



WWURA NEWS



April 2012

www.wvu.edu/~wwura

Serving Retired Faculty and Staff

President's Letter

Greetings, WWURA members,

Can't speak for you, but my spirits have been seriously dampened by this slow creep through rain and cool temperatures toward some decent Spring weather.

At the last Board meeting John Reay informed us that we had approximately 56 applications for WWURA's two scholarships. Two recipients have been selected and notified. As tuition and other college costs increase, it would be wonderful if we could give an additional scholarship; but in order to do that we need more donations. Please consider making a contribution to our Scholarship Fund.

Let's continue to pursue our individual efforts to contact those we know personally are about to retire and talk to them about joining WWURA and encourage them to attend the retirement dinners. Suggest to them that it only costs \$5.00 for the first year and the opportunity to try us out. New members are important to the continued robustness of the organization. Thanks for your efforts to date.

Mark your calendars for the May 16 Retirement Dinner featuring Johnny Barnes and the Prawns. You will receive a postcard reminder and reservation form on or about May 1.

Please fill out the reservation form for the April 20th luncheon and send it with your check to the Evans at 622 Everglade Rd., Bellingham, 98225.

Have a great Spring.

- **Howard Evans**

WWURA Travelogue

India—A Nostalgic Journey

Presented by **Dennis Walton**

Wednesday, April 18, 2012

Squalicum Club

6:30 for socializing

7:15 presentation

India is an amazing country to visit. For all visitors it is an assault on the senses - sight, sound, color and smell. For a photographer the country offers a unique set of challenges as well as opportunities. This show offers a unique perspective on India. The pictures span a few decades of visits. All of the images are presented in a sepia style designed to mimic pre-film plate photography. For this reason I titled the show "India - A Nostalgic Journey".

The sample image was taken early one morning on the Ganges River in Varanasi - one of my favorite photo locales. Please check out my website www.denniswalton.zenfolio.com for other samples of my work. I am always happy to chat about travel and photography as the two go together for me.



If your name begins with **K through Z**, please bring a desert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.

Takotsubo (Stress) Cardiomyopathy (“Broken Heart Syndrome”)

The recent (February) Heart Health luncheon at the Bellwether focused on the cardiovascular condition commonly called “Broken Heart Syndrome.” The condition, originally called Takotsubo cardiomyopathy, is generally referred to as stress cardiomyopathy, stress-induced cardiomyopathy or apical ballooning syndrome (<http://www.mayoclinic.com/health/broken-heart-syndrome/DS01135>). Takotsubo cardiomyopathy was first recognized in Japan in 1990. (<http://circ.ahajournals.org/content/124/18/e460.full>) It was first recognized in the United States in 1998.

Stress cardiomyopathy “is a condition in which intense emotional or physical stress can cause rapid and severe heart muscle weakness (cardiomyopathy). This condition can occur following a variety of emotional stressors such as grief (e.g. death of a loved one), fear, extreme anger, and surprise. It can also occur following numerous physical stressors to the body such as stroke, seizure, difficulty breathing (such as a flare of asthma or emphysema), or significant bleeding” (<http://www.hopkinsmedicine.org/asc/faqs.html>).

Sharkey, Lesser, and Maron (<http://circ.ahajournals.org/content/124/18/e460.full>) report that in “85% of cases, takotsubo is triggered by an emotionally or physically stressful event that precedes the onset of symptoms by minutes to hours. Emotional stressors include grief (death of a loved one), fear (armed robbery, public speaking), anger (argument with spouse), relationship conflicts (dissolution of marriage), and financial problems (gambling loss, job loss). Physical stressors include acute asthma, surgery, chemotherapy, and stroke” (*Circulation*, American Heart Association).

“When first evaluated, patients with BHS (broken heart syndrome) are initially thought to be having massive heart attacks. However, the changes on their [ECGs](#) are not typical for a heart attack, and the cardiac enzyme tests that are supposed to confirm a heart attack are found not to be significantly elevated. Furthermore, when taken to the catheterization laboratory, their coronary arteries are found to be normal (whereas in true heart attacks, one of the coronary arteries would have been completely occluded). And finally, many of these patients are found to have a peculiar type of heart muscle weakness (or [cardiomyopathy](#)) on [echocardiography](#), where the apex of their left ventricle “balloons” outward in an unusual fashion” <http://heartdisease.about.com/od/womenheartdisease/a/brokenheart.htm>.

