



WWURA NEWS



May 2011

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

President's Letter

I am finally at the end of my term as your President. It has been an honor and a challenge to serve. Your board has made the job very doable. All of the members cheerfully and promptly take care of their respective duties with dispatch. They take great pride in doing a good job.

Our association is a community. We share a lot of memories of attachments to WWU, and pride in what our retirement association can do to brighten the lives of our members. Each member volunteers hours of effort and the product is always excellent. I especially want to thank Maury Schwartz who is leaving the board. He has been a wonderful leader of our dessert potluck program at the Squalicum YC. He has rounded up excellent programs and everyone has had a great time sharing fellowship, dessert, and travel experiences of our members. Thanks to faithful Jan Berg who reserved the hall and set up things for the social gathering for each Travelogue talk. Thanks also to Don King for his contributions on the program committee. Donna Rochon, our Secretary, has kept me as organized as possible with wonderful support. She has kept me informed as to what to do and when to do it. She has formed our meeting agendas and has provided the counsel I needed. Margaret Loudon, Past President, also kept me on the straight and narrow as to priorities and tasks. Thanks, Margaret.

I am especially looking forward to the Spring Banquet, complete with a social hour, recognition of new retirees, recognition of our Board officers, great music by the Prawns and our special guest, Johnny Barnes (Platters lead tenor) and an excellent meal for all. Be sure to sign up. Thanks to Fran Maas of President Shepherd's office for making arrangements on our behalf.

One of the special attributes of our association is the development of our interest groups over the years. These call us together doing things we

like to do with friends. I am especially pleased that our newest group, the Writing Group, is now meeting and moving forward on a regular basis. The other group I most enjoy is the Informal Dining activity where a rotating group of six to eight folks gather for a potluck meal and lots of good conversation. Perhaps some of our new retirees will want to join in some of the more physical groups led by Howard Evans---walking and biking. There is also a skiing group for the eager. And, many more.

Please take time to thank our officers, committee chairs, and board members. They are a dedicated lot; they truly believe in community.

- Larry S. Richardson



New Directors Elected to the Board

We would like to congratulate Kirsti Charlton, Nanette Davis and Rudi Weiss on their election to WWURA's Board of Directors and look forward to having them join us at our next Board meeting in June. The elected board members will appoint the other officers of the Board after the annual meeting.

We would also like to thank outgoing Board members, Janet Berg, Don King and Maury Schwartz for their contributions over the last three years

