



WWURA NEWS



February 2009

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

President's Message

Last September a small committee of WWURA Board members met with President Bruce Shepard. The meeting had two major purposes: to inform the new Western President what WWURA members can offer and to request funding for printing and mailing the 2008-09 issues of the WWURA Newsletter. We received funding for this academic year, with the proviso that we find other means of funding in future years. I sent a letter to President Shepard expressing our appreciation for his assistance and assuring him of our accountability to appropriately use the funds. The WWURA Executive Board continues to pursue other funding and we shall keep you informed of our success.

We hope to see you at the winter luncheon on Feb 20.

Evelyn Ames

Nominations due for WWURA board

The Nominations Committee is looking for volunteers to serve on the WWURA board as directors for 2009-2012. One position is available for each of the following classifications: **Director VII** retirees from the classified staff/administrative exempt, **Director VIII** faculty members, and **Director IX** open to all members of the association. We are also searching for a board secretary. If you are interested in serving on the board please call one of the committee members listed below. Voting will be by ballot enclosed in the March newsletter.

Evelyn Ames, 734-3184, Janet Berg, 733-4654
Don King 734-1035, Margaret Loudon, chair
733-6052

Jeff Jewell will speak at the WWURA Winter Luncheon on February 20

Learn About Whatcom County's Interurban Railway and Bellingham's Streetcars. Whatcom Museum's photo historian Jeff Jewell will present a slide-illustrated talk about "Bellingham's Trolleys and the Interurban Systems" at the Friday, February 20, luncheon at Northwood Hall, 3240 Northwest Avenue.

By the turn of the last century – even before the roads were paved – Bellingham had several street car lines carrying people up and down Holly Street and to the developing "suburbs." Jewell presents an entertaining review of these by-gone days when picnickers traveled out to Silver Beach on the streetcar.

Tickets for the luncheon are \$13 for members; and \$16 for non-members (spouses are included as members). Guests are welcome. A reservation form is in this newsletter.

Photo of two streetcars at the "car barn"



Health Notes by Evelyn Ames ----- The Common Cold (Achoo!)

More than 200 different viruses are known to cause the symptoms of the common cold. Some, such as rhinoviruses, seldom produce serious illnesses. It is reported that children have about 6 to 10 colds a year. If there are two or more young children in a home, the number of colds per child can be as high as 12 a year. Why? Because they are often in close contact with each other in daycare centers and schools. Adults average about 2 to 4 colds a year, although the range varies widely. Women, especially those aged 20 to 30 years, have more colds than men, possibly because of their closer contact with children. On average, people older than 60 have fewer than one cold a year. Seasonal variation may relate to the opening of schools and to cold weather, which prompts people to spend more time indoors. The most common cold-causing viruses survive better when humidity is low—the colder months of the year. Cold weather also may make the inside lining of the nose drier and more vulnerable to viral infection. Cold symptoms can last from one to two weeks.

Viral causation of colds:

Rhinoviruses (of the nose) cause estimated 30 to 35 percent of all adult colds; are most active in early fall, spring, and summer; grow best at 91 degrees F (temperature inside human nose). These viruses tend to cause more symptoms above the neck (stuffy nose, watery eyes, headache).

Coronaviruses: three or four types infect humans with colds occurring primarily in winter and early spring. They are more likely to get into the trachea and bronchi and lead to fever and bronchitis).

Other viruses (e.g., adenoviruses, parainfluenza, respiratory syncytial, enteroviruses, and oxasackieviruses) cause 10 to 15 percent of adult colds.

Causes of 30 to 50 percent of adults colds (presumed to be viral) are unidentified.

Research suggests that psychological stress and allergic diseases affecting the nose or throat may have an impact on one's chances of getting infected by cold viruses.

Transmission of colds: (Incubation period is between 12 to 72 hours; usually 48 hours)

Touching skin that may have cold viruses and then touching your eyes or nose.

Touching environmental surfaces (e.g., telephones, stair rails, tables, doorknobs) that have cold germs on them and then touching your eyes or nose.

Inhaling drops of mucus full of cold germs from the air.

