



# WWURA NEWS



June 2011

www.wvu.edu/~wwura

Serving Retired Faculty and Staff



## Greetings,

As Co-Presidents, Barb and I extend a warm welcome to the newest members of WWURA. We look forward to another year of activities beginning with our

Summer Picnic on July 13 at Whatcom Falls Park with lots of wonderful food-- including fried chicken and homemade ice cream . Information on the picnic, as well as a reservation form is available in this newsletter. It is time to pay your WWURA dues. A membership form is in this newsletter and we will have a membership table at the picnic. We encourage you to consider a contribution to the WWURA scholarship fund in addition to the regular dues.

We have, as usual, a number of activities planned such as the travelogues starting in September and the Fall Luncheon in October and Winter Luncheon in February, as well as our ongoing interest group meetings.

A special thanks to Kirsti Charlton, Rudi Weiss and Nanette Davis for agreeing to serve on the Board, and to Bill Smith for filling in Lee Taylor's spot.

No newsletters are scheduled for July or August. The next newsletter will be sent in September.

Have a wonderful summer!

**-Barb and Howard Evans**

## Book and Film Corner

Lynne Masland

From Margaret Loudon comes the suggestion of a "book she couldn't put down" - *The Immortal Life of Henrietta Lacks* by award-winning science writer Rebecca Skloot. Known to scientists as HeLa, Henrietta Lacks was a poor black tobacco farmer whose tissue cells – taken in 1951 without her knowledge while she was hospitalized – became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance. This *NY Times* bestseller recounts the collision between ethics, race and medicine. Adds Margaret, "I had no idea" doctors could take a tissue sample and "you have no control over what they do with it."

## Summer Picnic Slated for Whatcom Falls Park, July 13, 11:00 A.M.

This is a potluck, so bring your favorite dish to share. (Also bring your own table service.) WWURA will provide chicken and beverages. Charlie Way will bring ice cream.

To reach the park, take the entrance closest to Bayview Cemetery on Lakeway.

The cost is \$2.00 or \$6.00 if your prefer not to bring something for the potluck.

To determine how much chicken is to be purchased, we request that you make a reservation by telephoning Karen Perry at 724-4812.

## Summer Retreat

All WURA members are invited to attend the retreat at Lakewood at 10:30 -12:00, August 17th. We conclude with a potluck lunch.

## *Health Notes by Evelyn Ames*

### **Preventing Hanta Virus Infection and Lyme Disease**

This is the time of year for cleaning garages, spaces underneath houses, and mountain/island cabins. These spaces are often visited by critters such as deer mice which leave droppings that may harbor the infectious agent that causes Hanta Virus Pulmonary Syndrome. Summer hikes and wanderings in meadows is the time a person may encounter the tick that carries Lyme Disease. Hanta Virus PS and Lyme Disease are vector-borne diseases, meaning they are diseases that are transmitted from a host to another susceptible host by a biological agent, often an insect. Although the incidence of Hanta Virus PS and Lyme Disease is low in Washington State, occurring mostly in rural areas, knowledge about the vectors, symptoms of infection, and the means for preventing infection are good public health measures to consider.

**Hanta Virus PS.** Infected deer mice (probably about 14% of deer mice are infected) excrete the virus in their urine, saliva, and droppings. A person may be exposed to hanta virus by breathing contaminated dust after disturbing or cleaning rodent droppings or nests, or by living or working in rodent-infested settings. People may touch something contaminated with rodent urine, droppings, or saliva and then they touch their nose or mouth, or eat food contaminated with virus infected urine/droppings/saliva. Typically one to five cases are reported each year. Since infected deer mice live throughout the state, human cases of hanta virus pulmonary syndrome can occur. Between 1993 and 2009, forty (40) cases were reported with 13 (33%) associated deaths. Data for 2009 listed three reported cases (one death); two exposures were in eastern Washington and one in northern California. <http://www.doh.wa.gov/ehsphi/factsheet/hanta.htm>

**Vectors** that transmit types of Hantavirus Pulmonary Syndrome include deer mice, cotton rat, rice rat, and white footed mouse. A deer mouse is 4-9 inches long from head to tip of tail. It is pale gray to reddish brown and has white fur on its belly, feet, and underside of the tail. It has oversized ears.



