



WWURA NEWS



June 2010

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

President's Message

The responsibilities and honor of serving as your president for the coming year are just now becoming reality in my consciousness. Thank goodness I have the support of wonderful people who promise to get this blundering old fool through the coming year.

Our summer picnic July 14, is covered in this newsletter. The other big event in the life of WWURA is the planning retreat at Lakewood, August 18. Your officers, board, and committee chairs will gather to iron out details of our many activities and to resolve possible policy issues.

One such issue arises from the question, What "non-WWURA" organizations should be covered with announcements, etc. in the newsletter. An earlier board, concerned that such publicity could suggest endorsement, moved to a restrictive stance. We are now faced with a new question: How broad should be the scope of non-WWURA organizations should we help publicize? We will discuss this at the retreat. If you have an opinion, let one or more of us know and feel free to attend the retreat for whatever reason you might have --- the meeting is open and we welcome any and all participants.

The arrival of summer reminds me of why I love being retired in Bellingham. The parade of cultural events is awesome. My favorites include the Bellingham Festival of Music featuring musicians from America's finest symphony orchestras; The Seattle Youth Symphony at WWU workshop featuring concerts from world class faculty and top flight young players; The Lummi Stomish where we can enjoy the music, dances, boating competitions, and excitement of young Native American and First Nations people from throughout the region; and, for Marilyn and me, camping at forest camps and state parks in Whatcom and Skagit Counties and at the Port Townsend Jazz Festival. Yes, life is good. Let's get out and enjoy the bounty. Check the Chamber of Commerce calendar of events and use Google.

Larry Ricahrdson

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Phone (360) 671-4277; Cell: 360-303-3082

Summer Picnic Slated for Whatcom Falls Park July 14, 11:00

Mark your calendar!

The annual summer picnic is scheduled at the big covered shelter at **Whatcom Falls Park**, Take entrance closest to Bayview Cemetery on Lakeway.

This is a potluck, so bring your favorite dish to share. WWURA will provide chicken and beverages, and we hope Charlie Way will provide his homemade ice cream. Also, **please bring your own table service**. The cost is \$ 2..00 or \$ 6.00 if you prefer not to bring something for the potluck.

In order to determine how much chicken is to be purchased, we request that you **make a reservation by telephoning Donna Rochon at 647-2301 or by mailing a reservation form** found on page 5 of this newsletter.

Remember, picnic is not at Fairhaven Park.

Mayan Adventure

Make your reservations now to join our group in April 2011 on a two-week adventure exploring Mayan ruins and culture. Even though a firm date cannot be established until later this summer, Overseas Adventure Travel has provided a way for us to proceed in making what are called "pending reservations".

To make a pending reservation you only have to call Overseas Adventure Travel at 1-800-353-6262 and select Option 2. Advise the agent you wish to book a "pending reservation" on "The Route of the Maya" in April 2011 with the Rochon group (group #11246) and pay a reservation fee of \$350, which is 100% refundable if the proposed date is unacceptable.

This tour will accommodate 16 persons and 5 have already signed up, so please reserve your spot as soon as possible to guarantee a slot. Since we will be walking about three miles each day, this trip is not appropriate for travelers using mobility aids.

(cont'd on page 6)

Health Notes by Evelyn Ames Healthy Travel

According to the U.S. Travel Association, “mature travelers (those born before 1946) represent 21 percent of all leisure travelers and those who travel in this group take an average of 4.1 leisure trips each year” (<http://www.ustravel.org/news/press-kit/travel-facts-and-statistics>). For sure, the travel “bug” resides in many WWURA members. Whether the trip is a short one day excursion or an extended number of days, there are several things one can do to prevent sickness and injury and to stay healthy during a trip.

Air Travel and shoes! Are you a person who wears sandals or flip flops so you can easily get in and out of them at airport security? Question: what happens if someone steps on your toes or drops a suitcase on your feet? Can you move quickly and safely in flip flops? What kind of dirt/debris might your bare feet be exposed to around an airport or on a plane? Rethink how much safer it would be if you wore shoes that protected your feet! This means closed toed shoes!