Studies suggest a person is most likely to transmit rhinoviruses in the second to fourth day of infection, when the amount of virus in nasal secretions is highest.

Researchers have shown that using aspirin to treat colds increases the amount of virus in nasal secretions, possibly making the cold sufferer more of a hazard to others.

Prevention: Rhinoviruses can live up to 3 hours on skin and can survive up to 3 hours on objects such as telephones and stair railings. Cleaning environmental surfaces with a virus-killing disinfectant might help prevent spread of infection. One of the best ways to prevent transmitting a cold or infecting oneself is to **wash your hands!** If water isn't available, CDC recommends using alcohol-based products made for washing hands. Avoiding coughers and sneezers if possible and using a tissue rather than a handkerchief are other suggestions for preventing infection.

Myth # 1: There is no evidence that one can get a cold from exposure to cold weather or from getting chilled or overheated. But, if one's immunity has been lowered (e.g., due to poor nutritional habits, alcohol or other drug abuse, or chemotherapy), then this statement does not hold true. Myth # 2: Echinacea: research studies show that this herbal supplement may help if taken in early stages of a cold, but it does not prevent colds. Myth # 3: Vitamin C: to date, there is no conclusive evidence that shows large doses prevent colds. Vitamin C may reduce severity or duration of symptoms, but again there is no clear evidence to support this. The placebo effect probably plays an important role. Too much vitamin C taken over long periods may cause severe diarrhea in elderly and small children. Check our more information at <http://www3.niaid.nih.gov/healthscience/healthtopics/colds/overview.htm>

Dr. Scholl, of corn plaster fame, was once asked for his philosophy, to which he replied: "Early to bed, early to rise, work like hell and advertise."

News from WWURA's Travel Committee

Central America – here we come!

Margaret Loudon and her travelers will depart March 11 for their Panama Canal cruise and Costa Rica land trips. They will return on March 29. A pre-trip Bon Voyage gathering at Joyce and Bill Wilson's home is planned for February 12 at which time trip participants will get acquainted and receive their travel documents and air tickets. They are looking forward to this marvelous adventure.

Springtime Outing to Ashland

There is still time to sign up for the Ashland Shakespeare Festival trip which will depart May 5 and return May 8. You can see up to four plays. There are 27 people signed up and there is room for more. Look for complete details in the November 2008 WWURA newsletter, on-line at WWURA's website www.wwu.edu/~wwura, or in the A.L.L. Spring 2009 Catalog. Information will be available at the Feb. 20 WWURA luncheon. Call Barbara Evans 650-9724 for details. This will be a great trip.

2009 Holiday Markets along the Danube

Fourteen people have already reserved for the Danube holiday markets cruise departing Nov. 29, 2009. Details are in the January newsletter. An email was sent recently telling about a great 2 for 1 Travel Companion airfare available until Feb. 27. The early booking discount has been extended until April 30. Details and prices for the post-cruise optional excursions to Munich and Prague are now available. All category 5 cabins are reserved; four category 4 are still available. Kathy Whitmer 734-7211 has complete information.

Look at the Travel Bulletin Board at the WWURA Luncheon

Information about these trips mentioned above will be available on the travel table and bulletin board at the WWURA luncheon on February 20 at Northwood Hall. Stop by, take a look and pick up information sheets if you might be interested in joining us.

Have you ever volunteered while abroad?

Some WWURA members have volunteered their services while traveling or living abroad. We would be interested in knowing about your participation in such programs as Global Volunteers, Elder-hostel volunteer programs, etc. If you would be willing to share a brief description of the program in which you were involved., please email Kathy at (kathrynwhitmer@comcast.net).

“Returning home, the traveler shall not change his old habits due to experiences abroad. Rather, he should implement the best he has seen into his own world.”