white footed mouse

**Symptoms of Hanta Virus** usually appear within 2 weeks of infection but can appear as early as 3 days to as late as 6 weeks after infection. First symptoms are general and flu-like. They can include fever (101-104 F), headache, abdominal, joint and lower back pain. Sometimes nausea and vomiting also occur. The primary symptom of this disease is difficulty in breathing, which is caused by fluid build-up in the lungs and quickly progresses to an inability to breathe. Hantavirus is not spread from person to person. The virus, which is able to survive in the environment (for example, in contaminated dirt and dust), can be killed by most household disinfectants, such as bleach and alcohol.

**How to identify mouse burrows:** A mouse nest (burrow) is usually a pile of material under which the mouse lives. This pile can contain many different materials, such as twigs, insulation, styrofoam and grass. Minimize the risk for hantavirus infection by following these precautions as suggested by CDC:

Before occupying abandoned or unused cabins, open them up to air them out. Inspect for rodents and do not use cabins if you find signs of rodent infestation.

If you sleep outdoors, check potential campsites for rodent droppings and burrows.

Do not disturb rodents, burrows, or dens.

Avoid sleeping near woodpiles or garbage areas that may be frequented by rodents.

Avoid sleeping on bare ground, use a mat or elevated cots if they are available.

Store foods in rodent-proof containers and promptly discard, bury, or burn all garbage.

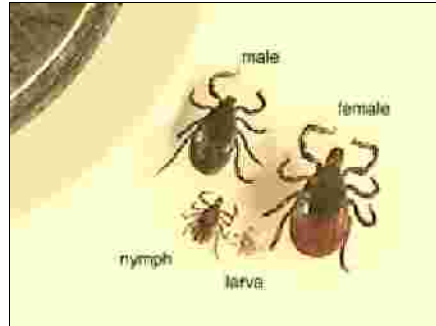
<http://www.cdc.gov/rodents/cleaning/index.html>.

In addition, when cleaning a garage/basement/cabin and you see mouse droppings, avoid sweeping with a broom (this creates dust). Use bleach and water to clean where you see droppings.

**Lyme Disease.** Only zero to 3 Lyme disease cases per year are reported in Washington. Lyme disease is caused by the *Borrelia burgdorferi* bacterium, which can be transmitted through the bite of a western black-legged tick, *Ixodes pacificus*. Western black-legged ticks pick up the bacteria after feeding on infected rodents. These ticks live in forested or brushy areas of western Washington. Ticks most commonly infected with the bacterium usually feed and mate on deer during part of their life cycle. (<http://www.doh.wa.gov/ehp/ts/zoo/watickdiseases.htm>)



Deer mouse with ticks on ear



Ticks

**Common Symptoms of Lyme Disease occur within 3 to 30 days following a deer tick bite:** these include rash (erythema migrans), fever, chills, headache, muscle and joint aches, and fatigue. Other symptoms may include facial paralysis (Bell's palsy), meningitis, and brief episodes of joint pain and swelling. Late infection may include arthritis (intermittent or chronic); less common is mental confusion or encephalitis (inflammation of brain tissue).

Rash (erythema migrans)



Arthritic knee due to Lyme Disease

**Cabins and Rodents** When staying in summer cabins or vacation homes, especially in eastern Washington, make sure rodents, and their ticks, aren't spending the night with you. Practice [rodent control](#) by not attracting rodents, sealing them out of living areas, trapping rodents, and properly cleaning up rodent-contaminated areas. **What can you do about ticks?** When hiking in potential tick areas, wear clothing that covers bare arms and legs. If detected on skin, pull out gently with tweezers, taking care not to squeeze the tick's body and apply antiseptic to the bite. Prompt removal can prevent disease. Note: immature ticks are about size of a poppy seed.

