



WWURA NEWS



October 2009

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Serving Retired Faculty and Staff

Message from WWURA President



Fall is officially here and we are having a beautiful start to the season. I love all of the colorful leaves and mushrooms and the scent of fall in the air. I hope you have had a chance to get out and about and see how beautiful our area is in the fall.

We have lots of exciting events and opportunities for you to participate in WWURA sponsored activities. Check out the articles on our fall land cruise to CJ's Beach House restaurant in Birch Bay and watch for upcoming information on the 2010 Regional Retirement Associations gathering on May 5-7 in Bellingham. Join us for the travelogue in November and our holiday dinner in December.

We encourage you to sign up for the Jingle Bell Run/Walk in December, its great fun and good exercise. See page 6 for details on registering for this event.

Be sure to schedule the activities we have planned in November and December as noted on our calendar of events so you won't miss participating in these exciting opportunities for us to gather and socialize.

If you have any suggestions for future gatherings please let me know.

Hope to see many of you at our fall land cruise event, it should be lots of fun.

Margaret Loudon
733-6052
Mal.iaap@clearwire.net

Fall Land Cruise to CJ's Beach House Restaurant Birch Bay



(There's indoor seating, too)

On Wednesday, October 21st we will have our fall land cruise to CJ's Beach House Restaurant located at 7878 Birch Bay Drive. We will have a limited menu of Baked Halibut, Rib Eye Steak, Spinach/garlic Tortellini, Skewered Shrimp & Scallops or Lemon Pepper 1/2 chicken. Cocktails at 5:30 p.m. with dinner to follow.

CJ's is a newly restored landmark building centrally located on the Birch Bay waterfront in front of the Sea Links Golf Course and can be reached from the Birch Bay-Lynden (exit 230) off I-5. **Directions:** Take the Birch Bay Lynden Exit (230) turn left at the end of the freeway off ramp, go 4 miles and turn left at Harborview Road - go .1 miles and turn left onto Birch Bay Drive and go .5 miles. If you would like to learn more about the restaurant go to cjsbeachhouse.com/

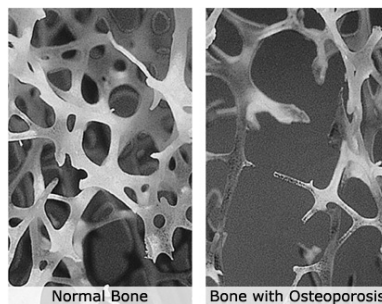
Call Margaret Loudon at 733-6052 or e-mail mal.iaap@clearwire.net by October 19th with your reservation.

Fact: Based on figures from hospitals and nursing homes, the estimated national direct expenditures for osteoporosis and related fractures total \$14 billion each year.

Misunderstanding sometimes occurs when people talk about osteoarthritis and osteoporosis. These two chronic ailments differ in causation, diagnosis, treatment, and prevention. Osteoarthritis (OA), its causes, treatments and prevention, was discussed in the January, 2008 WWURA Newsletter. Briefly, as a recap, osteoarthritis is mainly related to aging but other factors (e.g., mechanical, chemical and genetic) can lead to OA. The cartilage between bone joints wears away, causing bone to rub against bone. Symptoms can include deep aching joint pain (especially after exercise), grating of the joint, joint swelling, limited movement, and morning stiffness.

The word **osteoporosis** literally means bone (“osteo”) that is porous or filled with holes (“porosis”). By the age of 80, women have lost about 40 percent of their peak adult bone mass and men have lost about 25 percent. Arthritis Foundation http://www.arthritis.org/disease-center.php?disease_id=18&df=resources.

“Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased risk of fractures of the hip, spine, and wrist. Men as well as women are affected by osteoporosis, a disease that can be prevented and treated” (http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/default.asp). Osteoporosis is more likely to develop in people who did not reach their optimal peak bone mass during their bone-building years. Think about how physically active you were when you ten or eleven years of age!



Bone is living, growing tissue and is made mostly of collagen. This protein provides a soft framework, and with calcium phosphate, it adds strength and hardens the skeleton framework. “This combination of collagen and calcium makes bone both flexible and strong, which in turn helps bone to withstand stress. More than 99 percent of the body’s calcium is contained in the bones and teeth. The remaining 1 percent is found in the blood” (NIH).