Air Travel and exercise. “Exercising on a plane can help you feel better, more importantly it can prevent a major health threat caused by immobility, deep vein thrombosis” (*Suchecki*). *Check his web site for exercises.* http://www.ehow.com/how_4516930_exercise-airplane.html Consider carrying a flexi-band to do resistance exercises. Be sure to move legs, stretch, and move up and down the aisle (when there is little or no turbulence) nearly every hour. This is an important activity because it can lessen the potential for deep vein thrombosis (blood clots in veins) from occurring. Wearing compression stockings may be helpful for some individuals.

Air Travel and baggage. Alleviate unnecessary backaches! How heavy do you want to make your suitcase, backpack and/or purse? A good rule of thumb is to see if you can lift your own luggage above your head to put into an overhead bin. Count on yourself rather than others. A backpack, if worn biomechanically appropriately, allows a person to have both hands free to manage other travel needs (e.g., passport/ID, tickets, maps, etc.). As for the purse! Carrying a purse slung over one shoulder causes unnecessary strain on both upper and lower back. The tendency is for one to either “hug” the purse to the neck or to drop the shoulder because the purse pulls the shoulder down. This accentuates whatever “S” or “C” curvature of the spine that already exists. Granted, this is a difficult habit to change because the behavior has occurred over many years. Helpful hint in lessening the weight of a purse is to empty purse contents and eliminate unnecessary items! Choose a purse that can be worn as a fanny pack or that can be worn diagonally across shoulders.

Air Travel and water. Carry an empty water bottle with you as you go through security. Fill the container before entering plane. If flight is long, consider carrying two bottles rather than one large bottle, which is more cumbersome to handle. Dehydration is a fact of life when flying on planes. The more one stays hydrated the better it is.



The Centers for Disease Control and Prevention (<http://wwwnc.cdc.gov/travel/default.aspx>) recommends the following survival guide to safe and healthy travel:

BE PROACTIVE! Take steps to anticipate any issues that could arise during your trip.

[Learn about your destination.](#)

[See a doctor before you travel.](#)

[Think about your health status.](#) Are you too sick to travel? (Recent illnesses, injuries, or surgeries).

Do you have any special health needs? (e.g., people with disabilities, people with weakened immune systems)

BE PREPARED! No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness or injury, but you can plan ahead to be able to deal with them.

- [Pack smart](#). For example, make up a first aid kit and include such items as tweezers, scissors, band aids, disinfectant wipes, antihistamines, antacid, aspirin/ibuprofen, cough drops, antiseptic ointment, eye-drop lotion, and lip balm.
- [Plan ahead for illnesses or injuries during your trip](#).
- [Know what to do if you become sick or injured on your trip..Know and share important information about your trip](#).

BE PROTECTED! It's important to practice healthy behaviors during the trip and after returning home.

- [Pay attention to your health during your trip](#).
 - Use sunscreen and insect repellent as directed.
 - Be careful about food and water.
 - Try not to take risks with your health and safety.
 - Limit alcohol intake, and do not drink alcohol and drive.
 - Wear a seatbelt.
 - Wear protective gear when doing adventure activities.
 - Respect your host country and its people by following local laws and customs.
- [Pay attention to your health when you come home](#).

The Foundation for Health in Aging (established by the American Geriatrics Society) has an interesting list of suggestions for safe travel. Check http://www.healthinaging.org/public_education/travel_tips.pdf. The following ideas were suggested:

- Find out if your immunizations need updating (cdc.gov/travel) in relation to where you are traveling
- Discuss with your doctor your travel plans if you are taking various medications. Consider time zone changes and the timing in taking doses. Request information if any new foods might interact with medications. Obtain generic names of medications and include the dosage amounts.
- Keep medications (both prescription and OTC) in original containers.
- To protect self from potential hand to hand infection contamination, carry alcohol-based hand sanitizer.

The U.S. State Department offers an extensive list of do's and don't. Here are a few helpful suggestions to think about before leaving home!

