



WWURA NEWS



October 2011

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Serving Retired Faculty and Staff



President's Letter

Welcome to Fall. We hope to see all of you at the upcoming luncheon October 14. If you haven't signed up, do so right away so that Northwood can have an accurate count.

Larry has arranged for an interesting speaker - John K Munroe, who will talk about strange and amusing experiences in radio. John worked in broadcasting (being a ham radio op since 1942), was an elementary principal, taught at WWU and owned Munroe Wool Company. He is also a bagpiper and vocal jazz arranger. There will also be some brief items of interest from the Board.

You'll have an opportunity to hear about and sign up for the interest groups available for your participation over the year. A new interest group has been proposed—a lunchtime get together. You'll hear more about this at the luncheon. Please think about and suggest for the membership any other new activities beyond those now on-going.

Think about and discuss with those you are dining with any ideas for bringing in some new members with fresh ideas and a willingness to serve on the Board and the many committees that make WWURA .

- Howard & Barbara Evans

WWURA Interest Groups

WWURA'S Interest Groups are open to everyone. If you would like to join a group, please call the contact person. If you have an idea for another interest group call Barb Evans, 650-9724. October's Interest Groups are listed below:

Book Group - Donna Rochon, 647-2301

Meets at Barb Evans, 622 Everglade Rd., 2:30 p.m., Tuesday, October 18th.

The book is *My Father's Paradise: A Son's Search for His Jewish Past in Kurdish Iraq*. November's book is Anthony Verghese's , *Cutting for Stone*

Bridge Group - Nicholas Bullat, 676-1156

The bridge group meeting is Tuesday, October 25th at 1:30 at Caryl Hinckley's home ,1804 Taylor Ave.

Informal Dining - starts meeting in October. 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

The Metropolitan Opera Live in HD is shown at the Lincoln Theater in Mt. Vernon and at Bellis Fair Regal Cinemas (see Sept.'s Newsletter for contact information).

Oct. 15, Donizetti's *Anna Bolena*

Oct. 29, Mozart's *Don Giovanni*

The Pickford Film Center - Oct. 23, Cilea's *Adriana Lecouvreur* .

Downhill Skiing - Charlie Way, 7734-0649

Call Charlie if you are interested.

Writer's Group - call Evelyn Wright for

information, 676-0227.

Health Notes by Evelyn Ames *Shingles: Is A Vaccination Recommended?*

Most of our WWURA members when they were youngsters more than likely had chicken pox, a viral infection caused by the varicella zoster virus. It is known that the virus stays in the body in a dormant (inactive) state. For reasons not fully known, this virus can reactivate years later, causing shingles. According to data from the Centers for Disease Control and Prevention, almost 1 out of every 3 people in the United States will develop shingles. “Anyone who has recovered from chickenpox may develop shingles; even children can get shingles. However the risk of disease increases as a person gets older. About half of all cases occur among men and women 60 years old or older.” <http://www.cdc.gov/shingles/about/symptoms.html>

Signs and Symptoms: Shingles usually starts as a painful rash on one side of the face or body. The rash forms blisters that typically scab over in 7–10 days and clears up within 2–4 weeks. Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. This may happen anywhere from 1 to 5 days before the rash appears. Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. In other cases, the rash occurs on one side of the face. In rare cases (usually among people with weakened immune systems), the rash may be more widespread and look similar to a chickenpox rash. Shingles can affect the eye and cause loss of vision. (CDC)

Transmission: Shingles cannot be passed from one person to another. However, the virus that causes shingles, the varicella zoster virus, can be spread from a person with active shingles to a person who has never had chickenpox. In such cases, the person exposed to the virus might develop chickenpox, but they would not develop shingles. The virus is spread through direct contact with fluid from the rash blisters, not through sneezing, coughing or casual contact. A person with shingles can spread the virus when the rash is in the blister-phase. A person is not infectious before blisters appear. Once the rash has developed crusts, the person is no longer contagious. <http://www.cdc.gov/shingles/about/transmission.html>

Prevention: Until a few years ago, physicians debated whether to recommend all their patients get a vaccination for shingles. Since the incidence of shingles has risen considerably among the older population and some health insurance companies are now including the vaccination in their medical benefits, physicians are recommending older adults acquire the vaccination. A vaccine for shingles is licensed for persons aged 60 years and older.

Treatment: “Several antiviral medicines—acyclovir, valacyclovir, and famciclovir—are available to treat shingles. These medicines will help shorten the length and severity of the illness. But to be effective, they must be started as soon as possible after the rash appears. Thus, people who have or think they might have shingles should call their healthcare provider as soon as possible to discuss treatment options. Analgesics (pain medicine) may help relieve the pain caused by shingles. Wet compresses, calamine lotion, and colloidal oatmeal baths may help relieve some of the itching.” <http://www.cdc.gov/shingles/about/prevention-treatment.html>

Question: How might you sharpen your mind and improve your spirits? One of the three things recommended in the 2011 October issue of *Consumer Reports on Health* is that everyone eat breakfast (which includes protein, complex carbohydrates, and healthy fat) within 90 minutes of waking every morning. Studies suggest people have better cognitive performance and brighter moods during the day!

Book and Film Corner

Lynne Masland

This month I'm focusing on two somewhat quirky but endearing documentaries that linger in memory like a subtly delicious meal.

Some of you may have already seen *The Wild Parrots of Telegraph Hill* (2005), the story of Mark Bittner, an unemployed musician living in a cabin on San Francisco's Telegraph Hill, who finds new meaning in life when he begins to feed and befriend a flock of wild parrots inhabiting the nearby trees. Directed by Judy Irving and winner of the Genesis Award for Documentary Film, the film has a gentle twist of an ending.

Etre et avoir (To Be and To Hold) is an award-winning French documentary (2002), with English subtitles, directed by Nicholas Philibert. Taking its title from the French irregular verbs *etre* and *avoir*, it's a sympathetic portrait of a dedicated teacher, George Lopez, and his 13 students, ranging from ages 4 to 11, in a rural one-room school in a village in the Auvergne. Lopez teaches his students with patience and empathy as they learn not only grammar but also how to get along with each other. Reviewers called it "one of the most emotionally gratifying films about teaching." The film's landscape of mountains, farms, snow, rain and sun and small villages makes it a pleasure to watch.

An earlier WWURA Team.

Let's see if we can match
their numbers!



Jingle Bell Walk/Run

The 2011 Bellingham Jingle Bell Walk/Run is set for the second Saturday In December (10th). If you wish to register to be part of the WWURA team, contact Evelyn Ames (evelyn.ames@wwu.edu). Brochures for registering will be available at the October luncheon and November travelogue. A web site for joining the WWURA team soon will be available.

WWURA Scholarships

For several years WWURA has supported two WWU students with scholarships of \$2000 (each). These funds all come from contributions of WWURA members— most often when they pay their annual dues. This year we have funds for both students for Fall '11 quarter and need \$280 in additional contributions for the Winter '12 quarter. The scholarships last year went to students who were both needy and were excellent students. If you have not made a scholarship contribution this year (or if you would be willing to make an additional contribution) please mail it to John Reay, WWURA treasurer, 117 Hawthorne Rd. , Bellingham, WA 98225.

WWURA Calendar

October

14 Fall Luncheon

November

1 Board Meeting

16 Travelogue –Rafting the Colorado

December

2) Holiday Markets

7) Holiday party

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