



WWURA NEWS



April 2009

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Serving Retired Faculty and Staff

Message from WWURA President

Although it has been a cold winter and March, events are heating up for WWURA! Check the calendar, submit your vote for Board members, and come to the April 15th travelogue. At the March travelogue I mentioned there would be no available funds from WWURA's endowment in Western Washington University Foundation. Most endowments are "under water," meaning investments have not provided sufficient returns to fund scholarships. The Foundation suggests that members who have endowed scholarships or who contribute to endowments should make their donations to the "spending side" at Western Foundation for the 2009-2010 year. This ensures the scholarships are awarded. Please know that WWURA has funds, due to our account at WECU, to fund at least one, if not two, scholarships for the 2009-2010 academic year. A big THANK YOU to members who donate to our scholarship fund.

The annual Retirement Banquet is May 20th. Cost is the same as last year. The reservation form will be in the May WWURA Newsletter. We hope to see you at the dinner!

Evelyn Ames

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

April Travelogue

"Porites - WAHOO!"

**Presented by
Jerry Flora**

Wednesday, April 15

6:30 p.m. for socializing

7:00 p.m. for presentation

Squalicum Yacht Club

Jerry's will talk about a coral formation that has proven useful in learning about the past and current climate of the biosphere. In doing this he will present information about a tiny central Pacific nation that is unknown to most people.

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

Travel Information

**Ashland Shakespeare Festival Trip –
May 5-8, 2009**

Barb Evans and her group of 35 will depart Bellingham by chartered coach Tuesday, May 5. Everything is ready. Participants are looking forward to seeing plays and enjoying the ambience of Ashland, Oregon. Best wishes for a wonderful trip.

**Danube River Holiday Markets Cruise –
Nov. 29-Dec. 7, 2009**

Kathy Whitmer has 16 reserved. Three cabins are still available. Spring Savings discount of \$150 and an excellent 2 for 1 Airfare Offer have both been extended until April 30, 2009. Post-cruise trips to Munich or Prague available. Call Kathy (734-7211) or Joyce (733-4703).

***Health Notes by Evelyn Ames* Water! How Much Do You Need?**

Water is essential to good health and daily physiologically functions of the body (e.g., carries nutrients to cells; provides moist environment for the ears, nose, and throat). It makes up, on average, 60 percent of a body's weight. A person's water needs depend on factors such as health status and level of physical activity and even where one lives. Each day, body water (approximately 1 liter, a little less than 6 cups) is lost through the breath, perspiration, and bowel movements; and water is lost through urine with the average output for adults being about 1.5 liters (i.e., 6.3 cups). For the body to function properly, its water supply must be replenished by consumption of beverages and foods containing water. How much water is needed? It's a simple question with no easy answer. Plain water is the best source for replenishing daily fluid needs. Beverages such as milk, tea, coffee, low-sodium broth, soda, and fruit and vegetable juices also supply water. In addition, a healthy diet (lots of veggies and fruits) can make up about 20 percent of daily water intake. The highly promoted "8 x 8 ounce glasses of water daily" does not fit everyone equally. In fact, the 8 x 8 suggestion is not supported by scientific evidence. So, how much water should you drink each day?

How to gage how much to drink? The Institute of Medicine advises that men consume roughly 3 liters a day (about 13 cups) of total beverages and women consume 2.2 liters (about 9 cups) of total beverages a day. Even the 8 x 8 rule (approximately 1.9 liters) approach is adequate for many people. It is generally thought that it is not a good idea of using thirst alone as a guide for when to drink water. By the time one is thirsty, slight dehydration may have occurred. As a person gets older, the body is less able to sense dehydration and send signals to the brain that it is time to drink! Generally, researchers suggest that if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate. (National Institutes of Health and Mayo Clinic)

Factors influencing water needs include exercise activity that causes sweating. This means water is lost and needs replenishing. Hot and humid weather causes most people to sweat. Higher altitudes (e.g., those greater than 8,200 feet) often cause more rapid breathing, which eliminates water from the body. Illnesses in which there is fever, vomiting and diarrhea cause loss of water. The "morning after the night before" of imbibing in too much alcohol leads to the sensation of thirst. More fluid has been excreted than what was taken in but alcohol also causes fluid inside the cells to move outside the cells (cellular dehydration). It takes time for the water to move back inside the cells.

