



WWURA NEWS



May 2009

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

Message from WWURA President

Time certainly flies by at a rapid pace! It's May and time for the retirement banquet and annual WWURA meeting. Essentially, the "meeting" is a dinner with time to chat with friends and colleagues, welcome new retirees, and for me to pass the gavel to the incoming WWURA President, Margaret Loudon. The 2009-2010 has been filled with wonderful luncheon speakers, several travelogues, a brown bag lunch, and travels organized by members. We increased the number of WWURA Newsletters and hope you have found them to be of value. An email system has been established for disseminating late breaking news and for sending the Newsletter to those who wish to receive it via the Internet. Still to come is the annual picnic in July (15th) and the planning retreat at Lakewood in August (19th). Continuing activities include the book and bridge clubs. The bicycling group starts again in May.

In case someone asks what the purpose is of WWURA, respond by letting them know that it is "organized: to initiate and facilitate continuing contributions by its members to further the scholarly and professional objectives of Western Washington University; to provide a means for continuing professional, educational, and social activities of its members; to sponsor selected educational and other programs and activities that promote the interests and concerns of its members; to communicate and provide liaison on behalf of retired personnel with appropriate representatives of the University, governmental agencies, and other associations that affect the welfare of retired persons; to advance the interests of its membership and conduct other approved activities" (WWURA Constitution).

Best wishes to all our members and have a great summer!

Evelyn Ames

WWURA INTEREST GROUPS

WWURA'S interest groups are open to everyone. 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.

BOOK GROUP - Donna Rochon, 647-2301.
Meet at Donna's home, 1505 Silver Beach Road, on May 19, 2:30. The book is: "Measuring America," by Andro Linklater.

BRIDGE GROUP - Barb Evans, 650-9724
Meet at Ellen Broad's apartment, 715 No. Garden, # 403 on May 26 at 1:30.

OPERA GROUP
Opera season begins in October. (See schedule on page 4)

BIKING
The weather is getting better and it is almost time for biking. 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>.

ELECTION

Lee Taylor, Lynne Masland and Marty Haines have been elected to the WWURA Board by the membership.

Board elected Larry Richardson as president-elect, and Donna Rochon as secretary. Margaret Loudon is the in-coming president and John Reay continues to serve as treasurer.

The board thanked Betty Cross for the many years she served as secretary.

Health Notes—First Line of Defense Against Infectious Agents Is Your Skin

The skin, which is your body's largest organ, is the first line of defense against many invading pathogenic (disease causing) micro organisms. Bacterial and fungal organisms live on the skin and usually do not invade the body, unless there is a break in the skin. Changes to the skin occur as one ages. Some are minor, some are irritating, and some are serious to one's health. A couple of years ago, I wrote an article on protecting the skin from sun and skin cancer. This *Health Notes* article covers the issues of wrinkles, dry and itchy skin, age spots, and bruising. Suggestions are given for maintaining healthy skin. Two major references are used: National Institute of Arthritis and Musculoskeletal and Skin Diseases Clearinghouse (www.niams.nih.gov) and Age Pages from the National Institute on Aging (www.niapublications.org/agepages/skin.asp).

Wrinkles. “Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. The breakdown of these fibers causes the skin to lose its ability to snap back after stretching. As a result, wrinkles form. Gravity also is at work, pulling at the skin and causing it to sag, most noticeably on the face, neck, and upper arms” (Age Page, December 2005). Another contributing factor that researchers have noted is the effect of cigarette smoking. Increases in face wrinkles seem related to the amount of cigarettes and number of years of smoking. Do products on the market “revitalize aging skin”? “According to the American Academy of Dermatology, over-the-counter “wrinkle” creams and lotions may soothe dry skin, but they do little or nothing to reverse wrinkles. At this time, the only products that have been studied for safety and effectiveness and approved by the Food and Drug Administration (FDA) to treat signs of sun-damaged or aging skin are tretinoin cream and carbon dioxide (CO₂) and erbium (Er:YAG) lasers” (Age Page). People interested in treatment should discuss options with a dermatologist.