Other direct quotes from About.com Heart health Center may be of interest to the reader. “Many patients with BHS are initially in severe heart failure, and require aggressive and intensive cardiac care. With appropriate care, however, not only do they survive, but also their cardiomyopathy completely resolves within a few days to weeks.” “The unique features of BHS are that it occurs suddenly in otherwise healthy patients (usually women); it immediately follows an episode of severe emotional stress; the presenting symptoms strongly suggest a heart attack; and, while victims are at first critically ill with cardiomyopathy, with appropriate care they most often survive and the cardiomyopathy disappears entirely.” “The cause of BHS is unknown, but most experts blame it on an unusual response to stress hormones (such as adrenaline) after emotional trauma. The condition may be related to [Cardiac Syndrome X](#), which is caused by constriction of microvessels (tiny blood vessels) within the heart muscle” <http://heartdisease.about.com/od/womenheartdisease/a/brokenheart.htm>.

Check out this web site (<http://www.hopkinsmedicine.org/asc/faqs.html>) for Answers to “Frequently Asked Questions about Broken Heart Syndrome. Questions include: What is “stress cardiomyopathy?” What are the symptoms of stress cardiomyopathy? Is stress cardiomyopathy dangerous? How does sudden stress lead to heart muscle weakness? How does stress cardiomyopathy differ from a heart attack?

I am under a great deal of stress every day. Is it possible that I have been walking around with stress cardiomyopathy and did not even know it? Who is at risk for getting stress cardiomyopathy? Once a person has had stress cardiomyopathy, will they get it again the next time they are under severe stress? If I have had stress cardiomyopathy, what is my long-term prognosis? How can I learn more about stress cardiomyopathy?

Suggestions for Prevention of Heart Disease, including stress cardiomyopathy: health lifestyle changes, exercising, healthy diet, reducing stress, stopping smoking, maintaining healthy cholesterol levels, and reducing sodium intake (BWH Women's Health at bwhtelecommunications@partners.org. January 21, 2011).

Additional Informative web sites: http://www.brighamandwomens.org/departments_and_services/womenshealth/hearthealth/your-care-explained/conditions-and-diagnoses/stress-cardiomyopathy/

(<http://www.mayoclinic.com/health/broken-heart-syndrome/DS01135>).

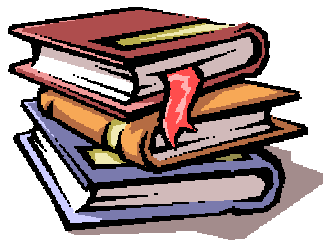
http://en.wikipedia.org/wiki/Takotsubo_cardiomyopathy,

<http://www.webmd.com/heart/features/broken-heart-syndrome-stress-cardiomyopathy>

<http://www.nhlbi.nih.gov/educational/hearttruth/downloads/html/hhh/stress-and-depression.htm>

http://rarediseases.info.nih.gov/GARD/Condition/9400/Stress_cardiomyopathy.aspx

Check <http://www.stress.org/hans.htm> for a history Hans Selye and the stress reaction.



Book Column Lynne Masland

A browse through the Local Authors section on the basement floor of Village Books reveals several new books, as well as a number of old favorites, on the shelves. Many of us faithfully buy local produce and foods; why shouldn't we be local booklovers supporting local home-town authors too?

Here's a sampling of what's available in non-fiction. Newly out is JoAnn Roe's *San Juan Islands into the 21st Century*, an updated account of the islands' history beyond Captain Vancouver and the Pig Wars.

Mark Shintaffer has just published *Shintaffer Road: 140 Years of Family, Business and Whatcom County*, the tale of this pioneer family and their business, Sound Beverages, founded by his grandparents. *In Little Farm in the Foothills: A Boomer Couple's Search for the Slow Life*, Susan Colleen Browne, daughter of in-coming WWURA President Nanette Davis and the late Jim Davis, has written the story of their decision to embrace farming life at Berryridge Farm, with her husband, retired Campus Police officer John F. Browne.

For those interested in the history of gold mining in Whatcom County, Michael Impero has written two books well illustrated with photos: *Dreams of Gold: The History of the Mt. Baker Mining District* and *The Lone Jack Mine: King of the Mt. Baker Mining District*. Kent Hostatler and Wes Gannaway chronicle our area's love affair with baseball in *Bays to Belles: The Story of Baseball in Whatcom County*.