### Summation Chart of PEST- BORNE DISEASES

| Disease        | Causative Agent | Vector                | Method of Infection |
|----------------|-----------------|-----------------------|---------------------|
| Hanta-virus PS | Hanta virus     | deer mice, cotton rat | mainly air          |
| Cholera        | Bacterium       | house fly             | foods               |
| Malaria        | Protozoan       | Anopheles mosquito    | Bite                |
| Lyme D.        | Spirochete      | deer tick             | Bite                |
| Typhoid        | Salmonella      | house fly             | food & water        |

**Have a Healthy, Happy, Safe and Fun-Thrilled Summer**

## INTEREST GROUPS

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

### **BOOK GROUP** - Donna Rochon, 647-2301

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

**June** - *Tocqueville's Discovery of America* by Leo Damrosch

**July** - *The Lemon Tree: An Arab, a Jew and the Heart of the Middle East* by Sandy Tolan

**August** - *Half Broke Horses* by Jeannette Walls

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

The Metropolitan Opera's Live in HD broadcast is shown at the Lincoln Theatre in Mount Vernon. Here are some summer encores for Met HD. Nearby theaters that are showing six MET HD encores include Lincoln Theater in Mount Vernon and the Regal Thornton Place Stadium – Northgate (301 N.E.103<sup>rd</sup> St. According to George Gerhold, the sound and seating are fantastic at this theater. Starting time for all is 6:30 pm. The operas and showing dates with date of original broadcast: Don Pasquale (2010) on June 22; Simon Boccanegra (2010) on June 29; La Fille du Regiment (2008) on July 13; Tosca (2008) on July 20; and Don Carlo (2010) on July 27. New performances will start in the fall.

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

The bridge group will resume in September. Call if you would like to be included.

### **BIKING** - The group rides on Thursday mornings.

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

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

Call Charlie if you are interested.

### **INFORMAL DINING** - We will resume meeting in September

Call Barb Evans, 650-9724 if you would like to be added to the list..

### **WRITING GROUP** - will meet from 2-4 pm on Thursday, June 23 at Iris Jones'

home, 2602 Likely Court, 733-0954. July through September, the group will meet once a month from 2-4 pm beginning on Thursday, July 21, Evelyn Wright's home, 676-0227.

## Travel News

### **Holiday Markets along the Rhine - December 2 - 14, 2011**

It is not too late--there is still one category E cabin left (the best value), so treat yourself to some early Holiday fun! Come along with us and enjoy the beautiful cities and towns along the Rhine from Amsterdam to Basel, then continue by coach to Lucerne and Zurich. Beautiful sights, holiday markets, great included shore excursions, wonderful onboard entertainment, delicious food and complimentary wine are all part of this great trip. All-inclusive 7-night river cruise from \$1979 per person. Land portion \$920 pp. Airfare approximately \$1100. Port charges \$133. Shipboard credit \$150 pp.. Deposit of \$400 to reserve; final payment not due until Sept 1, 2011. Contact Kathy Whitmer, 734-7211 or Joyce D. Wilson, 733-4703.

WWURA's Travel Committee is looking for new members. If you are interested in travel and would be willing to share your ideas and possibly plan a trip, we would like you to join us. Please call Barb Evans, 650-9724.

## 2011-12 WWURA Membership 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. *You may also pay in person at the July 13 annual picnic.*

**Membership cards for renewals received prior to the July 13 picnic will be available at the picnic.** Otherwise, 2011-12 membership cards will be mailed to you at the address you indicate below.

**Note: Regular memberships are for a household  $\frac{3}{4}$  - i.e. one retiree plus spouse/partner (if noted).**

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

**Included is \$ \_\_\_\_\_, my contribution to the WWURA scholarship fund.**

**Amount enclosed** \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

### **Please provide information for the WWURA Directory**

Name \_\_\_\_\_

Spouse/Partner (if applicable) \_\_\_\_\_

Street Address \_\_\_\_\_

City and Zipcode \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Year retired \_\_\_\_\_ from \_\_\_\_\_ Department or office \_\_\_\_\_

If not a WWU retiree, from what institution \_\_\_\_\_

## **WWURA Calendar**

July

13 Summer Picnic

August

17 WWURA Retreat

19 Baltic Bash

September

6 Board Meeting

December

2 Holiday Markets

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