Dry Skin and Itching. Generally the areas of the body where older people experience dry skin are the lower legs, elbows, and forearms. Rough and scaly skin is accompanied often by an intense itchiness. What can lead to dry skin? Overheating living quarters in the winter and air conditioning in the summer lead to low humidity. Overuse of soaps, antiperspirants, perfumes, or hot baths often make the problem worse. Other factors include loss of sweat and oil glands, dehydration, sun exposure, smoking, and stress. Dry and Itchy skin makes one irritable! It also interferes with a good night's sleep. It may be a symptom of diabetes or kidney disease. Medications can make itchiness worse. What to do? “The most common treatment for dry skin is the use of moisturizers to reduce water loss and soothe the skin. “Moisturizers come in several forms — ointments, creams, and lotions. *Ointments* are mixtures of water in oil, usually either lanolin or petrolatum. *Creams* are preparations of oil in water, which is the main ingredient. Creams must be applied more often than ointments to be most effective. *Lotions* contain powder crystals dissolved in water, again the main ingredient. Because of their high water content, they feel cool on the skin and don't leave the skin feeling greasy. Although they are easy to apply and may be more pleasing than ointments and creams, lotions don't have the same protective qualities” (Age Page).

Age Spots (solar lentigo). Age spots are flat, brown spots and are bigger than freckles. Years of sun exposure is considered to be the cause. Generally these spots are seen more in the sun-exposed areas (i.e., face, hands, arms, back, neck, and feet) of fair-skinned people. Dermatologists report that available treatments include skin-lightening, or “fade” creams, cryotherapy (freezing), and laser therapy. To prevent further damage to the skin, a sunscreen or sun block is recommended.

Bruising of the skin, particularly on arms and legs, may occur in older people. More than likely this occurs because the skin becomes thinner as one ages. Also, a loss of fat and connective tissue affects the support area around blood vessels, making the vessels more susceptible to injury. Older persons notice that it takes longer for the skin to heal. Important to note that if bruising occurs in other areas of the body, an individual should consult a physician because the bruising may be due to medications or illness.

What to do to keep skin healthy! The best way to keep skin healthy is to avoid unnecessary sun exposure (especially between 10 a.m. and 3 p.m.). Use sun screen in the 15 to 30 range of SPF. Other suggestions include wearing protective clothing and hats when out in the sun, avoiding artificial tanning lamps and beds, and checking skin often to look for changes in birthmarks and moles. But, in a previous article on Vitamin D, it was suggested that 15 to 20 minutes in the sun without sun screen allows Vitamin D to be “manufactured” in the body.

Be Sure to Wash Your Hands!

News from WWURA's Travel Committee

On May 1st nine members of the travel committee met for the monthly travel luncheon meeting at the BGCC. We were pleased to welcome **Sarah Jacobson as our newest member**. On our **agenda** were **updates of 2009 trips, information about 2010 tours being considered, possible Summer/Autumn shorter excursions, a travel survey, and miscellaneous matters.**

Tuesday, May 5th was the departure date for **Barb Evans and her group** traveling by chartered coach to **Ashland, Oregon** for the **Shakespeare Festival**. Thirty-five participants will enjoy a selection of plays and an opportunity to explore Ashland before returning to Bellingham May 9th. We will look forward to a report from Barb in the next issue of the WWURA newsletter. Bon Voyage.

Uniworld's Danube River Holiday Markets cruise, departing Nov. 29th, is filling up. Twenty-two have reserved to join **Kathy Whitmer's group**. All category 5, 4 and 3 cabins are full with **limited availability** in categories 2 and 1. **Spring Savings discount of \$150** is extended until May 30; the excellent **2 for 1 Travel Companion airfare** ends May 15. Call Kathy (734-7211) or Joyce (733-4703). **Don Rochon** is considering a **May 2010 trip** to the **Balkans**. **Cost for the 21-day tour will be approximately \$5500**. There will be a **land portion and some days at sea**. Also, there is the possibility for a **3-day extension to Slovenia**. Don has been looking for just the right trip to this region and has a list already of interested persons. Call him (647-2301) if you'd like to join the list. As soon as he has more definite info about itinerary, etc. he will contact those who might like to go.

Kathy Whitmer has obtained some new information about the **July 19-31, 2010 Norwegian Fjords Classical Music Cruise aboard the MS Deutschland**. Deilmann Cruises has announced that the **Schleswig-Holstein Festival Orchestra** will be aboard. Itinerary includes Oslo, Geirangerfjord, Trondheim, Lofoten Islands, Alesund, Bergen, Hamburg. Kathy and Joyce are awaiting more info about prices, shore excursions, etc. Contact them if you'd like to be added to the list of interested folks.

