



WWURA NEWS



February 2013

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Serving Retired Faculty and Staff

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Change of Date !!

WWURA Winter Luncheon

Friday, February 22, 2013

Northwood Hall, 11:30 a.m.

3240 Northwest Ave

President Bruce Shepard, Speaker

“State of the University—How Are We Doing?”



WWURA 2013 Calendar

Feb. 22 -Winter Luncheon
 March 20—Travelogue
 April 5 - Spring Luncheon
 April 17—Travelogue
 August 6—Planning Meeting
 July 10—Picnic

Don't miss this chance to catch up on what is happening at Western these days and what problems the University might expect to face in the upcoming legislative session in Olympia.

You may still register for this luncheon by filling out the Reservation Form on page 5 and sending it to Janet Berg, 1029 16th Street, Bellingham, WA 98225. (If you registered for the February 8th event, you do not need to register again.)



Greetings,
Love is in the air, and we're all buzzing with joy knowing (hoping) the worst of winter is behind us. So, welcome to the land of blooming primroses, and the promise of more flowers to come.

This month WWURA is moving forward with a full panoply of activities. let's start with the Winter Luncheon (originally scheduled for February 8, but moved to February 22) at Northwood Hall, 11:30 kick-off time. President Bruce Shepard will fill us in on the latest developments at Western. You won't want to miss his engaging presentation!

And looking ahead, April 5 is the date for our Spring luncheon, featuring none other than Milt Krieger, our local jazz expert in Whatcom County. His newly released book offers a comprehensive

coverage of the characters who have populated the jazz scene in Bellingham since the town's early days. The book has many captivating photos which he will incorporate into the presentation. Better sign up early to learn about the fascinating harmonies that are an integral part of Whatcom County's musical heritage.

Barb Evans is still taking deposits on the proposed trip to Ashland, Oregon. The deadline for registration and payment of your deposit of \$50 per person is February 15, 2013. For more information, contact Barb at 650-9724 or barband-howard@comcast.net. This year's dramas promise to be as profoundly moving as any Shakespearean theatre you've ever seen.

See you at our next gathering.

-Nanette Davis

February 2013 Health Notes by Evelyn Ames

Comments on Upper Respiratory Infections

During the winter months WWURA members and friends are more likely to be indoors socializing, reading, exercising, dozing, partying, etc. The connection between upper respiratory infections such as the common cold which occur in winter months is more likely due to being indoors among other adults and children, seasonal changes in humidity, and lack of physical activity. Studies do not show that cold weather itself causes colds.

Defining Upper Respiratory Diseases: “Upper respiratory tract infection (URI) is a nonspecific term used to describe acute infections involving the nose, paranasal sinuses, pharynx, larynx, trachea, and bronchi... Influenza is a systemic illness that involves the upper respiratory tract and should be differentiated from other URIs.” <http://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/infectious-disease/upper-respiratory-tract-infection/#s0010> “Viruses cause most URIs, with rhinovirus, parainfluenza virus, coronavirus, adenovirus, respiratory syncytial virus, coxsackievirus, and influenza virus accounting for most cases.” “Rhinoviruses (from the Greek *rhin*, meaning “nose”) cause an estimated 30 to 50 percent of all colds. Scientists have identified more than 100 distinct rhinovirus types” (which grow best at temperatures of about 91°F, the degree inside the human nose). “Scientists think coronaviruses cause about 10 to 15 percent of all adult colds. They bring on colds primarily in the winter and early spring.” <http://www.niaid.nih.gov/topics/commonCold/Pages/overview.aspx> “Approximately 20 million cases of acute sinusitis occur annually in the United States. About 12 million cases of acute tracheobronchitis are diagnosed annually, accounting for one third of patients presenting with acute cough. The estimated economic impact of non–influenza-related URIs is \$40 billion annually.” <http://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/infectious-disease/upper-respiratory-tract-infection/#s0010> Organisms that cause URIs are easily transmitted by droplet, aerosol (airborne), or direct hand-to-hand contact with secretions from infected persons. A person’s hands that have touched infected surfaces can easily transmit viruses to their nose and eyes. The public health message of “wash your hands” is so important in helping to reduce a person’s chances of being infected. Wiping door handles and phones in residences where people have URI’s is suggested.