Among old favorites are Brian Griffin's *Boulevard Park and the Taylor Street Dock* and *Darling Anna: The Life, Love & Legacy of W.R. Gray, Pioneer Physician*, with Neelie Nelson. Last but not least, June Burn's 1941 classic, *Living High*, is just been reprinted. Her autobiography recounts her experiences with husband Farrar homesteading "the gumdrop," Sentinel Island and later moving to Bellingham. Their two cabins stood for many years on a ridge by Fairhaven College. For several years, Burns wrote "Puget Soundings," a column for the Seattle *Times* and Bellingham *Herald*.

WWURA TRAVEL NEWS

DANUBE 50th ANNIVERSARY HOLIDAY MARKETS TRIP DECEMBER 2012

Our WWURA and friends group will fly Lufthansa non-stop from Seattle to Frankfurt on December 2, 2012, then on to Prague to begin the Danube holiday markets trip. After 2 nights in Prague, we will go by coach to Nuremberg to board the AmaLyra, AmaWaterways' 148 -passenger river boat. Cruising along the Danube, we will visit Regensburg, Passau, Salzburg (optional), Linz, Melk, Vienna and Budapest.

Fifteen people have reserved so far. Seven are planning to extend their stay in Budapest. There are still a few cabins available on this popular Dec. 2 - 12 trip, but it is advised that you book soon if you would like to join us as some categories of cabins are already sold out.

Cost per person: River cruise cabins start at \$2250 (including 10% group discount). Land program is \$460 (Prague and scenic transfer by coach to Nuremberg). Port charges are \$147. Air is estimated at \$1250 (including taxes). Each participant receives \$100 shipboard credit; past passengers also receive \$100 discount.

Contact Kathy Whitmer (734-7211) or Joyce D. Wilson (733-4703) for information.

The Travel Committee is still looking for new members. If you would be willing to join us, please call Barb Evans at 650-9724 or email to <barbandhoward@comcast.net>

April Interest Groups are listed below

WWURA'S Interest Groups are open to everyone. If you would like to join a group, please call the contact person.

Book Group - Donna Rochon, 647-2301.

Meets at Barbara Davidson's, 806 17th St. at 2:30 p.m. Tuesday, April 17th

The book for April is *Mink River* by Brian Doyle

The book for May is *In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin* by Erik Larson

Bridge Group - Nicholas Bullat, 676-1156.

The bridge group will meet on Tuesday, April 24th, place to be announced.

Informal Dining - The hosts for April are Rochon, Clark and Way, Davis and Harmon and Evans.

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.

Verdi's La Traviata, Bellis Fair, April 14 at 9:55 a.m.

Encore: Lincoln Theater, April 29, Bellis Fair, May 2

Verdi's Rigoletto, April 22, 2012 at the Pickford

Downhill Skiing - Charlie Way, 734-0649 Call Charlie if you are interested.

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

Information and reservation form for the May 16 Retirement Dinner will be sent to you by April 21st with a May 7th deadline. for return.

WWURA Election

The slate of candidates for election to a three-year term to the WWURA Board is listed below. Please vote and send your ballot to Kirsti Charlton, 1410 Grant St., Bellingham, WA 98225. Please return by April 27, 2012.

Faculty Position	Staff Position	Member-at-large
_____ Bill Smith	_____ Lynne Masland	_____ Larry Richardson
_____ Write-in	_____ Write-in	_____ Write-in

Spring Luncheon Friday, April 20, 2012 Northwood Hall, 11:30

James Christianson of the Bellingham Hearing Center will be the luncheon speaker. His presentation will provide a brief history of deafness and explore myths, misconceptions and realities of sign language and deaf culture. Those who have previously heard him speak highly recommend him and his presentation.

Reservation Form

Name(s) _____

Address or phone number _____

Amount Enclosed _____
\$15 member, \$18 non-member

Reservation Deadline is Monday, April 16

Mail with check to Barbara Evans, 622 Everglade Rd, Bellingham, WA 98225.

WWURA Calendar

April

18 Travelogue

20 Spring Luncheon

May

1 Board Meeting

16 Retirement Dinner

October

1 China/Tibet/Yangtze trip

December

2 Holiday Markets trip

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