Too much water? In contrast, illnesses that involve the kidneys, liver and adrenal glands may impair excretion. This means one should limit fluid intake. People should confer with their physicians to help gage the amount of needed water.

Side note: In case you have children or grandchildren who "go for" those "energy/power" or vitamin-laced bottles of water occupying grocery shelves. Check the labels for the list of ingredients. Most list sugar, high fructose corn syrup, and other sugars as the first ingredients. Calories! Calories! Calories! A person taking a multi-vitamin pill may ingest higher than necessary or healthful levels of vitamins and minerals. As for the so-called energy or power in the drink, it is caffeine and guarana, which is a strong caffeine substance.

Travel News Panama Canal – Cruise West

We visited a Kuna village, watched their dances and purchased lots of molas. In the afternoon we had time for snorkeling. After visiting Portobelo and transiting the Panama Canal we visited the Embara, danced with the tribal members and purchased lots of carvings and basketry. Next we hiked in Coiba National Park and snorkeled off Granito de Oro island. Golfo Dulce and the Casa Orquideas Botanical Gardens was our next stop. Next we took a hike from the Saledero Lodge up through the jungle where we saw many birds and monkeys. In Corcovado National Park we hiked the dense tropical rain forest trails then had a picnic on the beach. Manuel Antonio National Park was our next stop where we saw spider and capuchin monkeys. We saw lots of monkeys, lizards, sloths, camans and birds on this trip. All landings were by zodiac, most were “wet landings” which were quite exciting. There were 48 passengers and 3 exploration leaders aboard the Pacific Explorer cruise ship.



Mary Jo, David & Carmella



Panama Canal



Kuna Dancers



Embera Tribe

Costa Rica Land Tour - Caravan



Barb, Mary Jo, Margaret, & Gloria at Nicaragua bolder



Arenal Volcano



Iguana



Nanette & Burt in Sarchi

What a beautiful country. We visited volcano's and coffee, banana and pineapple plantations. After a long bus ride on a dirt road and a long boat trip on various rivers and canals we spent 2 nights at Tortuguero, a roadless village surrounded by jungle. Cruised the Rio Frio river to Nicaragua where we saw rare orange howler monkeys. While on the hanging bridges hike the Arenal volcano erupted with a bang, very exciting! Enjoyed a relaxing soak in Arenal hot springs. Rode the rain forest aerial tram through the jungle canopy. We ended our visit by attending a performance by the National Symphonic Orchestra of Costa Rica in the National Theater, what a treat. We saw monkeys, snakes, lizards, birds, turtles, spiders, sloths, coati, camans and beautiful butterflies. Even saw a hummingbird nest. There were 44 passengers aboard our bus.

WWURA BOARD OF DIRECTORS ELECTION

Its time once again to refurbish and renew our board. The Nominations Committee (Margaret Loudon, Larry Richardson, and Evelyn Ames) has nominated one candidate for each trustee position (Staff/Administration, Faculty, and At-Large). The three positions are elected by the membership. This being a true democracy, you are welcome to write in the name of another WWURA member, *provided you have that person's agreement to serve in advance.*

Below are the names and brief biographical sketches for the members who were selected by the Nominating Committee after receiving assurance that the candidates were willing and ready to serve. Place an X on the line next to the left of the names of the candidates you support. We hope you take part in this election.

