



January 2010

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

Message from WWURA President

Happy New Year everyone! Hope you all had a lovely holiday break and are ready for a new beginning. I think we have lucked out with the weather so far this winter, hope it continues to stay warm and we don't have any flooding.

We have a couple of events coming up to help you survive the winter blahs. Check out the article on our winter luncheon, February 5th at Northwood and be sure to save February 17th for the Cabin Fever party at Bellwether in the Compass room. You can read all about both events inside the newsletter. Don't forget the travelogue coming up January 20th, Marty and Gail Haines have a great presentation ready to go.

Speaking of the newsletter, I want to thank Margaret Woll for filling in for Bob Christman as newsletter editor for these last two issues. We have a great board this year. All are willing to step up to the plate whenever we need an extra hand and I really appreciate their help.

I also want to thank everyone for helping out at our holiday party and travelogues in setting up, tearing down and general cleanup at these events. Our committees appreciate all your help.

Best wishes to you all. See you at the winter luncheon and travelogue!

Margaret Loudon

WWURA Travelogue "Cruising the Canals of Europe" Presented by Marty and Gail Haines

Wednesday, January 20, 2010

Squalicum Yacht Club

6:30 p.m. Socializing

7:00 p.m. Presentation

For the past 17 years, Gail and Marty have cruised the canals and rivers of Holland, France, Belgium, and Germany on a 101 year-old partnership-owned Dutch barge. The presentation will cover the development of the canal system and our experiences over the years.



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



Winter Luncheon February 5th

Northwood Hall 11:30 A.M

3240 Northwest Avenue

(behind Northside Restaurant)

Dr. Ralph Vernacchia will speak on "Vancouver 2010 and Beyond: the Future of the Olympic Games."

Dr. Vernacchia is a professor of physical education and director of the Center for Performance Excellence. He directs undergraduate and graduate courses in sport psychology and has traveled internationally with USA track and field teams to several world championships. His book, "Inner Strength: The Mental Dynamics of Athletic Performance," was published by Warde Publishers in July 2003.

The Reservation Form for this event appears on page 5 . Please mail it in by January 29th.

HEALTH NOTES by Evelyn Ames

“Flu Fighters” Which nutrients help boost immunity?

It’s a new year and a new decade! Are you off to a running start eating delicious foods that encompass colors of the rainbow? A recent article (November 25, 2009) in the health section of the Wall Street Journal highlighted vitamins and minerals that promote the body’s immunity system. Vitamins and minerals highlighted were:

- § Vitamin D (found in fortified milk and orange juice, salmon, and tuna).
- § Vitamin A (found in liver, pumpkin, spinach, carrots and other yellow fruits and veggies).
- § Vitamin C (found in red peppers, broccoli, oranges and other citrus foods).
- § Vitamin B-6 (found in potatoes, bananas, and garbanzo beans).
- § Selenium (found in brazil nuts, canned tuna in oil, and turkey).
- § Zinc (found in oysters, Alaska king crab, and pork shoulder).

Scientists in the field of nutritional immunology “are unveiling new evidence of the complex role that nutrition plays in fighting off infectious diseases like influenza. A diet rich in nutrients such as vitamin A, found in colorful fruits and vegetables, and zinc, found in seafood, nuts and whole grains, can provide the critical fuel the body needs to fight off disease, heal injuries, and survive illness when it does strike” (WSJ). Oregon State University researcher, Gombart, says that "Vitamin D won't prevent you from getting the flu, but it might allow you to mount an optimal immune response, suffer less of the effects, and resolve the infection more quickly" (WSJ).

