



# WWURA NEWS



April 2013

www.wwu.edu/wwura

Serving Retired Faculty and Staff



Doug Cole on left

## WWURA Travelogue “What Happens in the Cockpit”

Presented by  
**Doug Cole, Retired Airline Pilot**

Wednesday, April 17, 2013

**Squalicum Yacht Club, 2633 South Harbor Loop Rd.**

**6:30 socializing; 7:15 presentation**

Retired airline pilot Doug Cole will talk about what it's like to be in the cockpit of a large plane, sharing his experiences from his early career as a local commuter plane pilot to flying big jets with a major airline. Doug retired from Delta Airlines as a Boeing 767, 777 captain this past March. He will take us on a flight from SeaTac to Honolulu on a 777 from the cockpit with

all the details of the flight included.. It's a rare opportunity to talk with a professional airline pilot and hear his stories.

Members whose last name begins with **M through Z** please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.

### WWURA Board of Directors Election

The Nominating Committee presents the following slate of candidates for election to the WWURA Board of Directors.

Faculty: **Bob McDonnell**, was for several years chair of the English department. His field was Shakespeare and English Renaissance literature. In retirement, he enjoys traveling and has done quite a bit of volunteer work.

Staff: **Patricia Roberts** worked at Western for 41 years, most recently as a Secondary Education program manager in the Woodring College of Education. She retired in June of this year and has been traveling to Alaska, Colorado and points in between with her sister.

At-Large: **Erlene Poole**, was benefits manager, setting up retirement and insurance programs, in the Office of the Vice President for Business and Financial Affairs, until her retirement in 1992. She and her husband, Wendell, enjoy their retirement and traveling.

**Find your ballot and other pertinent information on page 5 of this newsletter.**

### Inside:

Health Notes	p. 2, 3
President's Note	p. 3
Writing Group Corner	p. 4
Book and Film Corner	p. 5
WWURA Banquet	p. 5
Ballot	p. 5
April Interest Groups	p. 6

### WWURA 2013 Calendar

April 17—Travelogue  
 May 8—Spring Banquet  
 August 6—Planning Meeting  
 July 10—Picnic  
 October 11—Fall Luncheon

## **Health Notes by Evelyn Ames**

### ***Being Skeptical of “Health Sellers” or Recognizing the Nuts Among the Berries!***

A classic book on American health food fads, *The Nuts Among the Berries* (Ronald Deutsch, 1961) provides an amusing exposé of such past health nut individuals such as Kellogg (founder of Battle Creek, Michigan wellness spa and Kellogg cereals), Graham (a “Graham cracker a day keeps the doctor away”), Post and his toasties, and Fletcher (chew food 32 times because there are 32 teeth!) Today, “health” is promoted in magazines, newspapers, books, and newsletters and on television and radio. The “Internet inundates us with the latest ways to be healthier and live longer. Companies blast us with ubiquitous advertising for foods, beverages, drugs, vitamins, herbs, and other products that promise to keep us healthy” (Davis, R. J., *The Healthy Skeptic: Cutting through the HYPE about Your Health*, 2008:3).

**Alkaline water:** “Lose a pound a day! Relieve your indigestion! Look younger! Cure cancer! Scour the Internet and you’ll see a slew of websites promising to improve your health if only you follow their alkaline diet, drink alkaline water, or buy a water ionizer to get it from your tap” (*Alkaline products: healthy or all wet? Consumer Reports on Health, January 2013*). The claim: people have an imbalance of acid in their bodies (due to eating too much acid-producing foods). Therefore, one must raise alkaline levels to neutralize acid. Some researches speculate that modern diets are more acid-producing because they are “richer in saturated fat, simple sugars, sodium, and chloride, and lower in magnesium and potassium.” But, the body does not become acidic; the urine becomes acidic. This means the kidneys are effective in excreting the acid. “The alkaline diet consists of various foods, defined as alkaline or acidic, that allegedly will bring the pH of the blood to a level of slight alkalinity (7.35-7.45), a level which your body’s homeostatic mechanisms will achieve regardless of the alkalinity of your diet.” <http://www.skeptdic.com/alkalinediet.html>. The truth about “**oxygenated water**” is that “oxygen does not travel freely in the blood, and ionized forms of oxygen have very short life. Also, diatomic oxygen is toxic to living cells, and ionic forms of oxygen are even deadlier.” <http://www.pyroenergen.com/articles10/ionized-water.htm> People who have kidney disease should consult with their doctor about using alkaline products because a build up of phosphorus, potassium and sodium in alkaline products can be harmful. Bottom line: “Drinking more water is a good idea for better health, but be wary of products that can your money down the drain” (*Consumer Reports on Health, January 2013*).