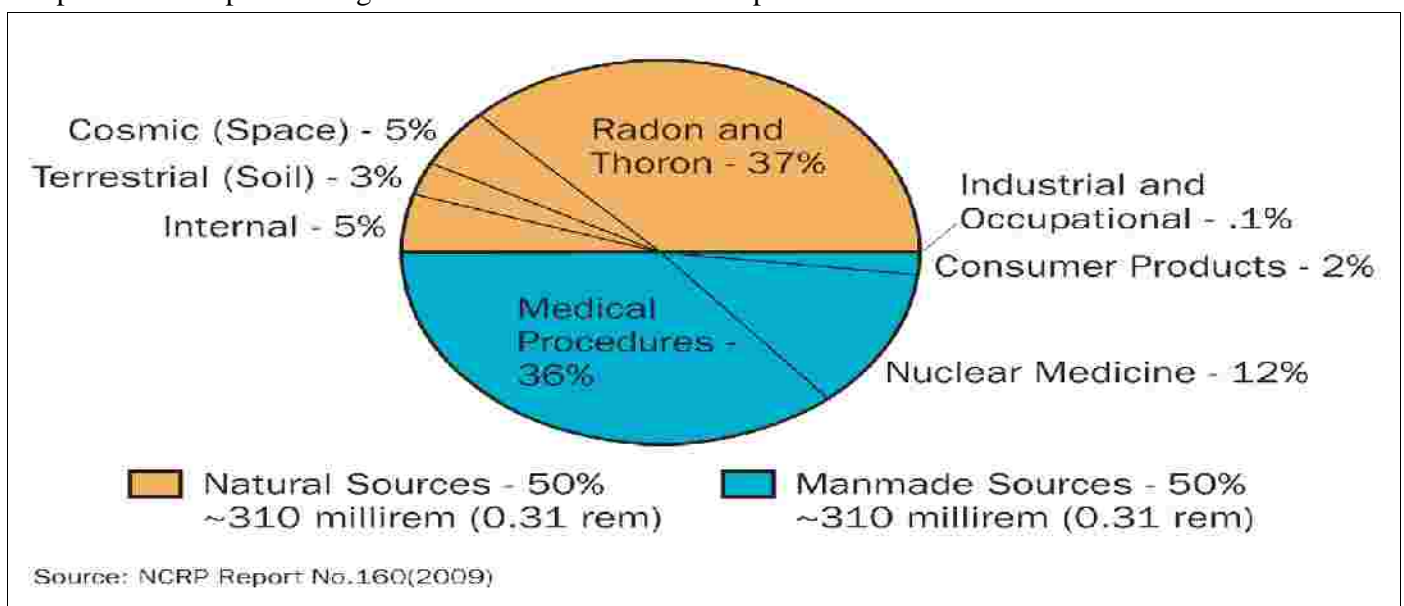
- WWURA Board of Directors

Radiation has existed everywhere in the environment since the Earth's formation--in rocks, soil, water, and plants. The mining and processing of naturally occurring radioactive materials for use in medicine, power generation, consumer products, and industry inevitably generate emissions and waste. Recognizing the potential hazards of these activities, Congress designated EPA as the primary federal agency charged with protecting people and the environment from harmful and avoidable exposure to radiation” (<http://www.epa.gov/radiation/basic/index.html>). The National Cancer Institute has just released a fact sheet about accidents at nuclear plants and cancer risks. <http://www.cancer.gov/cancertopics/factsheet/Risk/nuclear-power-accidents>

Nonionizing Radiation: what are the advantages? With microwave radiation, common tasks such as heating food and telecommunications occur. With infrared radiation, lamps keep food warm in restaurants. Broadcasting occurs through radio waves. <http://www.epa.gov/radiation/understand/index.html> gives an illustration of the spectrum of nonionizing radiation.

Sources of radiation come from natural, medical, nuclear, and consumer products. Below is the 2009 report from the National Council on Radiation Protection and Measurements

[.http://www.ncrponline.org/Publications/Statements 10.dpf](http://www.ncrponline.org/Publications/Statements%2010.dpf)



Radiation used in medicine (diagnostic x-rays, cancer treatments and radiopharmaceuticals) is the largest source of man-made radiation to which people in the United States are exposed.

Ionizing radiation: alpha and beta particles, gamma rays and x-rays. Alpha, Beta, and Gamma rays come from natural sources or can be technologically produced. Most of the x-rays people receive are technologically produced. **Alpha Particles** usually are completely absorbed by outer dead layer of human skin, are not a hazard outside the body, can be harmful if ingested or inhaled, and can be stopped by a sheet of paper. Humans are exposed to **Beta Particles** from man-made and natural sources (e.g., tritium, carbon-14 and Strontium-90. Some are capable of penetrating the skin and causing damage; they can be reduced or stopped by clothing or a few mm of substance (e.g., aluminum); and they are generally more hazardous when inhaled or ingested. **Gamma Rays** are very penetrating, are natural (potassium-40), are manmade (plutonium-239, Cesium-137), easily pass through the human body or are absorbed by body tissue, and are a hazard for the entire body. Several feet of concrete or a few inches of lead may be

required to stop energetic gamma rays. **X-Rays** essentially have the same properties as Gamma rays but differ in origin; are generally lower in energy, therefore less penetrating than Gamma rays; and a few mm of lead can stop penetration of medical x-rays.

