



WWURA NEWS



January 2009

www.wvu.edu/~wwura

Serving Retired Faculty and Staff

Greetings from your WWURA President

The Year 2009 is upon us! Happy New Year to all of you. May all your wishes and resolutions come true! WWURA has many activities planned for winter and spring. Check the list of events in this issue and make notes on your calendars when interest groups meet, when the February winter luncheon is scheduled, when exciting trips are planned, and when travelogues are scheduled. Let's hope the roadways are clear of snow and you can make it to WWURA events. The WWURA Board regrets the cancellation of the Holiday Party due to weather conditions. Looking back, it was a wise decision; and it has snowed almost everyday since the party time! At least it has at my house!

For those of you who like to select DVD/VCR movies to watch, please send your suggestions to Lynne Masland so she can include them in her Happy Book/Film Corner. One suggestion given to me recently is the DVD titled "The Band's Visit." It is an Egyptian film (sub-titles) and is highly recommended. See you at the next Travelogue!

- Evelyn Ames



Bellingham Jingle Bell Run/Walk

Many thanks to those who walked as part of WWURA's team at the 21st Jingle Bell Run/Walk in Bellingham. Our team number totaled 24 and we raised \$850 for the Arthritis Foundation. Please know there is the Help Line (800-542-0295) to call for information about the many forms of arthritis that the local branch maintains at its office in South Campus of St. Joseph Hospital.

January Travelogue "New Orleans, Post Katrina" Presented by Margaret Loudon

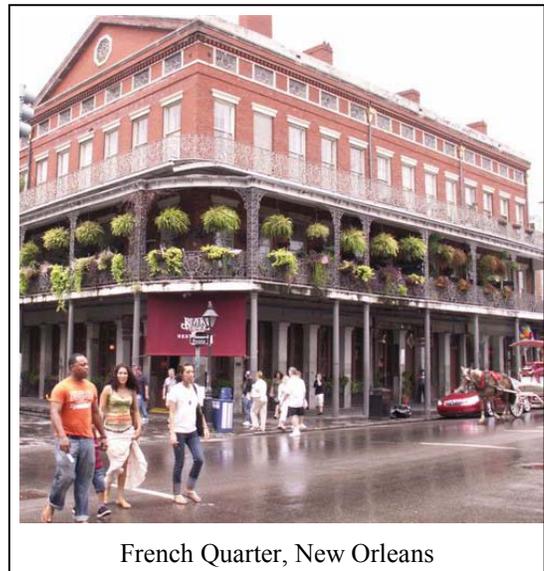
Wednesday, January 21

6:30 p.m. for socializing

7:00 p.m. for media presentation

Squalicum Yacht Club

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



French Quarter, New Orleans

Margaret Loudon spent a week in New Orleans in July 2008 while attending her professional association conference. During her stay she took several tours of New Orleans. She took a walking tour of the Garden District and French Quarter, visited two plantations and spent an afternoon on a swamp tour. She took a city tour visiting the St Louis cemetery, botanical gardens, sculpture garden, New Orleans Museum of Art and the Lakeside District which was hard hit by the flooding. You will hopefully come away with a new appreciation of New Orleans and its struggle to return from the extreme devastation of Katrina.

Health Notes by Evelyn Ames Is it influenza or a common cold? Recognizing differences, preventing infection, and easing the symptoms.

Now that the flu and cold seasons are upon us, it's time to help you decide whether you may have the flu or a cold and suggest options to help in easing the symptoms. The January article focuses on influenza. A second follow-up one in our next newsletter will be about the common cold and popular myths.

Causes of influenza (flu): The flu, a contagious upper respiratory illness, is caused by one of several flu viruses and can cause mild to severe illness. It usually comes on suddenly and may include symptoms of fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and more likely in children, possible stomach symptoms such as nausea, vomiting, and diarrhea. The most familiar aspect of the flu is the way it can "knock you off your feet." The fever typically tends to decline on the second or third day. In our country, the flu season usually ranges from November to late May. Flu viruses are classified as Types A, B, and C; Type A has a number of subtypes. The viruses are frequently named after the geographical locations from which the viruses originate (e.g., Hong Kong, Russian, Asian, etc.). Individuals most vulnerable to serious effects of the flu are older adults, infants, and immune-compromised persons.

Transmitting the flu: The main transmission way is from person to person in respiratory droplets of coughs and sneezes ("droplet spread"). For example, touching contaminated surfaces where people have coughed or sneezed on places such as phones, tables, money and then touching one's nose or mouth. Most healthy adults be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. Children may pass the virus for longer than seven days.

The Myth of the "Stomach Flu": People use the term "stomach flu" to describe illnesses with nausea, vomiting, or diarrhea. While "sick to your stomach" can sometimes be related to the flu (particularly in children) it is rarely the main symptom of influenza. Influenza is a respiratory disease and not a stomach or intestinal disease.

