



WWURA NEWS



November 2011

www.wwu.edu/~wwura

Serving Retired Faculty and Staff

Greetings , Letter from the President

We've a number of things to note in this last newsletter of 2011. First and foremost, please complete your reservation for the holiday gathering on December 7 and send them to Karen Perry.

Don't forget the travelogue on November 16 featuring the Haines and the Davidsons on their rafting trip through the Grand Canyon.

It was suggested and approved by the Board to extend the time for socializing at the travelogues and luncheons by fifteen minutes. The events will start at the same time but the presentations will begin later.

An April luncheon is in the process of being arranged. Details and date will be made available later.

The board is proposing a new activity best described as the Lunch Bunch. This would be a get-together of interested persons to meet once a month (on a day to be determined) for discussion of various topics over lunch. A group such as this existed for several years as a men-only group but we would like to see this group as coed. Let your interest be known.

Jingle Bell Walk/Run

The 2011 Bellingham Jingle Bell Walk/ Run will be held on Saturday, December 10th. Please consider being part of the WWURA team. For information about reservations contact Evelyn Ames (evelyn.ames@wwu.edu)



WWURA Travel Travelogue

Rafting the Colorado River

Presented by Marty & Gail Haines, and
Mel & Barbara Davidson

Wednesday, Nov. 16, 2011
Squalicum Yacht Club

6:30 for socializing, 7:15 presentation

Enjoy a 226-mile adventure down the Colorado River through the Grand Canyon with Marty & Gail Haines and Mel & Barbara Davidson. The 10-day trip, aboard two rafts with 19 fellow travelers, was taken last May. The river had an elevation drop of 1700 feet and we went through 160 rapids.



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

Health Notes by Evelyn Ames Vitamin/Mineral Supplements: What was “good” yesterday may not be “good” today!

A recent report relating to the Iowa Women’s Health Study, published in the *Archives of Internal Medicine* (Vol. 171 No. 18, October 10, 2011) concluded that several commonly used vitamin and mineral supplements (in particular, iron, folic acid, vitamin B6, magnesium, zinc, copper, and multivitamins were associated with an increased risk of earlier death in older women. The strongest association was with supplemental iron. In this study, calcium was associated with decreased risk. The study followed 38,722 older women (61.6 years at baseline) with self-reports of supplement use in 1986, 1997, and 2004.

Among the women in the study, “about 63 percent used supplements at the start of the study, but that number had grown to 85 percent by 2004” with the findings translating “to a 2.4 percent increase in absolute risk for multivitamin users, a 4 percent increase associated with vitamin B6, a 5.9 percent increase for folic acid, and increases of 3 to 4 percent in risk for those taking supplements of iron, folic acid, magnesium, and zinc” (*The New York Times*, Oct. 10/2011).

According to Mursu and colleagues (authors of the Iowa study) at the University of Eastern Finland, “little is known about the long-term effects of multivitamin use and less commonly used supplements, such as iron and other minerals” (*Arch of Intern Med*). The authors believe that “for all micronutrients, risks are associated with insufficient and too-large intake.” They state that “our study raises a concern regarding their long-term use.”

Bjelakovic and Gluud (invited commentary) in the October issue of *Arch Intern Med* stated “The use of multivitamins, vitamin B6, folic acid, magnesium, zinc, iron, and copper was individually statistically associated with increased risk of all-cause mortality when compared to nonuse. After adjustment for multiplicity, only multivitamins and copper retained the significant association. The use of calcium and vitamin D was associated with a decreased risk of all-cause mortality when compared to nonuse before and after adjustment for multiplicity.” They point out that the Iowa Women’s Health Study is observational. Other factors such as behavior, reportage, and general physical health cannot be excluded but “the study was large, well-designed, and well conducted.” Bjelakovic and Gluud state the paradigm “the more is better is wrong.” They also commented that Mursu and colleagues “results regarding calcium seem to contrast with those of a recent meta-analysis of randomized trials that observed that calcium supplementation is associated with an increased risk of myocardial infarction” in Finnish postmenopausal women using calcium supplements.

Both the study’s authors and the commentary authors note that dietary supplementation has shifted to promoting wellness and preventing disease and away from preventing deficiency. These researchers do not recommend the use of vitamin and mineral supplements as preventive measures, especially in well-nourished populations. “Older women (and perhaps older men) may benefit from vitamin D3 supplements, especially if they have insufficient vitamin D supply from the sun and from their diet.” The authors suggest further study on calcium supplements. Eat those fruits and vegetables! Maintain a well balanced diet!

Parker-Pope reported in *The New York Times* (Oct 11/2011) about the Selenium and Vitamin E Cancer Prevention Trial which followed use among 35,000 men, the purpose being to see if the risk of prostate cancer would be lowered. A longer term follow-up of the men “found that the vitamin users had a slightly higher risk (17%) of developing prostate cancer.” “The dose taken in the study was “200 micrograms of selenium and 400 international units of vitamin E. By comparison, most multivitamins contain about 50 micrograms of selenium and 30 to 200 international units of vitamin E.”

What may be included in multivitamins for 50 and older adults? The B vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, B7 (biotin), B12, and folic acid; vitamins A, D3, and K; magnesium, manganese, copper, iron, iodine, phosphate, potassium, nickel, chromium, choline, molybdenum, lycopene, chloride, boron, and selenium.