- If you depend on your eye glasses, pack a spare. If you wear partials or dentures take contact cement in case you break a tooth.
- If you are on medication, get an extra prescription from your physician. If you take shots like insulin, pack extra needles. Bring a letter from your doctor describing the reason for the pills and needles, especially if the pills are a narcotic. Some countries might consider your medication a drug. Plan ahead as how to keep insulin at appropriate temperature.
- Leave irreplaceable jewelry at home. Besides attracting attention, why take a chance on losing it or having it stolen.
- Get medical insurance and make sure your belongings are covered with your home insurance.
- Check with a doctor who treats travel-related disease to see if you need shots or pills against malaria, tetanus, typhoid or hepatitis. (http://travel.state.gov/travel/tips/tips_1232.html#planning)

Happy Trails to Everyone

WWURA INTEREST GROUPS

WWURA'S interest groups are open to all. If you are interested in a group please call the contact person.

BOOK GROUP - Donna Rochon, 647-2301

Meet at Evelyn Mason's, 914 17th St. 2:30 p.m.

Jun. 15, The Help by Kathryn Stockett

July 20, Lunch at the Piccadilly by Clyde Edgerton

Aug. 24, The Hotel on the Corner of Bitter and Sweet by Jamie Ford (**Note 4th Tuesday**)

Sept 21st: The Last Lion: Winston Spencer Churchill: Visions of Glory 1874-1932
by William Manchester

On August 24th we will be taking the train to Seattle to tour the Panama Hotel and to have lunch at a Japanese restaurant. The train leaves at 8:35 a.m., arriving in Seattle at 11:05 a.m. We then depart Seattle at 6:50 p.m., arriving back in Bellingham at 8:58 p.m. Spouses, partners, and/or friends are welcome. Please contact Donna Rochon (647-2301, djrochon1@comcast.net) if you are interested in joining us for this trip. The group is limited to 25 people for the tour.

OPERA GROUP - Evelyn Ames, 734-3184

The Metropolitan Opera's Live in HD broadcasts are being repeated this summer on Wednesday nights at 6:30 p.m. at the Lincoln Theatre in Mount Vernon. Watch for the Sept. newsletter for more detailed information about the new season starting in the fall.

BRIDGE GROUP - Barb Evans, 650-9724

June 29, To be announced

BIKING - Thursday mornings at 10.

Call Howard Evans, 650-9724 if you would like to have your name added to the list.

INFORMAL DINING - Dinners will begin in the Fall. One couple is designated as host and provides the main entrée. The other couples bring additional items as arranged by the host. A schedule is established for each month for groups of six or eight participants.. Call Barb Evans at 650-9724 to become part of this group.

SUMMER FUN!! TRIP TO VICTORIA ON THE VICTORIA STAR



Join your WWURA friends on **August 1** for a **day** or **overnight** trip to picturesque Victoria, British Columbia on the Victoria Star (www.whales.com). The boat leaves Bellingham at 8:30 a.m. and docks at Victoria's Inner Harbour at 11:30 a.m. The return trip departs at 5:00 p.m. Fares are \$99.00 for adults. All fares include a Northwest salmon and chicken buffet dinner on the cruise.

For those staying overnight, hotels will be on the spendy side this high season, especially if you're seeking a room with a view. Here are some suggestions:

The Executive House (www.executivehouse.com) runs slightly under the \$200.00 CDN mark, while accommodations at the upscale Fairmont (www.fairmont.com) could fetch well over that. Same goes for the aptly named Hotel Grand Pacific (www.hotelgrandpacific.com) and the eco-friendly and rather pricey Laurel Point Inn (www.laurelpoint.com).

Looking for something more budget friendly? Dalton Hotel & Suites (www.daltonhotel.ca), is an affordable option, with rooms starting at \$89.00 (continental breakfast included). You could also opt for lodgings a couple of blocks from the water, such as the downtown Quality Inn (starting at under \$149.95) or the Comfort Inn (\$139.00 and up). More modest still is the smaller James Bay Inn (www.jamesbayinn.bc.ca), featuring homey cottages. Days Inn has great rates, but the rooms disappear quickly.

