



Message from WWURA President

What a beautiful spring we are having. Most of the summer birds are back and everything has started to grow, including the grass and weeds. Hope you have your gardening completed, I haven't started mine. We are in the middle of a remodel at our house and everything is helter skelter. I felt fortunate finding the printer in time to print the agenda for our June board meeting.

It's hard to believe we are starting a new WWURA year. I want to thank Evelyn Ames for her excellent year of service as president and for all of her mentoring during the last year. We have such wonderful support from our members that it makes serving on the board much easier.

I look forward to seeing all of you at our July picnic, everyone brings such wonderful goodies to share and it is a great time to catch up with friends. Be sure to reserve your spot by contacting Donna Rochon and please put a good word in with the weatherman. See the newsletter article giving full details.

All members are invited to join the board at our August retreat held at Lakewood. At the retreat we will be planning for 2009-10 and would love your input. If you cannot attend the retreat but have something you would like to share please give me a call or e-mail. We are always looking for ways to improve WWURA and your feedback is much appreciated whether at the retreat or anytime throughout the year.

Margaret Loudon
733-6052
mal.iapp@clearwire.net

Summer Picnic Slated for Fairhaven Park July 15, 11:30 a.m. Mark your calendar!

The annual summer picnic is scheduled for the upper pavilion at Fairhaven Park again this year. Parking is limited at the upper pavilion with some additional parking near 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-make ice cream. No assignments are being made for the potluck, so bring your favorite dish or whatever meets your fancy.

Reservations are needed to determine how much chicken to purchase. Reservations are being taken by Donna Rochon. See form on last page (page 7).

Hope to see you at the picnic!

