announced trips are **no longer available** – Joseph Correa's **Enchanting India** due to lack of response – and Don Rochon's **Balkans** trip because OAT has announced that it will not be offered in 2009 ...hopefully it will be available again in 2010.

At the July picnic, WWURA members wrote down 15 suggestions for possible excursions. Travel committee members will research some of these destinations for future trips. Barb Evans is waiting for information on the **Ashland Shakespeare Festival** for next **Spring (late April/early May)** and will have details in the October newsletter. Local "land cruises" are being looked at, too.

The next travel committee meeting is **Friday, October 10, 11:30 am at the Bellingham Golf and Country Club**. Give Kathy Whitmer, chair, a call at 734-7211 if you would like to join us and help plan trips for our WWURA members and friends in the community.

"Travel like Gandhi, with simple clothes, open eyes and an uncluttered mind."
Rick Steves

WWURA Membership Reminder

Have you renewed your WWURA membership for this year? If so and you didn't pick up your 2008-09 membership card at the July picnic and you haven't received it in the mail, contact Pauline Palmer, 734-4425, ofelia@att.net. Forms are available on the WWURA Web site at www.wwu.edu/~wwura

WURA membership offers a number of benefits, including our newsletter with events, activities and special interest group listings, as well as 10 percent discounts on purchases made using your current membership card for ID at three locally owned independent bookstores: Eclipse Bookstore, Michael's Books, Village Books.

Membership rates:

<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

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

We urge you to include a contribution to the WWURA scholarship fund: \$ _____

Send your renewal and scholarship donations to Pauline Palmer, WWURA Membership Chair, 2510 48th St., Bellingham, WA 98229-3430. Checks should be made payable to WWURA. Please include any address, telephone or email address changes.

WWURA would like to be able to send you last-minute information by email. If we do not have your address, please consider including it with your renewal.



Cyndie & Bruce Shepard

New Western President Shepard Is Fall Luncheon Speaker

New Western President Bruce Shepard will be the guest speaker at the WWURA Fall Luncheon, set for 11:30 on Wednesday, October 29 at Northwood Hall. Shepherd comes to Western from the University of Wisconsin, Green Bay, where he was chancellor. Don't miss this opportunity to meet the new president and hear his thoughts on the future of the University – and catch up with friends and colleagues after the summer.

WWURA INTEREST GROUPS

WWURA'S interest groups are open to all. 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, 650-9724. September's interest group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Sept. 16.

The book is *Prairie Nocturne* by Ivan Doig.

OPERA GROUP - Evelyn Ames, 734-3184

Opera - The Met Gala, Sept. 22, 6:30 pm

Silvercity/Riverport Theaters in Richmond, BC

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

BRIDGE GROUP - Ellen Broad, 734-5145

Tuesday, 1:30 pm, Sept. 23.

Place to be determined, call Ellen for information.

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.

Happy Book and Film Corner

By Lynne Masland

Ivan Doig's *The Whistling Season* is an elegy to the life of three young brothers in a one-room Montana schoolhouse in the early years of the 20th century, written in his lyrically nostalgic prose. "It's a book that strives for more than beauty," claimed one review. "It reaches for joy."

Friends or relatives who are feeling under the weather or recovering from surgery may enjoy Jan Karon's gentle series about Father Tim, the rector of Lord's Chapel in Mitford, North Carolina, the mythic "town with a heart." First title in the series is *At Home in Mitford*.

WWURA Board, 2008-09

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Evelyn Ames, President and Health Committee

Barbara Evans, Past President

Margaret Loudon, President-Elect and Hospitality

Betty Cross, Secretary

John Reay, Treasurer

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Bob Christman, Newsletter

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Howard Evans, Scholarship

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Kathy Whitmer, Travel

John Woll, Web Page

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

WWURA Calendar

September

- 2 Board meeting
- 9 ALL luncheon
- 11 Travelogue
- 17-1 Classical Music Cruise II
- 22 Metro Opera gala

October

- 7 Board meeting
- 29 Fall Luncheon with President Shepherd

November

- 4 Board meeting

March 2009

- 11-29 Panama/Costa Rica

View your Newsletter in
living color
on our website:

www.wwu.edu/~wwura