



# WWURA NEWS



September 2009

www.wvu.edu/~wwura

Serving Retired Faculty and Staff

## Message from WWURA President

Welcome all our members and friends of WWURA to another exciting year of activities. I can't believe it is September already. Time to harvest all the fruits and vegetables we worked so hard to grow. Hope you are enjoying what's left of summer.

The board and committee chairs spent a lively morning on August 19<sup>th</sup> at our annual planning meeting with great discussions and camaraderie among the participants. We have some special activities and opportunities planned to gather together all our members for fun and fellowship. Hope you will join us and if you have any suggestions for future events please let us know.

Our first event is the travelogue on September 16<sup>th</sup>. Maury Schwartz is going to take us on an exciting adventure into the Grand Canyon. Our next event is the fall luncheon on October 9<sup>th</sup> with Ed Vajda speaking on "Siberia and Native America: The Missing Language Link". Be sure to reserve early as this should be a sold out event. We are planning a land cruise to CJ's Beach House in Birch Bay on October 21<sup>st</sup>. Check out the articles on each event.

The board is discussing ways to stretch our budget to bring you the most for your membership dollar. Last year the President's office funded our newsletter for one year. We have been unable to find other funding sources. As we all know costs for printing and mailing the newsletter as well as reserving the sites for our events has risen like everything else. In order to hold the line on dues and reduce mailing costs we are encouraging members who would be comfortable receiving the newsletter by email to contact Barb Evans at <howard.evans@wvu.edu> and be added to our "newsletter by email group".

WWURA has planned a busy and exciting year and I look forward to meeting you at our gatherings.  
**Margaret Loudon**

## September Travelogue Helicopters Over the Grand Canyon Presented by Maurice Schwartz

**Wednesday, Sept 16**  
6:30 P.M. for socializing  
7:00 p.m. for presentation  
Squalicum Yacht Club

Having never seen the Grand Canyon, Maury opted for a helicopter tour as being the easiest way and the most fun. Departing from the Las Vegas airport the flight headed over Lake Mead and Hoover Dam and landed on the floor of the canyon bordering the Hualapai Reservation. A short boat ride on the Colorado River was followed by venturing out on the Skywalk.



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

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This month WWURA has sent its first newsletter by email to those members who have requested it. If you did not receive it or would like to receive the newsletter by email in the future, contact Barbara Evans at howard.evans@wvu.edu or 650-9724.

## Health Notes by Evelyn Ames

### **Multiple Chronic Health Conditions: Interrelationship between Diabetes and Arthritis and Barriers to Physical Activity**

As researchers gather information about leading chronic diseases in the United States, their analyses show that “35 percent of men and 45 percent of women ages 60 to 69 have two or more chronic health conditions. For people in their 70s, the percentages are 47 percent for men and 61 percent for women. And the percentages increase even further after age 80” (*Arthritis Today*, from the National Health Survey by CDC). Medically, this is called co-morbidity, meaning the presence of more than one health problem in the same person. “Dealing with a chronic health problem is difficult at any age. But when a second or third problem occurs, it’s an added blow. Pain may be heightened, disability more dramatic, fatigue more debilitating and health care hassles multiplied” (*Arthritis Today*).

Data from the National Center for Health Statistics indicate that more than half of adults with diagnosed diabetes also have arthritis. In the 45-64 age group, arthritis strikes 51.8% of people with diabetes and 36.4% of the general population. Arthritis afflicts 62.4% of diabetes patients 65 and older as compared to 56.2% of those without diabetes. In other words, more than half of people with diabetes also suffer with arthritis. CDC researchers find that this interrelationship occurs in other age groups. “Diabetes patients aged 18 to 44 have a 27.6% chance of having arthritis – 2.5 times the 11% rate seen in the general population” (CDC, May 2008).

Suggested reasons for occurrence of co-morbidity:

- ✦ Mechanisms behind various diseases may be related (e.g., inflammatory diseases such as rheumatoid arthritis and coronary artery disease).
- ✦ Systemic forms of arthritis (e.g., rheumatoid arthritis and lupus) affect different organs causing problems with the heart, lungs, skin, liver, and kidneys.
- ✦ Medications given for one chronic disease may contribute to another (e.g., prednisone, a corticosteroid, in high doses is associated with premature development of osteoporosis). The current average number of medications for clients at St. Joseph Hospital’s Adult Day Care is 16.
- ✦ Advance age can put a person at risk for co-morbidity.

