



# WWURA NEWS



January 2011

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Serving Retired Faculty and Staff

## WWURA President's Letter

A new year is upon us and I am very excited about the programming we have lined up for the remainder of the WWURA year ending in June of 2011. Look at the calendar and the articles in this newsletter to see what a myriad of opportunities are offered to keep you alive, awake, alert, and enthusiastic.

I was able to finalize arrangements for the spring banquet today in a conference with Fran Maas of the President's office. We have agreed that the date will be May 25, and that the place will be the Viking Union.

The Prawns will again provide music for listening, and, if you wish, for dancing. AND we will have an added special attraction: a world famous popular singer with us. Johnny Barnes, first tenor with the Platters, and later the Ink Spots, has retired to Bellingham, and will be our special entertainer. Remember "Sincerely", "Smoke Gets In Your Eyes" and "You Are Too Beautiful". We are in for a real treat as Johnny takes us down memory lane accompanied by the Prawns with Lou Lippman at the keyboard.

We will honor current retirees and urge them to join WWURA. We will announce newly elected WWURA leaders for the coming year. The banquet is always a featured event, so put it into your calendar now and resolve to attend.

Meanwhile, we face a new legislative session in Olympia. We can expect increases in our medical coverage expense, and we dread severe cuts to our colleges and universities, our public schools and our financially less fortunate citizens. Let us hope that our leaders will find ways to minimize the damage and get our state back on the right track. Perhaps some of us could plan to visit Olympia and share our concerns. Shy of that, this is a good year for all of us to email and mail or phone in our concerns. I, for one, am prepared to endure a tax increase for the good of all --- how about you? **Larry Richardson**

## WWURA Travelogue

### The Dordogne: A Road Trip

Presented by Steve Mayo and Lynne Masland

Wednesday, January 19, 2011

Squalicum Yacht Club

6:30 p.m. for socializing, 7:00 p.m. presentation

This talks recounts our 10-day trip through the Dordogne region of France with Marty and Gail Haines and Brian and Marya Griffin. After a week of cruising the Canal du Midi on the barge Vertowen, we rented two cars and took off from the medieval city of Carcassonne to explore the caves, villages and towns of Dordogne, known for its foie gras, wines and ancient prehistoric cave paintings, not to mention Roquefort cheese and vicious religious wars. Traveling back country roads, we stayed at out-of-the-way bed-and-breakfast inns, explored old forts on hillsides along the rivers, ate superbly and enjoyed the wines.

A 30-minute DVD presentation, put together by Brian Griffin, will be supplemented with maps, pictures of the cave paintings and other lore.

If your name begins with **M through Z**, please bring a dessert to share. WWURA provides coffee and tea. Contact one of the board members if you need a ride.

## Winter Luncheon

February 18, Northwood Hall, 11:30

### Why All the Earthquakes?

**Living with Earthquakes in Haiti,**

**Chile and the Pacific Northwest**

Talk by Jackie Caplan-Auerbach

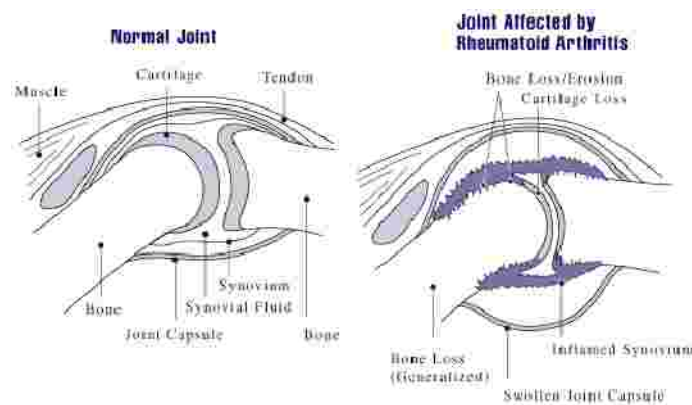
Details and reservation form on page 7.

## **HEALTH NOTES by Evelyn Ames RHEUMATOID ARTHRITIS**

According to the Arthritis Foundation, rheumatoid arthritis (RA) is referred to as an autoimmune disease. The exact cause is not known but people with RA do have an immune system that turns against itself and begins attacking healthy tissue. The effects of rheumatoid arthritis can vary from person to person. A current belief is that RA isn't one disease but may be several different diseases that share commonalities. ([http://www.arthritis.org/disease-center.php?disease\\_id=31&df=effects](http://www.arthritis.org/disease-center.php?disease_id=31&df=effects)) Approximately 1.3 million people in the United States have rheumatoid arthritis (RA). It can affect anyone, including children. Onset usually occurs between 30 and 50 years of age. People with the genetic marker HLA-DR4 may have an increased risk of developing RA. This marker is found in white blood cells and plays a role in helping the body distinguish between its own cells and those of foreign invaders.