(cont’d next page)

For explanations of use, effectiveness, deficiency, risks, and side effects, this web site is a start to finding available information: <http://www.nlm.nih.gov/medlineplus/druginfo/natural/313.html> Check for sites that are research-oriented rather than supplement-promotional advertisements. In addition, you may find viewing “Choosing Nutrient Dense Foods” of interest. http://nihseniorhealth.gov/eatingwellasyougetolder/faq/video/ew2_na.html?intro=yes

New research information is suggesting that antioxidant supplementation (e.g. vitamin A, E and beta-carotene) may interfere with the body’s natural antioxidant physiology, leading to an increase in free radicals (unstable molecules). The supplementation-caused increase in the body may contribute to various diseases such as cancers.

Consumers assume that dietary supplements, heavily advertised and found on shelves in grocery stores, mini-marts, pharmacies, stand-alone supplement stores, etc., have been researched for safety and effectiveness and pose no health risks. But, manufacturers are not required to disclose to the Food and Drug Administration or to consumers any evidence they have that their products are safe or efficacious. It is buyer beware (caveat emptor)!

WWURA Interest Groups

WWURA’S Interest Groups are open to everyone. If you would like to join a group, please call the contact person. November’s Interest Groups are listed below:

Book Group - Donna Rochon, 647-2301

Meets at Donna Rochon's, 1505 Silver Beach Rd. at 2:30 p.m. Tuesday, November 15th.

The book is *Cutting for Stone* by Abraham Verghese

December's book is *City of Thieves, A Novel* by David Benioff

Bridge Group - Nicholas Bullat, 676-1156

The bridge group meets the 4th Tuesday of the month. Place to be announced.

Informal Dining - has started meeting. Call Jan Berg, 733-4654 or Barb Evans,

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

Opera Group - Evelyn Ames, 734-3184

November-December 2011 Metropolitan Opera HD operas at Bellis Fair and Lincoln Theater, plus scheduled encores (*All encores at Bellis Fair are on Wednesdays at 6:30 pm; and at Lincoln Theater on Sundays at 1 pm*)

Bellis Fair Don Giovanni encore is Nov 16th

Glass's Satyagraha—Nov 19 at 9:55 am

Encore: Lincoln: Nov 27

Encore: Bellis: Dec 7

Handel's Rodelinda—Dec 3 at 9:30 am

Encore: Lincoln: Dec 11

Encore: Bellis: Jan 4

Gounod's Faust—Dec 10 at 9:55 am

Encore: Lincoln: Dec 28

Encore: Bellis: Jan 11

Pickford Film Center: Sunday December 11, 2011 is Cendrillon by Jules Massenet (Royal Opera House, London, England)

Downhill Skiing - Charlie Way, 7734-0649

Call Charlie if you are interested.

Writer's Group - call Evelyn Wright for information, 676-0227.

CHINA, TIBET AND YANGTZE RIVER TOUR, 2012

How would you like to tour China and Tibet next October with Overseas Adventure Travel? "Terra cotta soldiers guard an ancient emperor's tomb...a royal palace forbidden to visitors for centuries opens its doors in welcome...the largest dam in the world harnesses the power of a mighty river while flooding thousands of years of history...ride on a sleeper train and sail small boats through gigantic gorges...discover the profound beauty of Tibetan culture during a three-night stay in Lhasa."

We are organizing a group of 16 people (with 6 already signed up) to join us on this wonderful experience. We will depart from Seattle on Oct. 1, 2012 and return October 22. The cost per person is \$5,045 plus taxes and includes air. Please call Marty Haines at 360-676-1344 or write to mghaines@comcast.net for additional information.

Please visit the Overseas Adventure Travel Website for full details: www.oattravel.com. Select: China 2012 and then "Imperial China, Tibet and the Yangtze River." To sign up for this trip call OAT Reservations @ 800-597-2452, select option 2. When you talk to the reservation person, mention our group "Service Code" G211246. You will be asked to make a \$500. deposit per person which is fully refundable for two weeks only.

We would enjoy having you join us.

2011-12 WWURA Membership Renewal Form

To join WWURA or renew your membership by mail, **send your information to Kirsti Charlton, 1410 Grant St., Bellingham, WA 98225 (temporary membership chair),** phone 360-671-0708 <kirsticharlton@gmail.com>. Checks should be made payable to WWURA. 2011-12 membership cards will be mailed to you at the address you indicate below.

Note: Regular memberships are for a household , 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.

Total amount enclosed _____

Signature _____ Date _____

Address, phone and email _____

8th Annual Holiday Party

Wednesday, Dec. 7, 2011, 6-10 pm.

Squalicum Yacht Club

Come and get into the holiday spirit with friends, good food and lively music .

- Social hour beings at 6 pm.
- Potluck dinner begins at 6:45, consisting of roast turkey, ham, coffee & tea plus potluck items as assigned below.
- Bring your own wine, if you wish.
- After-dinner music by *What the Chelm*.
- Bring your own plates and silverware.
- Cost is \$10 person.
- Please bring dish (to share) as listed below:
- A-G Dessert, H-Q Side Dish, and R-Z Salad.

Send your reservations and \$10 per person to cover the costs of the hall, music, decorations, ham and turkey to Karen Perry.

Reservation Form

Names_____

Enclosed is a check (to WWURA) for \$_____ for _____people

Need a ride? Check here_____ and phone number_____

Return reservation form by December 1 to:

Karen Perry
3035 Barrel Springs Road
Bow, WA 98232
1-360-724-4812

WWURA Calendar

November

16 Travelogue

December

2 Holiday Markets

7 Holiday party

January

3) Board meeting

18 Travelogue

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