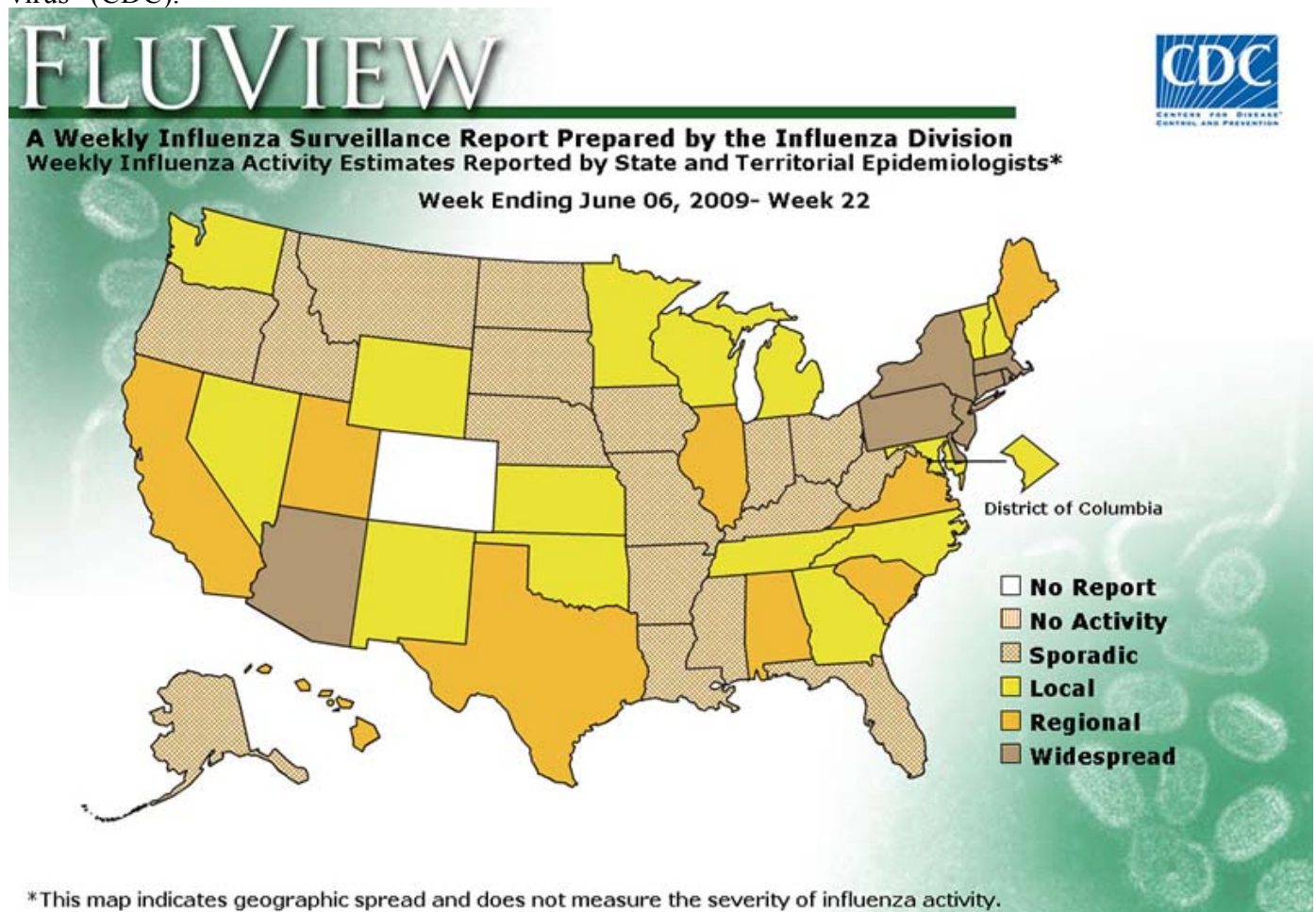


Online FAST

OnlineFAST is the Office of University Communications' new version of the old, familiar weekly newsletter. Now a website updated daily, sometimes hourly, it is no longer "issue-based," but a continuous source of news at Western. Find it at: onlinefast.org

Health Notes by Evelyn Ames Novel Influenza A (H1N1) plus update on sun-screens and web resources

Don't panic because the World Health Organization raised the worldwide pandemic alert level to Phase 6 for H1N1. This designation indicates a global pandemic. Pandemic is defined as an epidemic that becomes geographically widespread. "This is a reflection of the spread of the virus, not the severity of illness caused by the virus" (CDC, June, 11, 2009). The number of outbreaks is now at community level outbreaks in multiple parts of the world. "It's uncertain at this time how serious or severe this novel H1N1 pandemic will be in terms of how many people infected will develop serious complications or die from novel H1N1 infection. Experience with this virus so far is limited and influenza is unpredictable. However, because novel H1N1 is a new virus, many people may have little or no immunity against it, and illness may be more severe and widespread as a result. In addition, currently there is no vaccine to protect against novel H1N1 virus" (CDC).



Most people in the United States have recovered without medical treatment. But, "CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this pandemic in the coming days and weeks. In addition, this virus could cause significant illness with associated hospitalizations and deaths in the fall and winter during the U.S. influenza season." Of concern is what might occur with this virus this coming fall and winter flu season. Will it become more deadly?

The novel H1N1 virus is probably spread the same way as other seasonal flu viruses (droplets from coughs and sneezes of infected persons, touching infected objects and then touching one's nose and mouth. The January 2009 Newsletter health article covered influenza in greater detail. Check these two CDC sites for indepth information: <http://www.cdc.gov/h1n1flu/update.htm> and www.cdc.gov/h1n1flu

Protect self and family by staying informed (check local public health departments) and take the following steps:

- ✦ Cover nose and mouth with a tissue when coughing or sneezing. Throw tissue in trash after use.
- ✦ Wash hands often with soap and water. Alcohol-based hand cleaners are also effective.
- ✦ Avoid touching eyes, nose or mouth.
- ✦ Try avoiding close contact with sick people.
- ✦ If sick with a flu-like illness, stay home for 7 days after symptoms begin or until symptom-free for 24 hours, whichever is longer.
- ✦ Follow public health advice for closures or avoiding crowds.

For WWURA members who are frequent world travelers, the web site of the World Health Organization offers good information. <http://www.who.int/csr/disease/swineflu/en/index.html>

Update on sunscreens: The July 2009 issue of *Consumer Reports* provides a brief rating of sunscreens and explains the meanings of UVA, UVB, Broad Spectrum, Para-free, water resistant, and nanoparticles. Brief clarification is given about SPF numbers (e.g., is 15 good or does one need 50?). High rated products from 2007 are still recommended (e.g., Blue Lizard regular Australian SPF 30+).

Web resources for researching health and illness topics: Fact Sheet from National Institute of Health (NIH); www.nih.gov/about/researchresultsforthepublic/AWealthofHealth.pdf Information on Clinical trials is at <http://clinicaltrials.gov/>. Information about health effects of chemicals in household products is at: <http://toxnet.nlm.nih.gov/> Genetics Home Reference on genes and genetics and practical information on genetic disorders and inherited conditions: <http://ghr.nlm.nih.gov/> Home page of Medline is at <http://www.nlm.nih.gov/medlineplus/> An interactive menu planner is new at the National Heart Lung and Blood Institute: <http://hp2010.nhlbihin.net/menuplanner/menu.cgi> This menu planner has limitations.

“Laughter is an instant vacation.” Milton Berle

Enjoy the summer.

Happy Book and Film Corner – June 2009

Lynne Masland

This month romance is in the air – or in the central plot of our two film choices, both available at Trek Video in Fairhaven. Dustin Hoffman and Emma Thompson star in *Last Chance Harvey*, the story of Harvey Shine, a middle-aged, jingle-writing ad-man about to lose his job, and Kate, a no-longer-young British spinster. They meet in London where Harvey has just been un-invited to give his daughter away at her wedding. The rest is a witty May-December pairing.