Boosting Immunity Vitamins and minerals benefit different aspects of the immune system				
	Humoral Immunity Antibodies and proteins that bind to and neutralize infections	Barrier and Epithelial Integrity The body's physical barriers to infection, including skin, lining of the intestine and airways, and flushing effects of tears and mucus	Cell-mediated Immunity Immune cells that directly destroy bacteria, viruses and tumor cells	T-cell cytokine production Signal proteins that help immune cells communicate and be active
Vitamin A	■	■	■	■
Vitamin E	■		■	
Vitamin C		■	■	
Vitamin B-6	■	■	■	
Zinc	■	■	■	■
Selenium			■	■
Polyunsaturated fats			■	
Thiamin		■		
Iron	■		■	

Source: Anuraj Shankar, Harvard School of Public Health

Scientists still do not know the complex ways nutrients interact with the immune system but research studies do show that certain vitamins and minerals improve a person’s ability to fight off infections such as influenza. “To create immune cells to fight off a specific infection, the body has to rapidly draw nutrients from the bloodstream, says Anuraj Shankar, a researcher at the Harvard School of Public Health.” Shanker states that "If you don't have an adequate intake of vitamins and minerals, you won't be able to produce the number of immune cells you need, and the immune cells you do produce may be compromised" (WSJ).

“Aside from not smoking, the most important determinants of good health are what we eat and how active we are” (Harvard School of Public Health). Its Nutrition Source at www.hsph.harvard.edu/nutritionsource/ is designed to help people choose healthy diets. A web site at the Centers for Disease Control and Prevention (<http://www.fruitsandveggiesmatter.gov/>) is designed to help people calculate how many servings of fruits and vegetables are ideal based on calorie needs for age, gender, and activity level.

An interesting point in the WSJ was a comment about emerging and re-emerging infectious diseases worldwide. There is international concern about the vast numbers of malnourished people throughout the world. People who are

malnourished are less able to fight infections, and this enables pathogens, particularly viruses, to become more virulent. Such diseases know no borders! Also, obesity, which is becoming worldwide, “may make people more susceptible to infections like the flu. A diet heavy on processed and fast foods may be low in the vitamins and minerals important for health” (WSJ).

An interesting point in the WSJ article related to fish oil supplements and contradictory advice. On one hand, fish oil supplements (or diets of omega-3 fatty acids such as salmon, flaxseed, and walnuts) are recommended as heart healthy and as being beneficial in suppressing chronic inflammation. “But those same anti-inflammatory properties of fish oil can also suppress the immune responses necessary to combat an acute viral infection. Studies at the University of North Carolina have shown that mice fed with fish oil have an impaired resistance to infections, including the flu” (WSJ). It’s a conundrum!

Question? Currently, which federal agency regulates the advertising of prescription drugs on television? Currently, which federal agency regulates the advertising of over-the-counter drugs on television? Check this page 7 for the answers.



2009 WWURA Jingle Bell Run/Walk Team! A great turn out for our team and for Bellingham’s event! The weather was good and everyone enjoyed the goodies at the end of the event. We had 28 participants and raised \$1,025 for research and education for the Arthritis Foundation. A big thank you to the following: Sandy Point group with Chappelle Arnett, Millie Bosen, Tina McCammack, Taryn Newell, Pat Foley, Kristi and Larry Blanchard, and Roy Clumpner; Ingeborg Paulus and Roy Potter; Margaret Loudon; Anne Brown; Barbara and Mel Davidson; Rosemary Flora; Don King; Lynne Masland; Julie Fleetwood; Chris Suzcek; Lina Zeine; Mary Jo Lewis; Anara Thomas; Regina Priebe; John Whitmer; Joan and John Arnold; and Gail and Marty Haines. Also, donations were made by Mary Robinson, Fred Grote, and Wendell Poole. Many thanks to Barb Davidson for preparing our banner and bringing wind flags to let participants know who we are.

- Evelyn Ames

Danube River Holiday Markets Trip Highlights

Favorite memories and highlights from the December 2009 Danube River trip are numerous. Budapest's beautifully-lit bridges and monuments were impressive in the evening as our River Beatrice began its journey. In Bratislava the view of the Danube from the castle was memorable as were the musicians who came aboard to present a concert of Slovak and classical music.

Vienna was decked out in all its holiday glory from St. Stephan's Cathedral to the Rathaus. Our concert of Strauss and Mozart favorites, ballet and opera excerpts at the famed Kursalon was thoroughly enjoyed. Near Krems we visited the Gottweig Benedictine Abbey and heard an organ recital in its stunning Baroque church. After exploring Krems, we cruised through the scenic Wachau Valley looking at quaint villages, castle ruins and vineyards.