Francis Bacon

WWURA INTEREST GROUPS

WWURA'S interest groups are open to anyone who is interested. If you would like to become a part of a group, call the contact person. If you have an idea for another interest group, call Barbara Evans, 650-9724. February's interest group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Feb. 20th
The book is *Out Stealing Horses* by Per Petterson

OPERA GROUP - MET HD

Feb. 14th: *Thais* (encore performance). Starts at 9am.
Silvercity/Riverport Theaters in Richmond, BC
March 14: *Orfeo* at Riverport
March 21: *Sonnambula* at Riverport
Call Evelyn Ames, 734-3184 if you need a ride.

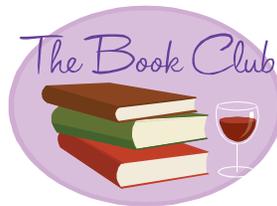
BRIDGE GROUP - Barb Evans, 650-9724

Tuesday, 1:30 pm, Feb. 24th. Ellen Broad, 715 No. Garden. Apt. #403

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

SKIING (downhill) - Charlie Way, 734-0469

The Skiing Group starts in January, depending on the snow.
The slopes are ready and the skiing has been great.



Happy Book Corner

Lynne Masland

Lorene Lewis's note suggests Calvin Trillin's *Messages from My Father* (paperback, 1996). "It's a cheery recollection," she writes. "Keeping happy is a challenge," she adds, hoping for "better news in 2009."

700 Sundays is entertainer Billy Crystal's heart-warming memoir of his eccentric family, who collectively propelled him into the world of comedy. From the Crystal family's connection to the New York jazz scene to Billy's hilarious childhood living room performances, this book is filled with joy, music, love and laughter – a son's tribute to his family and their friends.

Not a "happy" book in the usual sense, Malcolm Gladwell's *Outliers: The Story of Success* is a thought provoking read that examines various ways in which a person's environment affects his or her opportunities for success. Gladwell writes, "My wish with *Outliers* is that it makes us understand how much of a group project success is." Billy Crystal's memoir illustrates the point.

Do you know someone who should join WWURA or renew their membership?

Membership rates

<i>Benefactor</i>	<i>\$100 +</i>
<i>Contributing Membership</i>	<i>\$ 50</i>
<i>Sustaining Membership</i>	<i>\$ 25</i>
<i>Regular Membership</i>	<i>\$ 15</i>
<i>Pre-retirement Membership</i>	<i>\$ 15</i>
<i>Surviving Spouse/Partner</i>	<i>\$ 6</i>
<i>Limited Income</i>	<i>\$ 6</i>

(Memberships are for a household)

Donation to WWURA scholarship _____

Send memberships, renewals and donations to Pauline Palmer, WWURA Membership Chair, 2510 48th St., Bellingham WA 98229-3430. Checks should be made payable to WWURA. Please include telephone number, street and email addresses.

WWURA would like to be able to send you last-minute information by email, so we would like to have this address.

Note: *Your newsletter can also be viewed in living color on our website at www.wvu.edu/~wwura*



Would You Prefer to Receive Your Newsletter By Mail?

The Board has been looking for a way to reduce the rising cost of the newsletter for next year. We are asking any members who would prefer to receive the newsletter by email instead of receiving a hard copy to let Barbara Evans know. Email Barbara t howard.evans@wvu.edu

***Reservation Form –WWURA, February 20, 2008 Winter Luncheon
Northwood Hall (behind Northside Restaurant)
3240 Northwest Avenue, Bellingham***

***Please return reservation form to Donna Rochon, 1505 Silver Beach Rd, Bellingham WA, 98229
Send your check to reach Donna by Tuesday February 17th (There is no mail delivery
on the 15th or 16th) Phone 647-2301***

Name(s) _____

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

Price for non-members is \$16.00.

Please make check payable to WWURA

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

WWURA Calendar

February

- 14 *Thais (encore)* at Riverport
- 20 Winter Luncheon with
Jeff Jewell

March

- 3 Board meeting
- 11-29 Panama/Costa Rica trio
- 14 *Orfeo* at Riverport
- 18 Travelogue, Cascade Butterflies
- 21 *Sonnambula* at Riverport

April

- 7 Board Meeting
- 15 Travelogue, Jerry Flora

May

- 4 Board meeting
- 6-7 Ashland Festival