In *Elsa & Fred*, two aging widowers discover it's never too late to love and to dream. Set in Madrid, Fred (Manuel Alexandre) moves into an apartment across from the irrepressible Elsa, elegantly played by China Zorrilla. Together they explore their past lives and present dreams, including a surprise visit to Rome's Trevi Fountain. Spanish with English subtitles.

INTEREST GROUPS FOR JULY AND AUGUST

WWURA'S interest groups are open to anyone.. 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. Summer interest group meetings are listed below:

BOOK GROUP - Donna Rochon, 647-2301

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

Jul. 21, 2009 the book is "Olive Kitteredge" by Elizabeth Strout

Aug. 18, the book is "'The Zookeeper's Wife" by Diane Ackerman

BRIDGE GROUP - Barb Evans, 650-9724

The June meeting of the Bridge Group has been cancelled. July and August to be announced.

BIKING - The biking trips are planned a week at a time, Thursdays starting at 10:00

am. If you would like to be contacted for the Thursday bike rides, call Howard Evans, 650-9724 or email him at <howard.evans@wwu.edu>

OPERA GROUP—Evelyn Ames, 734-3184

Here is an update on potential showing of MET HD operas for 2009-2020 at Pickford: Alice Clark at the Pickford highlighted these issues: cost for required projection equipment is very expensive and more than likely prohibitive at this time; the MET may work only with Regal Cinemas if available in local areas (Bellis, Sunset and Sehome are Regal). The Pickford is searching other venues (e.g., La Scala and web sites that show taped productions from years past). Stay tuned!

Metropolitan Opera HD for 2009-2010 Next opera season the Metropolitan Opera will transmit the following operas: *Tosca* (October 10); *Aida* (October 24), *Turandot* (November 7), *Les Contes d'Hoffmann* (December 19), *Der Rosenkavalier* (January 9), *Carmen* (January 16), *Simon Boccanegra* (February 6), *Hamlet* (March 27), and *Armida* (May 1). Who is singing the lead roles? Note: first person listed is conductor.

Tosca, October 10 – Levine; Mattila, M. Álvarez, Uusitalo, Plishka

Aida, October 24 – Gatti; Urmana, Zajick, Botha, Guelfi, Scandiuzzi, Kocá

Turandot, November 7 – Nelsons; Guleghina, Poplavskaya, Giordani, Ramey

Les Contes d'Hoffmann, December 19 – Levine; Kim, Netrebko, Gubanova, Garanča, Villazón, Pape

Der Rosenkavalier, January 9 – Levine; Fleming, Graham, Schäfer, Cutler, Allen, Sigmundsson

Carmen, January 16 – Nézet-Séguin; Frittoli, Gheorghiu, Alagna, Kwiecien

Simon Boccanegra, February 6 – Levine; Pieczonka, Giordani, Domingo, Morris

Hamlet, March 27 – Langrée; Dessay, Larmore, Spence, Keenlyside, Morris

Armida, May 1 – Frizza; Fleming, Brownlee, Ford, Zapata, Banks, van Rensburg

News from WWURA's Travel Committee

June in the Pacific Northwest has been so beautiful that several WWURA members have wondered why one would travel anywhere else. Hopefully everyone has been enjoying the lingering sunsets over Bellingham Bay and excursions with family and friends.

The Ashland, Oregon Shakespeare Festival group had a marvelous time on their trip in early May. **Barb Evans** has written of the highlights elsewhere in this newsletter.

Those who went with **Margaret Loudon** to **Panama and Costa Rica** held an enjoyable reunion June 11. Many wonderful and unique pictures and experiences were shared - some of which were expected and some which were delightful surprises.

Looking ahead to late Autumn 2009, the **Uniworld Danube River Holiday Markets cruise group**, flying to Budapest on November 29, has **22 reserved**. Contact **Kathy Whitmer** if you'd like to go along. Only a few cabins remain available.

The dates for **Don Rochon's Hidden Gems of the Dalmation Coast** trip have been changed from Spring to **early Fall 2010, probably in September**. Don should have more details from OAT by the July 15th WWURA picnic.

Information about the **2010 Music Gala at Sea along the Norwegian coast aboard the MS Deutschland** is announced on a separate page in this newsletter. Contact **Kathy Whitmer** or **Joyce D. Wilson** if you would like to reserve for this unique cruise.

In an earlier newsletter a request was put forth for WWURA members to tell about their **volunteering-while-traveling trips**. Thank you to **Norm Lindquist, Carolyn Wilhite, Burl Harmon and Nanette Davis** for sending information about their experiences with **Earthwatch projects and Global Volunteers, International**. I hope they will share their experiences with our WWURA membership at some future time.