We docked at Linz on St. Nicholas Day and traveled to Salzburg. Highlights in this town of Mozart included lunch and a children's choir concert at the Hohensalzburg Fortress. We encountered St. Nicholas and Krumpas at the outdoor holiday market in Linz. Shoes were left in the hallway of the ship that evening for St. Nick's visit. He left chocolates and fruit in our shoes; no chunks of coal this year!

In Passau we watched a lebkuchen-baking demonstration, strolled the streets of this lovely town where three rivers meet, and heard Europe's largest pipe organ played at the cathedral. Upon disembarkation in Passau, some of our group flew directly back to Seattle while others extended in Prague or Munich to enjoy more sights and Christmas markets.

Each of the places visited had excellent local guides for the included sightseeing tours. In free time we enjoyed the atmosphere of the local outdoor holiday markets, sampling local delicacies and some mulled wine. Our group of nineteen accumulated 66 gluhwein mugs from the various places. "Research" on the best-tasting Mozartkugel, originally begun on the 2004 WWURA Danube holiday markets cruise, was continued on this 2009 cruise. Furst brand, the original Mozartkugel from Salzburg, was declared the most delicious of the five varieties sampled.

This holiday markets cruise aboard Uniworld's River Beatrice was excellent in every way. We look forward to a post-trip reunion on Friday, February 19 to share pictures and memories.

Reported by Kathy Whitmer



Our Group with the Captain of the River Beatrice

Soloists Announced for 2010 Music Gala at Sea

Musician soloists who will be aboard the *MS Deutschland* to perform with the Schleswig-Holstein Music Festival Orchestra have recently been announced by the Peter Deilmann Cruise Com Einar Steen-Nockleberg, Norwegian pianist and connoisseur of Grieg's music; Olli Mustonen, Finnish pianist, composer and winner of international awards; Michala Petri, Danish recorder soloist; Lars Hannibal, lute and guitar player; Corinna Harfouch, German actress; Hideyo Harada, Japanese pianist. Harfouch and Harada will organize readings of H.C. Andersen's well-known tales. In addition to the chamber orchestra, the festival choir and esteemed director, Prof. Rolf Beck will be aboard.

"Norwegian Fjords: Edvard Grieg and his Great Predecessors" has a special subtitle, "Solveig's Song," which is the title of part of Grieg's Peer Gynt Suite No. 2. Grieg's works are the main theme for the cruise along the Norwegian coast. A second musical accent has been added – Poland and its famous composer Frederic Chopin. Poland is the focal point for the 2010 S-H music festival.

WWURA is partnering with ALL (Academy for Lifelong Learning) and offering the music gala to its members in ALL's Spring 2010 Program Catalog. We have some cabins reserved for our group at very favorable prices. Cabin rates are from \$4909 per person which includes international air fare from the East Coast (only \$99 add-on from Seattle), shore excursions, European airport transfers and musical performances aboard the ship. Additional per person costs are air taxes \$435; port charges \$125. Optional and extra are transfers to/from Bellingham, gratuities, travel insurance. A deposit of \$750 is required for reservation. Some have already reserved for best cabin choice as on past cruises two-thirds of the passengers have been repeat cruisers.

Contact Kathy Whitmer (734-7211) or Joyce D. Wilson (733-4703) for more details or look on the WWURA website. Kathy will depart from Bellingham/Seattle with our group on July 18, board the ship on July 19, then enjoy the 12 night cruise visiting Norwegian ports. We will disembark in Hamburg, Germany on July 31, 2010. It will be another wonderful musical cruise!



Children watching puppet show in Vienna Christmas Market

WWURA INTEREST GROUPS

WWURA'S interest groups are open to anyone who is interested. If there is a group you would like to become a part of call the contact person. If you have an idea for another interest group, call Barb Evans, 650-9724. January's interest group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301

The Book Club meets every **third** Tuesday at 2:30 p.m. at the home of Evelyn Mason, 914 17th St.
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, 734-318

The Metropolitan Opera's Live in HD broadcast is shown at the Lincoln Theatre in Mount Vernon at 10:00 a.m.
Call Evelyn if you need a ride or can drive.
Sat. Jan. 16, Carmen by Bizet
Feb. 6, Simon Boccanegra by Verdi

BRIDGE GROUP - Barb Evans, 650-9724

The bridge group meeting is Jan. 26 at 1:30.
The place to be announced.