Throughout one’s lifetime, old bone is removed (resorption) and new bone is added to the skeleton (formation). During childhood and teenage years, new bone is added faster than old bone is removed. As a result, bones become larger, heavier, and denser. Bone formation outpaces resorption until peak bone mass (maximum bone density and strength) is reached around age 30. After that time, bone resorption slowly begins to exceed bone formation. NIH

Risk factors that cannot be changed:

- **Gender.** Women have less bone tissue and lose bone faster than men (menopause is a factor).
- **Age.** Bones become thinner and weaker as one ages.
- **Body size.** Small, thin-boned women are at greater risk.
- **Ethnicity.** Caucasian and Asian women are at highest risk. African American and Hispanic women have

a lower but significant risk.

Family history. *People whose parents have a history of fractures seem to have reduced bone mass and may be at risk for fractures.*

Risk factors that can be changed:

- Calcium and vitamin D intake. Diet low in calcium and vitamin D makes one more prone to bone loss.
- *Medication use.* Long-term use of glucocorticoids, corticosteroids, and some anticonvulsants can lead to loss of bone density and fractures.
- *Lifestyle.* An inactive lifestyle or extended bed rest tends to weaken bones.
- *Cigarette smoking.* Smoking is not healthy for bones. For example, women who smoke tend to have earlier onset of menopause and tend to be less physically active.

Alcohol intake. Excessive consumption of alcohol increases the risk of bone loss and fractures.

Current research studies show that weight bearing activities, in particular, weight lifting exercises can build bone mass or lessen bone resorption. It is not too late to take part in programs like the YMCA Silver Sneakers, Western's Mature Adult program or other weight lifting and strength training programs.

The American College of Sports Medicine in its Current Comments section provides some information about strength training for bones, muscle and hormones. Primary site is:

http://www.acsm.org/AM/Template.cfm?Section=Current_Comments1&Template=/CM/ContentDisplay.cfm&ContentID=8031

Osteopenia: Risk for Osteopenia: family history of osteoporosis, being thin, being white or Asian, getting limited physical activity, smoking, regularly drinking cola drinks, and drinking excessive amounts of alcohol.

Explanation of Osteopenia:

Bones naturally become thinner as people grow older because, beginning in middle age, existing bone cells are reabsorbed by the body faster than new bone is made. As this occurs, the bones lose minerals, heaviness (mass), and structure, making them weaker and increasing their risk of breaking. All people begin losing bone mass after they reach peak BMD at about 30 years of age. The thicker your bones are at about age 30, the longer it takes to develop osteopenia or osteoporosis.

<http://www.webmd.com/osteoporosis/tc/osteopenia-overview>

The October 2009 Consumer Reports *On Health* provided cogent information about BMD testing and risks and benefits of drugs promoted in the media (e.g., Fosamax and Boniva). In summation, it reported several side effects that can occur (e.g., inflammation of esophagus and less often muscle pain and destruction of jawbone). Research reported in the article indicated that even leg fractures might occur with use of these drugs. Bottom line, weight bearing exercises and appropriate intake of calcium and vitamin D are highly recommended!



Fact or Fiction: “Calorie-free” on a food label means the food product contains no calories per serving. For answer to this statement, check elsewhere in this Newsletter.

WWURA INTEREST GROUPS

WWURA has several active interest groups and we invite all of our members to join any that sound interesting to them. Listed below are the contact numbers and meeting information for up-coming meetings. If you have an idea for another interest group, call Barbara Evans, 650-9724.

BOOK GROUP— Contact: Donna Rochon, 647-2301 or djrochon1@comcast.net

The book group meets the third Tuesday of each month at the home of Evelyn Mason, 914 17th, at 2:30 p.m. The group is registered at Village Books which allows a 15% discount on the books to be discussed at the meetings.

October 20, Electing FDR: The New Deal Campaign of 1932 by Donald Ritchie

November 17th: In the Land of Invisible Women: A Female Doctor's Journey in the Saudi Kingdom by Quanta Ahmed

December 15th: Anything by Richard Armour

January 19th: The Shadow of the Wind by Carlos Ruiz Zafon

February 16th: The Space Between Us by Thrity Umrigar

March 16th: The Book Thief by Markus Zusak

April 20th: Burr: A Novel by Gore Vidal

OPERA GROUP - Evelyn Ames, 734-3184

Starting time is 10:00 am. Closest theater is Mt. Vernon's Lincoln Theater

Oct. 24, Aida,

Nov. 7, Turandot

BRIDGE GROUP - Barb Evans, 650-9724

Oct. 27 at 1:30 pm at Carol Radke's
508 Lyla Lane

BIKING - Howard Evans, 650-9724

The biking group will start again in the spring.