The study, *Arthritis as a Potential Barrier to Physical Activity among Adults with Diabetes: United States, 2005 and 2007*, found the presence of arthritis acts as an additional barrier to physical activity among those with diabetes. Data showed that “29.8 percent of adults with arthritis and diabetes were inactive, compared with 21.0 percent of people with diabetes alone, 17.3 percent of those with arthritis alone, and 10.9 percent of adults with neither condition.” “Adults with arthritis and diabetes have unique barriers to being physically active such as concerns about pain, aggravating or worsening joint damage, and not knowing how much or what types of physical activity are safe for them” (*Morbidity and Mortality Weekly Report*, May 8, 2008 MMWR). For general information about diabetes, visit CDC’s Diabetes Public Health Resource Web site at <http://www.cdc.gov/diabetes>.

Living with two or more chronic health problems often requires a person to work with different medical doctors and clinics and with variety of treatments and medications. Suggested strategies (from *Arthritis Today*) for managing chronic health conditions include:

- ✦ find one doctor to manage your care who willingly corresponds with your other doctors
- ✦ select doctors located at same medical center
- ✦ use one pharmacy
- ✦ keep a notebook of symptoms and medications

- ✦ ask questions about illnesses and educate yourself about your health conditions
- ✦ stay physically active and choose exercises that your body can do
- ✦ Be flexible in finding new ways to enjoy favorite activities; pace yourself and seek support

*No problem can stand the assault of sustained thinking* (Chinese fortune cookie quote)

At the suggestion of the WWURA planning retreat in August, the *Health Notes* column is adding myth/fact statement at the end of each article. Answer is found near the end of each *WWURA Newsletter*.

Myth or Fact: Extra vitamins give the body more pep and energy. Yes? No? Look for the answer elsewhere in this Newsletter..



## **Book & Film Corner**

### **Lynne Masland**

*My Life in France* by Julia Child, with her nephew Alex Prud'homme, recalls the life in France with Paul Child that led to Julia's extraordinary career as The French Chef. Delightfully written, the book is an enjoyable read, especially in conjunction with Meryl Streep's portrayal of Child in the film "Julia and Me."

Retired school teacher Olive Kitteridge is the thread connecting a series of stories about life in a small New England coastal town in Elizabeth Stout's novel by the same name. Olive is an acerbic yet sympathetic character in these beautifully written vignettes that comment on the lives and characters of the citizens of the town and region.

## **Docent Training Offered at the Whatcom Museum**

Margaret Burns, the new education director at the Whatcom Museum of History and Art, is starting up a docent program in connection with the new Museum expansion. Contact Burns at the Whatcom Museum, 778-8938, for details about the next training session.

## **Special notes:**

Dear Friends,

It is long time past acknowledging thanks to all of you thoughtful folks who generously contacted JoAnne and spoke to me on the phone. We have greatly been kept in good spirits with cards, calls and letters, gifts of chicken soup, greetings and waves when our car was spotted. Our hearts have been gladdened immensely by your thoughts.

Hospice has been inspirational and a lifesaver and link to reality, especially for JoAnne. We had hoped to have had a grand Solstice party but that was out of the question. I am hoping my health and strength will gradually return.

I would have preferred to write personal notes, but my stamina does not permit such an effort.

**Dick Feringer**

The WWURA scholarship recipient is Jessie Cox. He has been invited to the Fall luncheon, so you will the opportunity to meet him there.

## **.WWURA INTEREST GROUPS FOR FALL**

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 fall.

### **BIKING--Howard Evans, 650-7924 or [howard.evans@wwu.edu](mailto:howard.evans@wwu.edu)**

The group meets Thursday mornings at 10:00 am to ride for about 2 hours and generally about 15 to 20 miles, mostly in Whatcom or Skagit counties. The rides sometimes include having lunch. We would welcome more riders.

### **BOOK GROUP--Donna Rochon, 647-2301 or [djrochon1@comcast.net](mailto:djrochon1@comcast.net)**

Over the past two years the Book Group has read a wide variety of books. We meet the 2nd Tuesday of the month at Evelyn Mason's home at 914 - 17th at 2:30 pm. If you enjoy reading and a lively book discussion, please join us. Our group is registered at Village Books so you can get a 15 per cent discount.

Sept. 15, *Conscience of a Liberal* by Paul Krugman.