**Gender:** Women develop rheumatoid arthritis more often than men. Approximately seventy percent of people with RA are women. Interestingly, women with RA typically go into remission when they get pregnant, but then the symptoms more often increase in the year following pregnancy. Men appear to be more severely affected when they develop RA.

**Progression of RA:** RA “progresses in three stages. The first stage is the swelling of the synovial lining, causing pain, warmth, stiffness, redness and swelling around the joint. Second is the rapid division and growth of cells, or pannus, which causes the synovium to thicken. In the third stage, the inflamed cells release enzymes that may digest bone and cartilage, often causing the involved joint to lose its shape and alignment, more pain, and loss of movement” (Arthritis Foundation).



**Symptoms:** “Rheumatoid arthritis can start in any joint, but it most commonly begins in the smaller joints of the fingers, hands and wrists. Joint involvement is usually symmetrical, meaning that if a joint hurts on the left hand, the same joint will hurt on the right hand. In general, more joint erosion indicates more severe disease activity” (Arthritis Foundation). Other common physical symptoms include:

- <sup>a</sup> fatigue, muscle pain, and weakness.
- stiffness, particularly in the morning and lasting over 30 minutes, and when sitting for long periods of time
- flu-like symptoms, including a low-grade fever.
- pain associated with prolonged sitting.
- flare up of disease activity followed by remission or disease inactivity.
- rheumatoid nodules (lumps of tissue under the skin, typically on elbows) appear in about one-fifth of people with RA. (see above picture)

- loss of appetite, depression, weight loss, anemia, cold and/or sweaty hands and feet.
- involvement of the glands around the eyes and mouth, causing decreased production of tears and saliva (this is Sjögren's syndrome which is an arthritic disease).

**Diagnosis, Medications, Treatments, and Living with RA**, the site at the National Institute of Arthritis and Musculoskeletal and Skin Diseases provides thorough explanations. [http://www.niams.nih.gov/Health\\_Info/Rheumatic\\_Disease/default.asp#ra\\_17](http://www.niams.nih.gov/Health_Info/Rheumatic_Disease/default.asp#ra_17)

Comment: be suspicious of any health professional who promises a "cure." Many therapies may help, but there is no cure for most kinds of arthritis and related diseases.

**Web Sites** to consider searching for information:

[http://www.arthritis.org/disease-center.php?disease\\_id=31&df=resources](http://www.arthritis.org/disease-center.php?disease_id=31&df=resources) offers suggestions for self-management techniques (e.g., exercise, stress management, relaxation and sleep) and combating depression.

<http://community.arthritis.org/community/raconnect.htm> (community resources)

American College of Rheumatology <http://www.rheumatology.org/practice/clinical/patients/index.asp>

Arthritis Foundation sites: <http://community.arthritis.org/community/raconnect.htm>; how diagnosed:

[http://www.arthritis.org/disease-center.php?disease\\_id=31&df=diagnosed](http://www.arthritis.org/disease-center.php?disease_id=31&df=diagnosed)

Healthwise – Knowledgebase site at Peace Health <http://www.peacehealth.org/kbase/>

Mayo clinic: <http://www.mayoclinic.com/health/rheumatoid-arthritis/DS00020>

<http://www.rheumatoidarthritis.com/understanding-ra/signs-and-symptoms.aspx>

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## Jingle Bell Run/Walk

WWURA's 2010 Bellingham Jingle Bell Run/Walk for Arthritis team and Contributors! Many thanks for your participation as a walker/runner and donator for support of research and education about arthritic diseases. We raised \$1,075.

Our walkers: Anne Brown, Barbara and Mel Davidson, Rosemary Flora, Don King, Julie Fleetwood, Lynne Masland, Tina McCammack (Sandy Point friend of Chappelle Arnett), Ingeborg Paulus, Roy Potter, Donna Rochon, Heather and Bryn Magnusson, Pat Clarke, Charlie Way, Chris Suczek, and Gail and Marty Haines. Our runners were John Flora and Colin Magnusson. Our contributors who were not able to walk or who donated for the cause: Chappelle Arnett, Don Rochon, Lina Zeine, Mary Robinson, Mary Jo Lewis, Carol Radke, Marian Boylan, and Baldwin Way. Your support is greatly appreciated.