BIKING - will resume in the spring.

DOWNHILL SKIING - Charlie Way, 734-0649

Call Charlie if you are interested.

INFORMAL DINING - We will be contacting people who have signed up with more details later in January. Call Barb Evans, 650-9724 if you would like to be added to the list.

Happy Book and Film Corner – January 2010 Lynne Masland

Two first novels make rich reading as they recall times of trouble and discrimination, love and family for two of America's minority groups: Asians in Seattle and black workers in Mississippi.

Hotel on the Corner of Bitter and Sweet, a first novel by Jamie Ford, is set in Seattle's International District in the early 1940s and 1986. Henry Lee is a 12-year-old Chinese boy who falls in love with Keiko Okabe, a 12-year-old Japanese girl, while they are scholarship students at a prestigious private school in World War II Seattle. The discovery of trunks in the basement of the Panama Hotel in 1986 re-kindles poignant memories of his first love in the middle-aged, widowed Henry.

The Help, by Kathryn Stockett, is, in the words of NY Times reviewer Janet Maslin, a "button-pushing, soon to be wildly popular novel" about black domestic workers in white Southern households in the early 1960s as the civil rights movement gathers steam. Twenty-two-year-old Eugenia "Skeeter" Phelan, a white daughter of Jackson, Mississippi leading citizens, interviews several of the town's domestics, starting with Aibileen and Minny, about their experiences, good and bad, for a book which they all hope will expose this side of Southern life to New York book audiences.

Items of Interest

Scholarship Winner

Katherine Moore has been chosen as our scholarship winner for Winter and Spring Quarters. She is working toward a Bachelor of Arts, Human Rights: Theory and Function and expects to graduate in August of 2010. In addition to working toward her degree, she is a Research Assistant for Professor Babafemi Akinrinade, Assistant Professor Fairhaven College.

Katherine has been invited to attend our February luncheon, so you will have an opportunity to meet her then.

Cabin Fever Party

Brighten up these bleak winter days by joining us for dinner on Wednesday, February 17th in the Compass Room at Hotel Bellwether. We'll meet at 5:30 p.m. for cocktails (no host). Dinner will be served at 6:30 p.m. Cost of the dinner will be \$35 per person (includes tax and tip). The February newsletter will detail a limited menu and a reservation form.

Plan to join us—it will be fun!

Answer to question at end of "Health Notes": The Food and Drug Administration regulates prescription drug advertising and the Federal Trade Commission regulates over-the-counter drug advertising. Congressman Waxman has been hoping to pass legislation that would have the FDA regulate both. FDA regulates the labeling of OTC's.

WWU Campus Connections to the Vancouver 2010 Winter Olympic Games

January 26, 2010 - "Go for the Gold": Performance Perspectives of Olympic and Paralympic Athletes
7 p.m. Featured Speakers: Erin Porter Bembry, US short tract skater who competed in the
Arntzen Hall 100 1998 and 2002 Winter Olympics and Donovan Tildesley, Canadian swimmer and
multiple medalist who, blind since birth, competed in the past three Summer Paralympics.

**Reservation Form - WWURA February 5, 2010 Winter Luncheon
Northwood Hall (behind Northside Restaurant)
3240 Northwest Avenue, Bellingham**

Please return form **by January 30th** to Barbara Evans (360-650-9724), 622 Everglade Road, Bellingham, WA 98225.

Name(s): _____

Enclosed is my check for \$13.00 per person for members \$_____

Price for non-members is \$16.00.

Please make check payable to WWURA

WWURA CALENDAR

January 2010

5 Board Meeting
20 Travelogue

February

2 Board Meeting
5 Winter Luncheon
17 Cabin Fever Party
19 Danube Reunion

March

2 Board Meeting
17 Travelogue

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