Since offers change daily and packages abound, your best bet would be to check rates and room availability online. Don't tarry, as Victoria is an especially popular destination this time of year. For more information, visit www.tourismvictoria.com or www.victoriabcca.com.

The **deadline** for reserving your spot on the VICTORIA STAR is **July 1, 2010**. Please call Nanette at (360) 671-1686 or e-mail her at dmanettej@gmail.com

And, of course, don't forget your **CURRENT PASSPORT!**

Book and Film Corner – June 2010

Lynne Masland

Many have a beloved childhood summer home in their memories. Those who don't will acquire one when they read *The Big House*, by George Howe Colt, the story of a century-old summer home near Pocasset on Cape Cod, Massachusetts. The run-down old house has overseen a hundred years of one family's marriages, children, divorces, birthdays and more. This book is a good start on summer reading – one that will stay with you for years to come.

2010-11 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 48th St., Bellingham, WA 98229. **Checks** should be made **payable to WWURA**. You may also pay in person at the July 14 picnic.

Membership cards for renewals received prior to the July 14 picnic will be available at the picnic.

Otherwise, 2010-11 membership cards will be mailed to you at the address you indicate below.

| | | | |
|-------------------------|---------------|---------------------------|----------|
| Benefactor | \$100.00 plus | Pre-retirement Membership | \$ 15.00 |
| Contributing Membership | \$ 50.00 | Surviving Spouse/Partner | \$ 6.00 |
| Sustaining Membership | \$ 25.00 | Limited Income | \$ 6.00 |
| Regular Membership | \$ 15.00 | New WWU Retiree | \$ 5.00 |

Consider including a contribution to the WWURA scholarship fund: \$ _____

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

Please complete the following information:

Name _____

Spouse/Partner (if applicable) _____

Street address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Year retired _____ Years of service _____ From what department/office _____

If not a WWU retiree, what institution/organization _____

Reservation for July 14 Picnic

Name (s) _____ Number _____

Phone _____

Mayan Adventure, (cont'd from page 1)

Round trip airfare from Seattle is included as are twenty-seven meals (13 breakfasts, 8 lunches, and 6 dinners). The total for this 2011 trip will not increase more than \$300 over the 2011 cost of \$2495.

We will be traveling to seven locations in the two-week period with three long drives of five hours over some rugged bumpy roads.

The trip starts in San Salvador, El Salvador, with a get-together group dinner. The following day, after a panoramic tour of San Salvador, we will be off to explore "The Jewel of Ceren" or more aptly named the "Pompeii of the Americas"! Our next stop is Copan with the hieroglyphic stairway containing sixty-three steps and over two thousand glyphs carved in stone. The following day we travel to Guatemala City for a city tour and the next day visit a macadamia nut plantation. Then we plan to cruise Lake Atitlan, with its three towering volcanoes encircling it. To top off the day, you can visit the Atitlan Nature Reserve with all its hanging bridges.

As with most Overseas Adventure Travel trips, we will visit with local families and a local school if it is in session.

After a day in Antigua, we fly to Flores and explore the ruins of Tikal, the 1700 year-old Maya complex and UNESCO World Heritage Site. Here we enjoy the jungle canopy with all its sights and sounds of toucans, howler monkeys, grey foxes, and wild turkeys. In the late afternoon, it will be possible to tour Lake Peten Itza.

Before our return we travel to Belize and explore Yaxha, the 3rd largest Mayan site in Guatemala, and the ruins of Lamanai, with the second largest Mayan structure, the High Temple.

For additional information contact Don Rochon by phone (360) 647-2301 or by e-mail djrochon1@comcast.net. Remember that space is limited so reserve your space early.

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

WWURA Calendar

July 2010

14 Picnic, Whatcom
Falls

August

1 Victoria trip
2 Summer Retreat at
Lakewood

September

7 Board meeting
8-26 Dalmatian Coast
Travelogue