**Evelyn Ames**

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## Christmas Party

Thank you to everyone who helped make our Holiday Party such a success! Donna Rochon and Larry Richardson for bringing the ham and turkey; Margaret Loudon and Howard Evans for spearheading the after party cleanup; Barb Evans and Jan Berg for making sure we had beautiful tables to sit at; and What the Chelm for their spirited music. Also, thanks to everyone else for attending the party and filling the room with cheer.

**Karen Perry**



# AMAWATERWAYS™

Leading the Way in River Cruising



## Rhine Winter Voyage

Enjoy an all-inclusive 7-night cruise on the MS AMACELLO from Amsterdam to Basel then spend 2 nights in Lucerne, 2 nights in Zürich



### INCLUDED FEATURES:

- ◆ 7 Nights Deluxe Cruise Accommodation in an Outside Stateroom - 82% of the Staterooms with large French Balconies
- ◆ 2 Nights Hotel Accommodation in Lucerne including daily Buffet Breakfast
- ◆ 2 Nights Hotel Accommodation in Zürich including daily Buffet Breakfast
- ◆ Daily Sightseeing Program as outlined in the Itinerary
- ◆ Infotainment System in all Staterooms with Free Internet, Hit Movies
- ◆ Terry Bathrobes and White-on-white plush Bedding in all Staterooms
- ◆ Superb Dining with all Meals included during your Cruise
- ◆ Free-flowing Red & White Wines from Europe's great Wine Regions with every Dinner onboard the Ship
- ◆ Cocktail Reception, Welcome Dinner & Captain's Gala Dinner
- ◆ Special Highlights including Folklore Dances, Lectures & Theme Dinners
- ◆ Onboard holiday festivities including tree decorating
- ◆ Use of Bicycles to explore on your own
- ◆ Services of Professional Cruise Manager
- ◆ All English Language on board in a non-smoking Environment (smoking permitted only on the Sun Deck)
- ◆ All Transfers with the Purchase of Cruise & Air package
- ◆ All local Taxes

DAY	DATE	DESTINATION	ACTIVITIES
Fri	DEC 2		Overnight flight to Holland
Sat	DEC 3	Amsterdam	EMBARKATION Welcome Cocktail & Dinner City tour & canal boat cruise
Sun	DEC 4	Amsterdam	
Mon	DEC 5	Cologne	City tour & Cathedral visit
		Koblenz	Evening walk
Tue	DEC 6	Rudesheim	Stegfried's Music Museum Visit Christmas Market Wine tasting
Wed	DEC 7	Worms	City tour
		Speyer	Visit Christmas Market Heidelberg excursion Evening walk
Thu	DEC 8	Strasbourg	Walking tour & canal cruise Visit Christmas Market
Fri	DEC 9	Breisach	Black Forest/Freiburg excursion Visit Christmas Market OR Colmar "Alsace" excursion Wine tasting
Sat	DEC 10	Basel	DISEMBARKATION City Tour Visit Christmas Market
		Lucerne	Hotel Check-in
Sun	DEC 11	Lucerne	Walking tour Visit Christmas Market
Mon	DEC 12	Zurich	Transfer to hotel & check-in
Tue	DEC 13	Zurich	Walking tour Visit Christmas Markets
Wed	DEC 14	Zurich	Airport transfer & fly home



**December 3-10, 2011 onboard the MS AMACELLO**  
**December 10-14, 2011: 2 nights Lucerne, 2 nights Zürich**  
 All-Inclusive River Cruise Program starting from **\$1,979\*** PER PERSON

\$150 PER PERSON SHIPBOARD CREDIT | PORT CHARGES \$123 PER PERSON

Land Program \$920 PER PERSON DOUBLE | Air \$1,050 PER PERSON INCLUDING TAXES (primary)

Travel insurance is available and highly recommended. **SOLO TRAVELLERS WELCOME.**

We will help match you with a cabin-mate.