Position 1. (Staff/Administration Member)

_____ Lynne Masland

At Western since 1984, Lynne Masland was director of the Office of University Communications and an adjunct professor at Fairhaven College before retiring in 2006. She chaired Western's year-long Centennial celebration in 1999-2000. She is the author of *100 Years of Challenge and Change: Whatcom Women and the YWCA*. She has edited four books including *Western Washington University: 100 Years* and *Folklore of the Northwest Corner: the Human Touch* and has written scholarly papers and reviews as well as numerous newspaper and magazine articles.

She did undergraduate work at Mount Holyoke College and at George Washington University. She holds bachelor's and master's degrees from the University of California at Riverside and a doctorate in comparative literature from the University of British Columbia. Active in community affairs, she is a member of Bellingham Sunrise Rotary and serves on the Whatcom Community College Foundation board of directors. She is married to maritime artist Steve Mayo and has two daughters, a stepdaughter and three grandsons.

Position 2. (Faculty Member)

_____ Lee Taylor

Lee graduated from the University of Washington with an MA. He joined the Theatre Arts Department faculty at Western Washington University in 1967, retiring in 2004. A lighting specialist, he has also been active with the Bellingham Theatre Guild.

Position 3. (At-Large)

_____ Marty Haines

Marty was born and raised in Spokane, graduated from the University of Montana with a Business Finance degree in 1963. Upon graduation he spent the next nine months touring Europe, which launched his life long travel interest. Joined Safeco Insurance Company and was transferred to Tacoma where he was also able to pursue a new interest in sailing, which continues to be an important activity. In 1973 he joined The Unity Group in Bellingham as a commercial insurance broker and retired from the firm in 1997 to allow more time to travel and enjoy his other interests. Marty is married to Gail and his son, Ryan, is an architect in Seattle, married with one daughter. Marty has always felt WWU is an important aspect to life in Bellingham, is a member of the WWU President's Club and served on the board of the Academy for Life Long Learning.

Please detach ballot (next page) and mail to Pauline Palmer.

WWURA INTEREST GROUPS

WWURA'S interest groups are open to all. 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.

Interest group meetings for April are listed below

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30, Apr. 21, 2009

The Book is "The Glass Castle" by Jeanette Walls.

OPERA GROUP - Evelyn Ames, 734-3184

Performances are at the Silvercity/Riverport Theaters in Richmond, BC

April 18, Encore performance of Madama Butterfly.

Call Evelyn if you need a ride.

BRIDGE GROUP - Barb Evans, 650-9724

Tuesday, 1:30 pm, April 28th at Janet Berg's, 1029 16th St.

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>.

SKIING (downhill) - Charlie Way, 734-0649

Happy Book and Film Corner –April 2009

Lynne Masland

From Evelyn Ames comes a film suggestion: "Billy Elliot," the story of a young boy from a working class mining family in England who discovers a passion for ballet. She also suggests listening to the "Anna Russell Album" on CD since the Metropolitan Opera is currently performing Wagner's *Ring of the Nibelungs*. The heroine of opera spoof, Russell's hilarious rendition of the *Ring Cycle's* "signature tunes" reveals the "story" in about 20 minutes.

A delicious "whodunit" with food as the centerpiece is Phyllis Richman's *Who's Afraid of Virginia Ham*. Author of *Murder on the Gravy Train* and *The Butter Did It* (you get the picture!), Richman is food editor at the *Washington Post* as well as a best-selling mystery writer.

Ballot

_____ **Lynne Masland** _____ **Lee Taylor** _____ **Marty Haines**

_____ **Write in** _____ **Write in** _____ **Write in**

Please mail your ballot to Pauline Palmer, 2510 48th St, Bellingham, WA 98229-3130

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

WWURA Calendar

April

- 7 Board Meeting
- 15 Travelogue, Jerry Flora
- 18 Madama Butterfly (encore)

May

- 4 Board meeting
- 5-8 Ashland Festival
- 20 Spring banquet

July

- 15 Summer Picnic

Nov/December

- 29-7 Danube River Cruise