**“Tastants”:** Can using the “Aroma Patch” (worn on hand/wrist/chest), or inhaling “SlimScents” (through the nose before meals), or sprinkling “Sensa” on foods help you lose weight? The Mayo Clinic suggests skipping the scents and focus on what’s proven to work—reducing the calories and increasing calories burned through physical activity. <http://www.mayoclinic.com/health/sensa/AN02050>. Advertisements in the media suggest a person shake “Sensa.” on everything you eat and lose weight! Really! Here are a few questions to ask when viewing similar weight loss promotions: (1) What is in the product? (2) Who is promoting the product? (3) How many people were subjects in trial tests? (4) Have there been scientific peer reviews? (5) Are reviews published in scientific medical journals? (6) Are there health risks? As an example: “Sensa,” is promoted by its developer (Alan Hirsch, MD) with evidence based on a few company-sponsored (Smell and Taste Treatment and Research Foundation in Chicago); its studies are not published in peer-reviewed medical journals, and it uses a one-month free trial offer or a 6-month introductory rate of \$199 (with an enrollment catch of costing \$89.50 if people don’t send all of the product back within 30 days). “Sensa sprinkles are food flakes made from maltodextrin, tricalcium phosphate, silica, and flavors. You sprinkle them on food as you would salt or sugar, and they enhance scent while adding either a mildly salty or sweet taste.” “The lack of published scientific evidence on Sensa, along with a lack of diet and fitness guidelines to accompany the product, raise a red flag for some nutrition experts.” <http://www.webmd.com/diet/features/truth-about-sensa>. It takes the body about 10 to 20 minutes to realize that it is full. Generally a person takes just under 20 minutes to eat a dinner meal!

## ***Health Notes—Recognizing the Nuts Among the Berries, cont'd***

Did you know that Sylvester Graham's principles of disease prevention, which he called "the Science of Human Life," deemed just about everything considered immoral as being unhealthful, and that included sex ((p. 17 of Davis' book).

An excellent web site that critiques health-related news stories is

<http://www.healthnewsreview.org/reviews/> A list of recommended (trust worthy sources) will be included in the May *Health Notes* with more examples of "nuts" as well as comments about half-truths about some of our favorites (e.g., dark chocolate and red wine).

[Some WWURA members have attended "end of life" seminars sponsored by WAHA (Whatcom Alliance for Health Advancement) and recommend our members take the opportunity to attend. Check

<http://www.whatcomalliance.org/> for information.] Phone number for WAHA: 788-6526.

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### **President's Note**

Greetings,

WWURA takes you down to the sea in ships where the sea and stars glow brightly when you're involved in our four "ships:" Member-Ship, Scholar-Ship, Sponsor-Ship, and Fellow-Ship. Perhaps John Masefield, the poet, who penned "Sea Fever," didn't exactly have these ships in mind, but for our Western Washington University Retirees and Friends, these "ships" add up to a significant commitment.

Membership in WWURA brings us together with former colleagues and new friends. Retiring from active teaching need not bring you to the edge of the abyss, but instead it can generate continuity and expanded horizons. July is renewal month, so don't forget to send your check to Kirsti Charlton or pay at the July 10 Picnic at Whatcom Falls Park to renew your membership. Kirsti can be found at 1410 Grant St., Bellingham, 98225.

Scholarships are one major reason for our dedication to WWURA. We can assist deserving students who are returning to college and need that financial boost to complete their degrees. Recently, our call for additional monies for scholarships was answered by a happily hefty donation. If many of you can reach deeply into your hearts and pockets, we are hoping to generate a third scholarship in the days ahead. John Reay will accept your check anytime you're ready. John's address is 117 Hawthorne, Bellingham, 98225.