Preventing influenza: **single best way to prevent seasonal flu is to get [vaccinated](#)** each year. In a nutshell, consider the following suggestions: avoid close contact with sick persons; stay home when sick; cover mouth and nose when coughing or sneezing; wash hands often; and avoid touching your nose, eyes, or mouth; and of course, practice good health habits (physical exercise, stress management, nutritional diets). There is conflicting data about use of antiviral drugs (e.g., rimantadine, amantadine) to treat and prevent influenza. CDC's recommendation is that people should not take these medicines to treat flu because Influenza A virus is resistant to them. For use of drugs and their side effects, check this site: <http://www3.niaid.nih.gov/healthscience/healthtopics/Flu/understandingFlu/Treatment.htm>

Sometimes, an unpredicted new strain may appear after the vaccine has been made and distributed. If vaccinated, you still may get infected. If so, the disease usually is milder because the vaccine will still give some protection. To get the latest information about "flu activity" (that is, current incidence of flu in U.S.) go to <http://www.cdc.gov/flu/>

WWURA Election

The nomination committee would appreciate suggestions of retired faculty and staff who might be asked to serve on the WWURA Board

WWURA INTEREST GROUPS

WWURA'S interest groups are open to anyone. 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. November's interest group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Nov. 20th
The book is *The Americanization of Benjamin Franklin*
by Gordon S. Wood.

OPERA GROUP

Silvercity/Riverport Theaters in Richmond, BC
Call Evelyn Ames, 734-3184, if you need a ride.

Jan. 17th HD Opera, Damnation of Faust with Susan Graham and
Thomas Hampson (encore performance)
Feb. 7th: Lucia di Lammermoor
Feb. 14th: Thais, with Renee Fleming and Thomas Hampson (encore performance)

BRIDGE GROUP - Barb Evans, 650-9724

Tuesday, 1:30 pm, Jan. 27th, place to be announced

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.
The slopes are ready!!

Happy Book, Film and Fine Dining Corner

Lynne Masland

For humor, two films: "Keeping Mum," a 2005 British black comedy in which a pastor preoccupied with writing the perfect sermon fails to realize that his wife is having an affair and his children are up to no good. Maggie Smith as "mum" to the rescue – sort of! "WALL-E," a computer animated science fiction romantic comedy, stars the Pixar robots WALL-E and EVE.

This month Roy Clumpner recommends Nona Rosa, a newly-opened Sicilian/Italian restaurant on Magnolia Street in the old Calumet Restaurant space next to the defunct Newstand! Nona, a true Sicilian grandmother, makes home-made ravioli that will give comfort on a rainy day.

Lapsed Membership ?

A membership form which may be used for renewals is located on www.wwu.edu/wwura. There is also a form on page 7 of this newsletter.

News from WWURA's Travel Committee

Happy new year! Hopefully 2008 was a good year of some travels for you either on one of WWURA's trips or on your own traveling adventures. Our travel committee has continued to meet almost-monthly to discuss trip possibilities for our membership and friends in the community. The travel committee includes Betty Cross, Nanette Davis, Barbara Evans, Marty Haines, Burl Harmon, Donna Kehle, Margaret Loudon, Don Rochon, Carolyn Wilhite and Kathy Whitmer (chair).

In January 2008 Donna Kehle and her group cruised Southeast Asia from Singapore to Hong Kong with memorable ports of call in Thailand, Cambodia and Viet Nam. Don Rochon and his group explored Turkey and were dazzled by Istanbul, Cappadocia and the very scenic Turquoise Coast in April. In May Barb Evans and theater enthusiasts journeyed to Ashland, Oregon to attend wonderful performances at the Oregon Shakespeare Festival. Kathy Whitmer and her music lovers boarded the *MS Deutschland* in September for a classical music cruise from Hamburg, Germany to Monte Carlo.

More interesting and varied trips are planned for 2009. On March 11 Margaret Loudon departs for her Panama Canal and Costa Rica trips. Four are reserved for the Panama Canal and six are reserved for Costa Rica. There is still room on the Costa Rica tour if you want a break from our rain and cold weather. Airfares are going down, so it would be a great chance to relax in the sun. Call Margaret (733-6052) or Joyce D. Wilson (733-4703) for details.

Another trip to Ashland to see performances at the Oregon Shakespeare Festival is being planned by Barb Evans. The group will depart Bellingham on May 5 by bus, see up to four plays on May 6 and 7, then return to Bellingham on May 8. Twenty people have reserved so far. Feb. 15 is the deadline for sending in your registration. This outing is also featured in the A.L.L. Spring Semester 2009 Course Catalog as a joint WWURA/ALL trip.

A Danube River Holiday Markets Cruise will be offered in Nov/Dec. 2009. Kathy Whitmer will take her 5th holiday markets trip to Europe departing Sun., Nov. 29. Beginning in Budapest, the new Uniworld river ship, *River Beatrice*, will cruise the scenic Danube and enjoy stops in Slovakia, Austria and Germany. A full-page of details is located in this newsletter. Call Kathy (734-7211) if you would like to come along or have questions.