\*Rate is based on double-occupancy in Category 2. Single supplement for land: \$520 per person Roundtrip air, taxes and fuel surcharges are additional. AMAWATERWAYS reserves the right to revise any errors on the flyer. Itinerary subject to change. All prices are US Dollars. CST #2065452-40

**WESTERN WASHINGTON UNIVERSITY  
 RETIREMENT ASSOCIATION  
 MEMBERS, FAMILIES & FRIENDS**  
 Kathryn Whitmer,  
 Group Coordinator  
 Ph: 360-734-7211  
[kathrynwhitmer@comcast.net](mailto:kathrynwhitmer@comcast.net)



## WWURA TRAVEL NEWS

### *The Route of the Maya - April 11, 2011 – April 24, 2011*

Join our group for two weeks to explore the Mayan culture. To make a reservation call Overseas Adventure Travel at 1-800-353-6262 and choose option 2. Advise the agent that the reservation is with the Rochon group-#11246. All that is necessary at this time is to pay the \$350 deposit. The base price for this tour from Seattle is \$2,595. Also, please let Don or Donna Rochon know that you have made your reservation (647-2301). Space is limited to 15 travelers.

In Honduras we'll visit two UNESCO World Heritage sites: Joya de Ceren known as the "Pompeii of the Americas," and Copan, one of the Maya's most elaborate cities and the site of the Hieroglyphic Stairway. In the jungles of Guatemala, we will explore the magnificent ruins of Tikal. We will also cruise the waters of Lake Atitlan. When deciding whether or not to join us, know that this adventure is not appropriate for travelers using wheelchairs or other mobility aids. You must be comfortable participating in 6-8 hours of daily physical activities and sightseeing, and be able to walk 3 miles unassisted over the course of each day.

### **Oregon Shakespeare Festival - May 3 - May 6, 2011**

Join us for our 3rd trip to Ashland. We will have a chance to see four plays: Shakespeare's *Measure for Measure* and *Julius Caesar*; Moliere's *The Imaginary Invalid* and *August: Osage County* by Tract Letts. The cost of the bus is \$212; the tickets are \$15 for the Bowmer Theatre and \$23 for the New Theatre. We will stay at The Bard's Inn again which is convenient to the theaters and to restaurants; the cost depends on your room choice.

The November Newsletter had more complete information. There have been two changes in plays; we were not able to get tickets to *To Kill A Mockingbird* or *The Language Archive*. **The deadline for registration is March 10, 2011.** If you would like more information or an updated reservation form, please contact Barbara Evans, 360-650-9724 or <barbandhoward@comcast.net>. Information will be available at the January Travelogue.

### ***Rhine Winter Voyage - December 2-24, 2011***

WWURA members and friends are booking their cabins aboard AMA Waterways' 148 passenger AMACello for the 2011 holiday markets trip beginning in Amsterdam and ending in Zurich. Eleven have reserved; twenty will be our maximum. The detailed itinerary and special features of the trip are shown on the adjacent page in this newsletter.

**COST: All-inclusive River Cruise** - from \$1979 per person, group rate, double occupancy.

**Land (Lucerne and Zurich)** - \$920 per person, double occupancy. **Port charges** - \$133 per person.

**Airfare (estimated)** - \$1050 per person including taxes.

Each participant receives \$150 shipboard credit. Solo travelers are welcome.

**Deposit: \$400 per person.** Final payment is not due until September 1, 2011.

Please contact Joyce D. Wilson, Professional Travel and Cruise Consultant (733-4703 or Kathy Whitmer (734-7211) to make a reservation. Information will also be available at the travelogues. Join Kathy for this wonderful voyage on the Rhine.

## WWURA INTEREST GROUPS

WWURA'S interest groups are open to anyone who is interested. If you would like to become a part of any of them, 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

Meet at Evelyn Mason's, 914 17th St. 2:30, Tues. Jan. 18th

The book is *Our Documents: 100 Milestone Documents from the National Archives*.

**OPERA GROUP** - Evelyn Ames, 734-3184

The Metropolitan Opera's Live in HD broadcast is shown at the Lincoln Theatre in Mount Vernon at 10:00 am. Call Evelyn if you need a ride or can drive.

January 8, La Fanciulla del West; encore performance is Sunday, Jan. 16, at 1 p.m.

**BRIDGE GROUP** - Barb Evans, 650-9724

The bridge group meeting is January 25 at 1:30 at Jan Berg's, 1029 16th St.

**DOWNHILL SKIING** - Charlie Way, 734-0649

Call Charlie if you are interested.

**INFORMAL DINING** - Dinners are ongoing.

Members will be contacted with group information. Call Barb Evans, 650-9724 or Jan Berg if you would like to be added to the list.