Sponsorship takes place when WWURA supports your favorite activities in a variety of interest groups: book, bridge, informal dining, opera, skiing, writing or travel. We would love some leadership to come forward for other possible groups: for instance, hiking. Anyone chomping at the bit to stir a few of us couch potatoes into action!

Fellowship, last but hardly least, is undoubtedly the outstanding motive that drives most of us to our well-planned luncheons, travelogues, picnics, yearly Retirement dinners, and even our annual Planning Meeting in August at Lakewood. Be sure to check out our April 17 Travelogue and our capstone event of the year, the joint endeavor of Western's President and WWURA Retirement Dinner honoring all new retirees, coming up May 8. Get ready for a fabulous dinner, meeting old friends and hearing fantastic music with the Prawns and Johnny Barnes.

- Nanette Davis, President

## Writing Group Corner

Author **Amelia Pryor** is a member of WWURA Writing Group. Here is a sample from her new work.

*Candy and Confections* is a novel set in Spain just after the death of Franco. The heroine, Arabella, has escaped her family in the East Coast of the United States to find some values that are worth living for. She meets Valentine in a small village in Spain where she is staying and he courteously invites her to look at his house which is old and typical of the region of Andalucia. She has a look.

### Valentine's House

Valentine's house was about thirty yards from the town fountain down a narrow lane only wide enough for a VW bug. It was sandwiched between two other identical houses and had a whitewashed stone façade with a red painted wooden door.

The door opened into a dark room without lights or windows as the only light came from the central courtyard just ahead. He kept his tools in this anteroom. She wondered at the darkness, but she walked through into the tiny courtyard which was open to the sky and filled with light.

It was small, only about ten feet square, and there was a stone stairway curving up to a second level. On the left, under the stairs, an alcove contained a toilet and a water faucet next to a bucket. There was a curtain across the opening for privacy. Apparently there was no running water to the toilet and one filled the bucket and sloshed it into the toilet to make it work.

On the right side was a door into the kitchen, which resembled a cave. The walls were curved around from centuries of plastering. There was a marble counter with a china sink. But, there was no water to the sink, which had a hole where the drain should be and no plumbing down under. It was full of onions and potatoes. There was a serviceable stove with four electric burners and a tiny bookcase for pots and dishes.

Arabella was fascinated with all this. This was the first house she had seen on the inside except for Henriquetta's which was much finer. He seemed to know what she was thinking.

He said "Upstairs is much better. Come." And led her up the curving stairway into the living room. It was rectangular with a large window, which extended to the floor and a small wrought-iron balustrade looking over the small street below.

The floor was marble; the walls were whitewashed clean and bare except for four huge posters side by side on the north wall: Che Guevera, Miguel de Unamuno, Trotsky, and Garcia Lorca. Below each was a quotation.

No furniture at all.

Off the living room a bedroom looked out over the tile roofs to the distant mountains. There was a window box. A double bed and an armoire for clothes. That was all. Everything. How simple can one make one's life,? she thought.

There was no place to sit except the bed, so she turned to go out.

He touched her hand, "Thank you for coming to my house. I would like it if you would have dinner with me at the café."

She paused and brushed a wisp of hair from her ear while she thought it over. "Thank you," she said.

He frowned. "Don't say thank you. Friends don't say thank you to each other. It is known and not spoken."

"Very well." she said. "I'll see you about eight at the café."

As she walked home she wondered why she liked this nice man so much. He seemed so serious, so committed, hardly American characteristics.

"Well, let's see what happens," she thought.

**Book and Film Corner**  
**Lynne Masland**

I recently un-shelved a book I'd bought eight years ago in Savannah but had not gotten around to opening. It turned out to be my favorite recent read – one that I was sad to see end.