Other trips near and far are being considered. For those who like to plan ahead, dates and itinerary have been announced by Deilmann for the July 2010 classical music cruise aboard the *MS Deutschland*. July 18-31, 2010 are dates for this cruise entitled Norwegian Fjords. Musical theme: Edvard Grieg and his Great Predecessors. Expectations are that wonderful musicians and music will again be available aboard the ship. The January 2009 issue of International Travel News features an article by Kathy about the previous music cruises.

At a Spring travel committee meeting we would like to discuss travel opportunities which involve volunteering while abroad. If you have participated in a program through Global Volunteers, Elderhostel, etc. I would appreciate receiving an e-mail (kathrynwhitmer@comcast.net) with a brief description of the program and when you took part. The goal is to inform our membership of these opportunities. Happy travels to all in 2009.

Danube River Holiday Markets Cruise

Budapest to Passau – Nov. 29-Dec. 7, 2009

WWURA members, families and friends are invited to join Kathy on her 5th holiday markets (and 7th WWURA) trip. Unpack only once and travel on Uniworld's new 160 passenger *River Beatrice* river ship through 4 countries along the scenic Danube River. All staterooms have riverviews. The ship also has an fitness center, sauna, jacuzzi and many other amenities.

The journey begins in beautiful Budapest, Hungary and travels to Passau, Germany with optional post-trip stays in Munich or Prague. All meals and beverages (including wine, beer, espresso and soft drinks) are included as well as tours with individual Quietvox portable audio head set systems. *River Beatrice* is Uniworld's newest and most magnificent river ship.

Itinerary: Sun., Nov. 29, 2009 – Depart from Bellingham and fly to Budapest, Hungary.
Mon., Nov. 30 – Arrive in Budapest and embark the *River Beatrice*.
Tues., Dec. 1 – Budapest, Hungary – *Featured Excursion:* Budapest city tour and Holiday Market.
Wed., Dec. 2 – Bratislava, Slovakia – *Featured Excursion:* Bratislava city tour and Holiday Market.
Thurs., Dec. 3 – Vienna, Austria – *Featured Excursion:* Vienna city tour with Holiday Market, Mozart and Strauss concert.
Fri., Dec. 4 – Krems, Austria, cruising the scenic Wachau Valley – *Featured Excursion:* Benedictine Gottweig Abbey with organ recital.
Sat., Dec. 5 – Linz (Salzburg), Austria – *Featured Excursion:* Full-day trip to Salzburg with walking tour, Holiday Market, holiday performance by a local children's choir and a special lunch in the Hohensalzburg Fortress.
Sun., Dec. 6 – Passau, Germany – *Featured Excursion:* Passau walking tour and Holiday Market, gingerbread making and floral decoration demonstration.
Mon., Dec. 7 – Disembark the ship in Passau and transfer to the airport in Munich for the flight home, OR extend with an optional port charges post-tour trip to Munich? Prague?

Cost: Cruise only–from \$1899 per person, group rate (double-occupancy), plus \$98 port charges.

Discounts: Past passenger - \$100 per person; early booking \$150 per person (reserve with deposit by January 30, 2009).

Additional: Airfare (with Uniworld \$1200 plus taxes), transfers, gratuities, travel insurance (available and highly recommended)

Deposit: \$200 per person. Balance is not due until 90 days predeparture.

Contact: For more details contact Kathy Whitmer, 734-7211, kathrynwhitmer@comcast.net or Joyce D. Wilson, Professional Travel Consultant, 733-4703, joycedwilson@comcast.net

Jeff Jewell is February 20 Luncheon Speaker

Jeff Jewell, photo historian at the Whatcom Museum of History and Art, will present a slide-illustrated talk about the "Streetcars of Bellingham" at the 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 will be \$13; \$16 for non-members (spouses are included as members). Registration form will be printed in the February newsletter.

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

WWURA Calendar

January

21 Travelogue, New Orleans

February

3 Board Meeting

4 Brown Bag lunch with
Todd Donovan

20 Winter Luncheon with
Jeff Jewell

March

3 Board meeting

11-29 Panama/Costa Rica

18 Travelogue, Cascade Butterflies

May

6-7 Ashland Festival

Brown Bag Lunch

WWU political science professor Todd Donovan will discuss “Turning Points in the 2008 Election” at a Brown Bag lunch from noon to 1:30, or beyond, Wednesday, Feb. 4 at the REI Community Meeting Room, Sehome Village (in the REI store). Donovan is a well-known scholar and public speaker on electoral politics and democracy.



Photo courtesy of
Todd Donovan
Dr. Todd Donovan,
professor, political
science

WWURA membership reminder

Have you renewed your WWURA membership for this year? Contact Pauline Palmer, 734-4425, ofelia@att.net. Forms are available on the WWURA Web site at www.wwu.edu/~wwura

WWURA 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.