How can alpha particles affect people's health? The health effects of alpha particles depend heavily upon how exposure takes place. External exposure (external to the body) is of far less concern than internal exposure, because alpha particles lack the energy to penetrate the outer dead layer of skin. However, if alpha emitters have been inhaled, ingested (swallowed), or absorbed into the blood stream, sensitive living tissue can be exposed to alpha radiation. The resulting biological damage increases the risk of cancer; in particular, alpha radiation is known to cause lung cancer in humans when alpha emitters are inhaled. The greatest exposure to alpha radiation for average citizens comes from the inhalation of [radon](#) and its decay products, several of which also emit potent alpha radiation.

How can beta particles affect people's health? Acute exposure is said to be uncommon. Chronic exposure occurs when low-level exposures occur over a long period of time (e.g., 5 to 30 years). Iodine-131 concentrates in the thyroid gland, increasing the risk of thyroid cancer. Strontium-90 accumulates in bone and teeth, causing damage to teeth and increasing the risk of bone cancer.

How can gamma particles affect people's health? “Because of the gamma ray's penetrating power and ability to travel great distances, it is considered the primary hazard to the general population during most radiological emergencies.” “Radiation Sickness” is a term used when exposure occurs in the public arena. “Both direct (external) and internal exposure to gamma rays or X-rays are of concern. Gamma rays can travel much farther than alpha or beta particles and have enough energy to pass entirely through the body, potentially exposing all organs.” “X-ray exposure of the public is almost always in the controlled environment of dental and medical procedures” (U.S. Environmental Protection Agency).

Results of exposure to radiation affect people by depositing energy in body tissue, which can cause cell damage or cell death. The DNA (genetic material) is damaged. This can cause harmful genetic mutations that can be passed on to future generations. Exposure to large amounts can cause sickness in a few hours or days and death within 60 days of exposure. When the DNA of cells is damaged, the chance of cancer is increased. The extent of damage depends upon amount of energy absorbed, the time period and dose rate of exposure, and the particular body organ exposed. For example, a minimum time period between exposure and appearance of leukemia (cancer of the white cells) is two years. For solid tumors (e.g., carcinoma of lungs, breast, prostate), the latency period is more than five years.

Additional information for the consumer about alpha, beta and gamma rays can be found at: <http://www.epa.gov/rpdweb00/understand/alpha.html#affectthehealth>
<http://www.epa.gov/rpdweb00/understand/beta.html>
<http://www.epa.gov/rpdweb00/understand/gamma.html#affectthehealth>

Know the symbols for protecting oneself : <http://www.epa.gov/rpdweb00/understand/symbols.html>
United Nations Symbol (adopted in 2007)



WWURA INTEREST GROUPS and TRAVEL

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.

May's Interest Group meetings are listed below.

BOOK GROUP - Donna Rochon, 647-2301, Meet at Evelyn Mason's, 914 17th St. 2:30 p.m., Tues. May 17th.

This month's book is *The Big Burn* by Timothy Egan

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. May 14th, *Die Walkure*.

BRIDGE GROUP - Barb Evans, 650-972. The bridge group meeting is April 26 at 1:30 p.m. at Carol Radke's house, 508 Lyla Lane, 733-5876.

DOWNHILL SKIING - Charlie Way, 734-0649.

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.

WRITERS GROUP - Evelyn Wright, 676-0227. The Writers Group will meet Thursday, May 12, from 2 to 4 p.m. at Iris Jones' home, 2602 Likely Court, phone 733-0954; and Thursday, May 26 from 2 to 4 p.m. at Lynne Masland's home, 616 N. Forest, phone 676-9821. Anyone interested in working on a project - fiction non-fiction, memoirs - is invited.

BIKING - Biking will begin this month. The rides are 1 to 2 hours on fairly flat ground. If you are interested, contact Howard Evans, 650-9724 or howard.evans@wwu.edu

The Baltic Bash - The Baltic Bash is on! Starting Aug. 19, 2011, returning Sept. 3, 2011.