Music historian and songwriter Gene Lees has written a deeply personal memoir of his friend, songwriter, poet and singer Johnny Mercer, one of the best-loved of America's popular musical stars. *Portrait of Johnny: The Life of John Herndon Mercer* (2004) weaves together the story of the Bard of Savannah's forty-year musical career with his complicated personal life and relationships with his mother, his wife and his love, Judy Garland. Johnny's lasting nostalgia for his idealized Savannah childhood found its way into songs such as "Moon River," and "Skylark." A co-founder of Capitol Records, Johnny collaborated with the great composers of the time – Hoagy Carmichael, Harold Arlen, Jerome Kern, Richard Whiting, Henry Mancini and more. Alan Jay Lerner called him "the greatest lyricist in the English language." He worked with some of the best American musicians of the 20<sup>th</sup> century. Among Mercer's hundreds of wide-ranging hits are "Blues in the Night," "Accentuate the Positive," "That Old Black Magic," "Lullaby of Broadway," "Begin the Beguine," "One for My Baby," "Summertime" – the list goes on. I found the tale fascinating.

Paperback copies of the book are available at Amazon. Or perhaps just putting on a CD or two of these old American favorites one evening will be enough to bring back that period that Lees calls the "golden age of American songwriting."

**WWURA Spring Banquet**  
**Wednesday, May 8, 2013**  
**Viking Union Multipurpose Room**  
**Reception 5:30 p.m.**  
**Dinner 6:30 p.m.**

Please join us as we show our appreciation for years of service to Western by the faculty and staff who are retiring. The new retirees will be recognized by President Bruce Shepard. This will be a festive banquet with musical entertaining 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.

Dinner choices are:

(1) Seared Steelhead (2) Grilled Chicken  
(both served over Mixed Spring Vegetables & Local Bean Ragout (Gluten Free) **OR** (3) Butternut Squash Ravioli served over Mixed Spring Vegetables & Local Bean Ragout.

The salad will be Mixed Green and Bibb lettuce with Fresh Garden Vegetables served with Tarragon—Citrus Vinaigrette. (Gluten Free).

Dessert—Individual Chuckanut Cheesecake with Carmel Sauce & Fresh Berries.

Rolls, Water, and Coffee.

**Reservation Form**  
**for WWURA Spring Banquet**

**Please detach and return by April 29, 2013**  
**to Donna Moore, 346 Bayside Rd, Belling-**  
**ham, WA 98225**

Name(s) \_\_\_\_\_

Phone or email address \_\_\_\_\_

Number of Reservations \_\_\_\_ at \$27 per person

Dinner choices: \_\_\_\_ Seared Steelhead  
\_\_\_\_ Chicken \_\_\_\_ Butternut Squash Ravioli

Amount Enclosed \_\_\_\_\_

Make checks payable to WWURA.

**Ballot—Return by April 23rd**

The ballot has spaces for write-in candidates. Please be sure that your write-in candidate agrees to serve on the board for 3 years.

\_\_\_\_ Bob McDonnell \_\_\_\_\_ Write-in

\_\_\_\_ Patricia Roberts \_\_\_\_\_ Write-in

\_\_\_\_ Erlene Poole \_\_\_\_\_ Write-in

Return ballot to: **Lynn Masland, 616 N. Forest,**  
**Bellingham, WA 98225.**

## APRIL INTEREST GROUPS

If you are interested in one of the groups please call or email the contact person.

**BOOK GROUP**--Donna Moore, 360-733-5769 <donnaafmoore12@gmail.com>

The meeting place for May will be announced later.

We will not meet in April and will discuss the David Liss book in May.

May's book is *A spectacle of Corruption* by David Liss

**BRIDGE GROUP**--Nicholas Bullat, <gnbmaestro@gmail.com>

Meets the 4th Tuesday of the month at member's homes. We will meet

April 23rd, place to be announced.

**INFORMAL DINING** -- Janet Berg, 360-733-4654, <janetlila@hotmail.com>

Meets in small groups each month at member's homes.

**OPERA GROUP**--Evelyn Ames, 360-734-3184, <Evelyn.ames@wwu.edu>.

Call Evelyn if you need a ride.

April 27, 2013 Handel's *Giulio Cesare*, a new production

Information on venues is in the September newsletter.

**SKIING** - Charlie Way, 360-734-0649, <cybway@aol.com>

**WRITER'S GROUP** - Evelyn Wright, 360-676-0227, <ewright410@comcast.net>

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work. The first group is now closed, but if you are interested, please call Evelyn and discuss starting a second group.

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