**BIKING** - Will begin again in the spring.

**WRITERS** - Evelyn Wright, Joan Roe and Nanette Davis have agreed to work as a committee to start a writer's group. Contact one of them if you are interested or have comments to offer. This might be a great new adventure for you.

### 17<sup>th</sup> Annual Employee Arts and Crafts Show

WWURA members are encouraged to contribute art or craft pieces to the WWU Employee Arts and Crafts Show. Details and forms for submitting pieces can be found at the website below.

17<sup>th</sup> Annual Employee Arts and Crafts Show, March 7-11, 2011

Exhibit Dates: Monday - Friday, March 7-11, 2011 VU 565

Opening Reception: Monday, March 7, 3-5 pm, VU 565

Exhibit Hours: Monday, March 7: 11 am - 5 pm, Tuesday-Thursday, March 8-10: 11 am - 4 pm

Friday, March 11: 11 am - 1:30 pm

<http://www.wvu.edu/depts/artscraftsshow/>

## Book and Film Corner

### Lynne Masland

After the holiday crush, a little relaxing, light reading seems in order for January. I've been enjoying the mystery series by Philip Craig set on Martha's Vineyard, an island off Cape Cod. Penned by retired Wheelock College English professor Craig, the series of twenty books features amateur detective J.W. Jackson, a retired Boston police officer, who enjoys the fine but simple things in life: freshly caught seafood, cooking, good friends, family, outdoor showers, and a job well done. Somehow crime comes to him even on an idyllic island and he's embroiled in one murder after another as he finds lost African art treasures, solves the mystery of a drowned teenaged girl, and helps protect the daughter of a visiting President. Among the titles: *A Deadly Vineyard Holiday*, *Vineyard Enigma*, and *Dead in Vineyard Sand*.

For more serious reading, there's *The Lemon Tree: An Arab, A Jew, and the Heart of the Middle East*, by Sandy Tolan. Nominated for the National Book Critics Circle Award, the non-fiction narrative probes the history of the Palestinian-Israeli conflict through the four-decade friendship between Palestinian Bashir Khairi and Israeli Dalia Eshkenazi and their competing claims to contested ground.

## Why All the Earthquakes?

Fall Luncheon, February 18, 2011

Talk by Jackie Caplan-Auerbach, Geology Dept.

During the first few months of 2010 it seemed that you could not pick up a newspaper without reading about a catastrophic earthquake. In January, the city of Port au Prince, Haiti was devastated by a magnitude 7 earthquake and in March a magnitude 8.8 event rocked southern Chile, moving the city of Concepcion a full 10 feet to the west. Large earthquakes were recorded in Tibet, southern California and Sumatra. Is this level of activity unusual? Are these earthquakes somehow linked? What does this mean of earthquake hazard in Cascadia?

The presentation will provide an overview of global seismicity, describing where earthquakes occur. The causes and effects of earthquakes will be described with an emphasis on how local geology affects a region's response to ground shaking. We will discuss why the Haiti earthquake was 500 times smaller than the Chile event yet resulted in 500 times more fatalities. Because the Pacific Northwest is one of the few regions in the world capable of generating a magnitude 9 earthquake, it is important that we understand our local seismic hazard and how we can live safely in earthquake territory..

Jackie Caplan-Auerbach is an associate professor of geophysics in Western Washington's Geology Department. She is a seismologist whose research focuses on earthquakes associated with volcanic processes and landslides. Caplan-Auerbach is a graduate of Yale University and University of Hawaii, after which she spent five years participating in volcano monitoring with the Alaska Observatory. At WWU she teaches courses in geophysics, seismology, geological oceanography and mantle dynamics. She is the mother of 5-year old twins who can already identify quartz and sandstone and know that masonry is a poor choice for construction in earthquake territory

## Reservation Form for Fall Luncheon

Time: 11:30, Friday, February 18, 2011

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 **February 10** to Margaret Loudon, 2611 Mill Ave, Bellingham, WA 98225. Phone 733-6052 for information.

## **WWURA Calendar**

### January

- 7 Board meeting
- 19 Travelogue

### February

- 2 Board meeting
- 10 Reservations for luncheon
- 18 Winter Luncheon

### March

- 2 Board meeting
- 10 Reservations for Ashland
- 16 Travelogue

### April

- 6 Board meeting
- 11 Route to the Maya

### May

- 3 Ashland trip

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Retirement Association (WWURA)  
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