DOWNHILL SKIING - Charlie Way, 734-0649

Skiing will start when Mt. Baker opens
Call Charlie if you are interested.

INFORMAL DINING

Several people have asked about starting an Informal Dining Interest Group. It would involve getting together in groups of six or eight in people's homes. The hostess would provide the main dish and the others would provide side dishes and desserts. It is a good way to spend a pleasant evening with friends over a good meal. If you would enjoy this opportunity, please email Barb Evans at: howard.evans@wwu.edu to have your name added to the list. We will contact you with more information soon.

Fact or Fiction Answer -

Fiction: According to the Federal Registry for food labeling, "Calorie-free" means fewer than 5 calories per serving. It does not mean there are no calories. Read the label, set a better table!



News from WWURA's Travel Committee

HIDDEN GEMS OF THE DALMATIAN COAST, 09/08/2010 - 09/26/2020

Join us for a nineteen day tour of the Balkan area. The initial phase of the trip will be a cruise on a private ship "Artemis" which has a capacity of 50 passengers. We will depart from Athens following a one day tour of the city. During the 10 day cruise we will explore ancient Delphi, visit the Greek, Roman, and Byzantine ruins at the UNESCO World Heritage Site in Butrint, Albania, take a walking tour of Kotor, Montenegro, spend a day in Dubrovnik, and end in Split.

The final portion of the trip is overland from Split to the Plitvice Lakes region and on to Zagreb, Croatia.

Cost of the tour is \$5295 for main deck cabin and \$5995 for upper deck cabin. This fare includes roundtrip international airfare from Seattle. For rest and relaxation following the sixteen day Balkan trip, there is a three day extension available to Bled, Slovenia for \$795. Government fees and taxes are, approximately, an additional \$487.20.

If you pay in full, prior to June, there is reduction in the price of the trip.

Contact: Don Rochon at djrochon1@comcast.net

Reservations: call OAT at 1-800-353-6262 and enter option 2. When asked for a service code, give G011246. Our group number is 11246.

WWURA TRAVEL COMMITTEE NEWS

Everything is ready and people are looking forward to Kathy Whitmer's Danube River Holiday Markets trip. The group leaves on November 29th for Budapest where they will board Uniworld's newest river boat, River Beatrice, and begin their exciting tour.

2010 MUSIC GALA AT SEA

Reservations are being accepted for the 2010 Music Gala at Sea - "Norwegian Fjords: Edvard Grieg and his Great Predecessors - aboard the 500 passenger MS Deutschland. Dates are July 19-31, 2010. Per person cruise cost starts at \$4909 including international air from the East Coast (Seattle add-on is \$99), European airport transfers, shore excursions, all musical performances aboard ship, meals and accommodations. Air taxes (\$435) and port charges (\$125) are additional. A deposit of \$750 confirms your reservation. Call Kathy Whitmer (734-7211) or Joyce D. Wilson, Professional Travel and Cruise Consultant (733-4703) for more details or reservations. More information about the itinerary and the concerts can be found in last month's newsletter.

Happy Book and Film Corner – October 2009

Lynne Masland

Olympia writer Jim Lynch, author of *The Highest Tide*, has a new book, *Border Songs*, out this summer. Brandon Vanderkool, a tall, dyslexic Board Patrol guard is responsible for policing a familiar - to Whatcom County residents - 30-mile stretch of the BC/WA border where, in addition to seeing an astonishing species of birds, he is responsible for blocking pot smugglers and others. What was once a sleepy rural hinterland is now on the front line of an escalating war on drugs and terrorism.

Bellingham writer Clyde Ford also uses Bellingham and the BC coast as settings for his entertaining mystery thrillers *Red Herring*, *Precious Cargo*, and his latest, *Whiskey Gulf*.

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WWURA Calendar

October

21 Dinner, C.J.'s Beach House

November

3 Board meeting

18 Travelogue

Nov/December

29-7 Danube River Cruise

December

1 Board meeting

2 Holiday Dinner



Arthritis Foundation's Bellingham Jingle Bell Run/Walk

Web site for Bellingham Jingle Bell Run/Walk December 12, 2009
<http://bellinghamjbr.kintera.org/faf/home/default.asp?ievent=314107>

1. Go to above site or just google Bellingham Jingle Bell.
2. Look for "Teams" on right side of page.
3. Scroll down to find WWURA and click.
4. Follow instructions for registering online.