* * *

“Travel magnifies and intensifies life. It allows you the opportunity to recapture a feeling of wonder, innocence, and youth...” Eric Hansen, *The Traveler*

ASHLAND TRIP

May 5th thirty-five members and friends of WWURA and ALL boarded a Bellair bus and headed to Ashland and the Oregon Shakespeare Festival for two days of plays. There was no Shakespeare playing while we were there but we had five wonderful plays to choose from: a comedy, *Dead Man's Cell Phone*; *The Music Man*; *Death and the King's Horseman*; *The Servant of Two Masters*; and a World Premiere of *Equivocation*. It was possible to see four plays and people chose different combinations--nearly everyone reporting they enjoyed the plays they had chosen. On Wednesday night we had a get together in the Bard's Inn large breakfast space with wine and snacks and a chance to get to know each other better. The weather was good except for a little rain on the way down. A good time was had by all! There were quite a few requests to go again--maybe in two years.

2010 Music Gala at Sea

Norwegian Fjords – Edvard Grieg and his Great Predecessors
July 19-31, 2010 aboard the *MS Deutschland*

* * *

*Another music cruise for WWURA members and friends
(Western Washington University Retirement Association)*

The Schleswig-Holstein Music Festival Orchestra will be aboard the ship for evening concerts along with soloists, lecturers, and an international group of passengers.

* * *

Itinerary: Cruise along the Norwegian Coast with ports of call in Oslo, Geirangerfjord, Trondheim, Lofoten Islands (Gravdal), Alesund, Bergen. Embark in Travemunde, Germany; disembark in Hamburg, Germany.

* * *

Musical Gala Cabin Rates – Per Person

<u>Category</u>	<u>Cabin</u>	<u>Deck</u>	<u>Published Price</u>	<u>Our Group Price</u>
A	Twin inside	4	\$5929	\$4904
B	Single inside	4	\$6955	\$5912
C	Twin outside	4	\$7562	\$5962
D	Single outside	4	\$9427	\$8013
E	Twin outside	4	\$8261	\$6408
N	Twin outside	8	\$11,805	\$10,034

Other cabin category prices are happily available upon request.

Prices without airfare are also available.

* * *

Our group price includes: international air (add-on from Seattle is \$99), shore excursions, European airport transfers, all musical performances, meals and accommodations on-board ship.

Additional per person costs: air taxes \$435, port charges \$125.

Optional and extra: transfers to/from Bellingham, gratuities, travel insurance which is available and highly recommended.

Reservations: a deposit of \$750 will confirm your reservation.

* * *

Contact: Kathy Whitmer, WWURA Travel Committee, 360-734-7211,
(kathrynwhitmer@comcast.net) or
Joyce D. Wilson, Professional Travel and Cruise Consultant,
360-733-4703, (joycedwilson@comcast.net)

* * *

Whitmers were aboard the 500-passenger *MS Deutschland's* first classical music cruise in 2005. Kathy accompanied groups on the 2006 and 2008 music cruises and looks forward to this 2010 cruise along the coast of Norway. A retired teacher who has lived and taught in various places around the world, including Trondheim, this will be her 8th trip for WWURA. Married to John Whitmer, retired from WWU's Chemistry Dept., they reside in Bellingham and enjoy art, music, traveling and bicycling.

2009-10 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. Checks should be made payable to WWURA. **You may also pay in person at the July 15 annual picnic.**

Membership cards for renewals received prior to the July 15 picnic will be available at the picnic. Otherwise, 2009-10 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 noted).

- | | | | |
|--|---------------|--|----------|
| <input type="checkbox"/> Benefactor | \$100.00 plus | <input type="checkbox"/> Pre-retirement Membership | \$ 15.00 |
| <input type="checkbox"/> Contributing Membership | \$ 50.00 | <input type="checkbox"/> Surviving Spouse/Partner | \$ 6.00 |
| <input type="checkbox"/> Sustaining Membership | \$ 25.00 | <input type="checkbox"/> Limited Income | \$ 6.00 |
| <input type="checkbox"/> Regular Membership | \$ 15.00 | <input type="checkbox"/> New WWU Retiree | \$ 5.00 |

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

Please complete the following information:

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 _____

.....

Summer Picnic Reservation Form, Fairhaven Park, July 15

Please make your reservations with Donna Rochon, 1505 Silver Beach Rd, 98229. You may also submit your reservations by e-mail: <djrachon1@comcast > or by telephone, 647-2301

Name(s) and Phone _____

Money (\$2.00 person if you bring a food item or \$6.00 without donation) will be collected at the picnic

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

WWURA Calendar

July

15 Summer Picnic

August

19 Planning Retreat

September

1 Board meeting

16 Travelogue

October

6 Board meeting

Nov/December

29-7 Danube River Cruise