Possibilities for Summer/Autumn short excursions were mentioned. Included were the Whatcom Museum's Thursday evening Bellingham Bay cruise, a day trip to Victoria aboard the SanJuan/Victoria ship, wine tasting in Whatcom Co., an overnight at Harrison Hot Springs, a visit to Tacoma's glass museum and others. Lots of good ideas. If anyone would like to organize an outing, please let us know.

Watch for the electronic travel planning survey which Marty Haines has created. Perhaps we will also bring some survey forms to the July 15th WWURA picnic at Fairhaven Park.

When our committee completed the items on the agenda, it was fun and interesting to chat about various other topics. Travel committee members are Don, Barb, Sarah, Marty, Carolyn Wilhite, Betty Cross, Nanette Davis, Burl Harmon, Donna Kehle, Margaret Loudon, and Kathy.

* * *

"Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things can not be acquired by vegetating in one little corner of the earth all one's lifetime." **Mark Twain**

WWURA Scholarship Awardee

Emily Taber was awarded the 2008-09 WWURA scholarship. She is a senior undergraduate student in English (Creative Writing) and Anthropology (Cultural.) She is originally from Denver, Colorado, and moved to Washington to finish her degrees. Upon graduating, Emily plans to pursue a PhD in anthropology and human rights. She is also an intern with the Lummi Island Heritage Trust, and spends her spare time as an outdoor enthusiast and an avid reader. She would like to extend her thanks to the W.W.U. Retirement Association for granting her their 2008-09 scholarship.

This announcement should have been made at the winter luncheon but there was a glitch in communications.

Happy Book and Film Corner – May 2009 Lynne Masland

We all have radio and TVs in our homes, so this month let's focus on easily available humor and fun. If you haven't discovered KMRE, our local American Museum of Radio and Electricity's radio station (102.3 FM), you're in for a treat – music from “the Golden Age of Radio,” old-time radio dramas in the evenings and on Saturdays at 6 p.m. the Chuckanut Radio Hour with Chuck and Dee Robinson. Check www.amre.us/kmre for complete schedule.

KCTS (Ch. 9) offers several British comedy shows. “Doc Martin,” about a curmudgeonly doctor in a Cornish seaside village, airs Thursdays at 8 p.m. On Saturdays beginning at 6 p.m. there are “As Time Goes By,” “To the Manor Born,” and “New Tricks.” Complete schedule is available at 222.kcts9.org.

Send book and film suggestions to lmassland@comcast.net.

Would You Prefer to Receive Your Newsletter By Email?

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 only by email (instead of receiving a hard copy) to please contact Barbara Evans. Email Barbara at: howard.evans@wwu.edu

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). If all goes according to plans, the Pickford Theater in Bellingham will be a venue!

WWURA Spring Banquet
Wednesday, May 20
President's Reception 5:30, Dinner 6:30
Viking Union Multipurpose Room

Please join us to show our appreciation for years of service to Western by faculty and staff who are retiring. This will be a festive banquet with musical entertainment by The Prawns.

New retirees are recognized. Here is your chance to welcome them and to know the newly retired. Please encourage them to become part of WWURA.

Parking is reserved for you in lot 14A.

Reservations are required by Tuesday, May 12

This year the menu will include an eight oz. steak with lobster skewer. Special diet requests can be arranged. Wine and other beverages are included. Fill in the form below and mail your check by the deadline.

Please detach and return by Tuesday, May 12

WWURA Spring Banquet Reservation
Wednesday, May 20
President's Reception 5:30, Dinner 6:30
Viking Union Multipurpose Room

(Please print)

Name(s) _____

(Your phone or email _____)

Number of reservations (\$25 each) _____

____ Special Requests (Please specify) _____

Checks payable to WWURA and send by May 12 to:
Barbara Davidson 806 17th, Bellingham, WA 98225
(For information call Barbara at 734-8782)

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

WWURA Calendar

May

20 Spring banquet

July

15 Summer Picnic

August

19 Planning Retreat

September

16 Travelogue

Nov/December

29-7 Danube River Cruise