Oct. 20, *The Book Thief* by Markus Zusak

Nov. 17, *In the Land of Invisible Women, a Female Doctor's Journey in Saudi Arabia*  
by Quanta Ahmed

Dec. 15, Any book by Richard Armour

### **BRIDGE GROUP--Ellen Broad, 734-5145 or Barb Evans, 650-9724 or [howard.evans@wwu.edu](mailto:howard.evans@wwu.edu)**

WWURA's Bridge Group meets the 4th Tuesday of the month at 1:30 pm at member's homes. We play cards for about 2 hours. If you enjoy playing bridge, please join us--we have a lot of fun! Fall dates are listed below and places will be announced later.

Sept. 22, Oct. 27, Nov. 24 and Dec. 22.

### **OPERA GROUP, Evelyn Ames, 734-3184 or [Evelyn.Ames@wwu.edu](mailto:Evelyn.Ames@wwu.edu)**

MET HD Opera 2009-2010 season. Hurrah! The Lincoln Theater in Mt. Vernon is showing the MET HD this opera season. Check this web site for additional information.

(<http://www.lincoltheatre.org/metropolitan-opera-subscriptions>). Cost for single tickets is \$22, adults; \$18, seniors; \$15, students with ID. Subscriptions to all 9 operas \$126 for seniors, a savings of \$36. All live performances begin at 10 am (unless earlier starting at MET). If you are willing to drive and take passengers or if you need a ride to Mt. Vernon, please call or email Evelyn. For those who like the theater in Richmond, BC, the MET is being shown as usual.

Oct. 10, *Tosca*; Oct. 24, *Aida*; Nov. 7, *Turandot*; Dec. 19, *Les Contes D'Hoffmann*

### **DOWNHILL SKIING, Charlie Way, 734-0649 or [cybway@aol.com](mailto:cybway@aol.com)**

Last year our group enjoyed several days of skiing at Mt. Baker. If it sounds like fun to you, call Charlie and put your name on the list--we're just waiting for snow!

Several people have asked about starting an Informal Dining Group. Look for a sign up sheet on your table at the Luncheon.

## News from WWURA's Travel Committee

**Three trips are available in 2009-2010 for WWURA members and friends in the community. On November 29<sup>th</sup>, Kathy Whitmer and her Danube River Holiday Markets group will fly to Budapest and board Uniworld's newest river boat, the 160-passenger *River Beatrice*, which has been receiving rave reviews and was featured in a recent *USA Today* article about this Danube River cruise.**

Four countries – **Hungary, Slovakia, Austria and Germany** – await their arrival. From the large holiday markets in **Vienna** to the more intimate ones in **Bratislava, Passau, Budapest and Salzburg** – each combines timeless traditions with elegant pageantry. They will celebrate Mozart's musical genius in one of Vienna's well-known concert halls, listen to a children's choir in Salzburg, and hear an organ recital at Gottweig Abbey. Some participants are extending their trip with optional extra days in **Munich**; others will stay longer in **Prague**. It will be a glorious time to be in Europe!

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Reservations are now 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**. Details with cabin prices were featured in the June 2009 WWURA newsletter. Our group prices are excellent. Per person cruise cost starts at \$4909 including international air from the East Coast (Seattle add-on is only \$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.

Embarking in **Travemunde, Germany**, the ship will cruise the sea between Denmark and Sweden to **Norway's fascinating capital city, Oslo**. The **Geirangerfjord**, stunningly beautiful, is next. Then on to **Trondheim**, home of Scandinavia's largest Gothic church and built in 1030. Known for its breathtaking scenery, the **Lofoten Islands**, will be another port of call. **Alesund** and the **Hanseatic city of Bergen**, with **Edvard Grieg's home** nearby are also included. **Hamburg, Germany**, which will be celebrating Cruise Days will be the port of disembarkation after this unique cruise.

Concerts aboard ship featuring the **Schleswig-Holstein Music Festival Orchestra** and solo musicians will be superb. On previous musical cruises there were 25 concerts and recitals in the evenings and on days at sea. Presentations on the ports of call and the featured music will be excellent as the *MS Deutschland* cruises the North Sea and visits this beautiful **Land of the Midnight Sun**.

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**Hidden Gems of the Dalmatian Coast begins September 8, 2010**. Join **Don Rochon** for a nineteen day tour of the **Balkan area**. Cost of the tour is \$4995 base for main deck cabins and \$5695 base for upper deck cabins. This fare includes roundtrip international airfare from New York (an additional \$300 covers round trip air from Seattle). For rest and relaxation following the sixteen day Balkan trip, there is a three day **extension available at Bled, Slovenia**.