This will be a wonderful trip. We start in Vilnius Lithuania where we will see the KGB Museum and the Old Town, which is a UNESCO World Heritage site. While we are in that region we will visit the old medieval Lithuanian capital of Trakai. From there we head to Kaunas and Klaipeda. Klaipeda is a seaport founded by the Teutonic Knights and is Lithuania's oldest town. Riga, Latvia comes next. Again we will walk through the Old Town, visit the German Zeppelin hangars, and visit villages outside Riga. From Riga we head to Tallinn, Estonia. On the way, we will stop at Gauja National Park and have lunch in Cesis, a medieval town. We end with two and half days in St. Petersburg. We spend three nights in most of the hotels, two nights in Riga, so we do not have to repack each day.

For a detailed itinerary visit <http://www.oattravel.com/blt11>

To hold a place for this trip: Call Overseas Adventure Travel at 1-800-955-1925, option #2. The Rochon Group service code is G111 246. The deposit is \$350. Also, please call Don Rochon at (360) 647-2301 so he will know who is registered for the trip.

Cost: \$4595 from Seattle which includes air fare. There will also be taxes and tips.

Holiday Markets Along the Rhine - December 2 - 14, 2011

Come along to 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.

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.

WWURA Newsletter by Email

This month we are sending all WWURA members a copy of our newsletter by email, The Board would like everyone to see how easy and convenient it is to receive the newsletter this way. If you prefer to continue to receive it by snail mail, you will continue to receive it that way. If, however, you decide to get it by email, please email Barb Evans at <barbandhoward@comcast.net>. This month's copy will also come to you by U.S. mail, if you usually receive it that way.

WWURA Spring Banquet

Wednesday, May 25, 2011

Viking Union Multipurpose Room

Wine Reception 5:30, PM

Recognition and Certificates to New Retirees, 6:00 PM

Dinner & WWURA Program, 6:30 PM

Please join us to show our appreciation of years of service to Western by faculty and staff who are retiring. The new retirees will be recognized by President Bruce Shepard. This is your opportunity to welcome and know the new retirees and to encourage them to become members of WWURA. This will be a festive banquet with musical entertainment by The Prawns and special guest, world-famous singer, Johnny Barnes. He formerly was first tenor for the Platters and the Ink Spots and is now retired in Bellingham.

Entrées choices are 1) Salmon Whidbey (filet seared with fresh herbs and drizzled with raspberry balsamic reduction) or 2) Beet Risotto (red and golden beet risotto with local mushrooms and micro greens).

Parking is reserved for you in lot 14G

Reservations Please detach and return by **Wednesday, May 16**

Name (s) _____

Phone or email address _____

Number of reservations _____ at \$25 each

Entrée choices _____ Salmon or _____ Risotto

Make checks payable to WWURA (amount enclosed _____) and **mail before May 16** to

Donna Rochon, 1505 Silver Beach Road, Bellingham 98229. (phone 647-2301 for information.

WWURA Calendar

May

- 18 Regional meeting
- 25 Retirement dinner

June

- 7 Board meeting, 10:00

July

- 13 Summer Picnic

August

- 19 Baltic Bash

December

- 2 Holiday markets

Book and Film Corner by Lynne Masland

Everyone is raving about the new Pickford Theatre at 1318 Bay Street, especially its seating arrangements. There are two screens – one seating 132, the other 75. The spacious lobby is a far cry from the older theatre at 1416 Cornwall, although that theatre is under remodel and projected to re-open this summer.

Here's a look at the new Pickford's offerings for May. Check the website at www.PickfordFilmCenter.org for details, dates and times. *Potiche*, a French farce, stars Catherine DeNeneuve as a trophy wife who takes over her husband's (Gerard Depardieu) business when he suffers a heart-attack after a strike at his factory. In French, with subtitles. The Danish film, *In a Better World*, (this year's Best Foreign Film Oscar) traces the lives of two Danish families as their extraordinary but risky friendship develops. But loneliness, frailty and sorrow lie in wait. In Danish with subtitles. *Meek's Cutoff* is a revisionist Western tale about settlers traveling through the Oregon desert in 1845 and finding themselves stranded in harsh conditions.

The Charlie Chaplin festival continues through May.

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