The initial phase of the trip will be a cruise on a private ship, *Artemis*, with a capacity of 50 passengers. It will depart from **Athens** following a one day tour of the city. During the 10 day cruise they will get to explore **ancient Delphi**, discover the **villa of the Empress Sisi**, take a walking tour of **Kotor** and end in **Split**. The final half of the trip is overland from **Split** to the **Plitvice Lakes** region and on to **Zagreb**.

The cost of this OAT trip, if paid in full by September 15, 2009, is reduced by a full 10%. Thirteen have reserved; cabin space is still available until Sept. 15. Call **Don (647-2301)** for more details.

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*“Wherever you go, go with all your heart.” - Confucius*

**Fall Luncheon, October 9**  
**Siberia and Native America: the missing language link**  
**Talk by Ed Vajda**

Ever since Thomas Jefferson's suggestion in 1789 that the original inhabitants of North America came from Asia, scholars have searched for evidence of a language link connecting the two continents. Based on his fieldwork in Subarctic Siberia, Edward Vajda presents evidence that one Siberian family called Yeniseian is related to the Native American family Na-Dene. The Na-Dene language family contains Tlingit, Eyak, and the Athabaskan languages, of which Navajo is the member with the largest number of native speakers. Its linguistic relatives in Siberia are represented by the Ket, with fewer than 200 speakers today, as the sole survivor of the once widespread Yeniseic family. Just like the Athabaskan languages were once the most widespread family of North America, the Yeniseic languages were once spoken over much of western Siberia, attested by early explorers and river names.

This presentation introduces the Ket people, culture, and their history in order to describe the challenges in preserving traditional Ket language and culture. It also describes aspects of Ket language structure that find parallels in Navajo and other Na-Dene languages. The talk focuses on similar challenges faced by Native Siberians and Native Americans in preserving their languages and emphasizes the uniqueness and beauty of these languages. It also includes documentary of Professor Vajda's travels through one of the most remote parts of North Asia.

For a preview of the lecture's contents, Google the combination "Vajda, Ket, Alaska" or "Vajda, Ket, Na-Dene" for some background information.

Edward Vajda is a professor in Western Washington University's Department of Modern and Classical Languages. He received his degrees from Indiana University and the University of Washington, and has also studied at Moscow State University. He has been on Western's faculty since 1987. He teaches Russian language, culture and history, as well as general linguistics and Inner Asian and Siberian peoples. He is currently serving as Director of the Center for East Asian Studies and also as the Associate Director of the Center for International Studies. He also serves as an editor of the New York-based linguistics journal "Word". Fluent in several languages, he has authored six books, dozens of articles and hundreds of reviews.

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**Reservation Form for Fall Luncheon**

Time: 11:30, Friday, October 9, 2009

Place: Northwood Hall (behind Northside Restaurant), 3240 Northwest Avenue.

Cost: \$15 for WWURA members/spouses and \$18 for guests.

Name(s): \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Please send reservation form and check, payable to WWURA, by October 1 to Barbara Davidson, 806 17th Street, Bellingham, WA 98225. (Phone 360-734-8782)

# 2009-10 WWURA New Members and Renewal Form

To join WWURA or renew your membership by mail, send your information to Pauline Palmer, WWURA Membership Chair, 2510 48<sup>th</sup> St., Bellingham, WA 98229-3430. Checks should be made payable to WWURA.

2009-10 membership cards will be mailed to you at the address you indicate below.

- |  |               |  |          |
|--|---------------|--|----------|
| <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  |
| <input type="checkbox"/> Pre-Retirement Membership   | \$ 15.00      |  |          |
| <input type="checkbox"/> <b>I include a contribution to the WWURA scholarship fund:</b> \$ _____ |               |  |          |

**Note: Regular memberships are for a household** - i.e. one member plus spouse/partner (if noted).

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/organization \_\_\_\_\_



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## **Myth or Fact**

Answer to statement that taking extra vitamins boosts energy levels. **This is a myth.** Vitamins by definition are carbon-containing substances needed in small amounts to help promote and regulate chemical reactions and processes in the body. Vitamins provide no energy to the body directly. They do help unleash energy stored in carbohydrates, proteins, and fats.



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

## **WWURA Calendar**

### **September**

16 Travelogue

### **October**

6 Board meeting

9 Fall Luncheon: Ed Vajda

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