Examples of URI's: http://www.medicinenet.com/upper_respiratory_infection/article.htm

[rhinitis](#) (inflammation of the nasal cavity)

[sinus infection](#) (sinusitis or rhinosinusitis) - inflammation of the sinuses located around the nose

[common cold](#) (nasopharyngitis) - inflammation of the nares, pharynx, hypopharynx, uvula, and tonsils, pharyngitis (inflammation of the pharynx, uvula, and tonsils), epiglottitis (inflammation of the upper portion of the larynx or the epiglottis)

[laryngitis](#) (inflammation of the larynx), laryngotracheitis (inflammation of the larynx and the trachea), and tracheitis (inflammation of the trachea).

Common cold: Sneezing, scratchy throat, and runny nose are some of the first signs of a cold. These usually begin about 2 to 3 days after infection. Other symptoms include mucus buildup in the nose, tiredness, and headache. Over 200 viruses have been identified as causing common colds. The large number of viruses and the fact that viruses mutate from season to season, are reasons why immunization against the cold has not been successful. Colds are usually mild with symptoms lasting from 1 to 2 weeks. Adults generally do not have a fever. If a fever occurs, the illness might be influenza or a bacterial infection. Future advances in technology have the potential of identifying another 20 to 30 percent of causes of adult colds.

Health Notes, *cont'd*

Preventive Actions: “Several research studies show that people who exercise regularly have a significantly reduced number of respiratory tract infections, such as the common cold, compared with those who don't exercise. Research also suggests that allergic diseases that affect the nose or throat and psychological stress may increase your chances of getting infected by cold viruses.” “High fever, significantly swollen glands, severe sinus pain, and a cough that produces mucus may be signs that you have a complication or more serious illness. If you have any of these signs, you should contact your healthcare provider.”

<http://www.niaid.nih.gov/topics/commonCold/Pages/overview.aspx>.

Walking Pneumonia: Walking pneumonia is an informal term for pneumonia that is not severe enough to require bed rest or hospitalization. “Walking pneumonia is often caused by a type of bacterium that produces milder symptoms that appear more gradually than do those of other types of pneumonia.”

<http://www.mayoclinic.com/print/walking-pneumonia/AN00137/METHOD=print> Ways of acquiring pneumonia include being infected by bacteria and viruses that live in our noses, sinuses, or mouths. These may spread to the lungs. A person may breathe pneumonia-causing germs directly into the lungs, or may inhale foods, liquids, vomit, or fluids from the mouth into the lungs. The latter is termed aspiration pneumonia. <http://www.nlm.nih.gov/medlineplus/ency/article/000145.htm> Community-acquired pneumonia is pneumonia that occurs among people who have not recently been in a hospital or other health care facility. <http://www.nlm.nih.gov/medlineplus/ency/article/000145.htm>

According to the American Lung Association, pneumonia often mimics the flu, beginning with a cough and fever. Age and status of general health are factors that affect signs and symptoms and whether the cause is viral or bacterial. Signs and symptoms may include fever, lower-than-normal body temperature in older people, cough, shortness of breath, sweating, shaking chills, chest pain that fluctuates with breathing (pleurisy), headache, muscle pain, and fatigue. <http://www.lung.org/lung-and.html-diagnosis-disease/pneumonia/symptoms> and <http://www.mayoclinic.com/health/pneumonia/DS00135/DSECTION=symptoms>

Who is more likely to be hospitalized: those who have another serious medical problem, have severe symptoms, are unable to care for themselves at home (and cannot eat or drink), are older than 65 or are a young child, and are not responding to antibiotics and getting better.

Information relating to when to see a doctor and differentiation between viral and bacterial pneumonia is described at <http://www.lung.org/lung-and.html-diagnosis-disease/pneumonia/symptoms> For treatment information: <http://www.niaid.nih.gov/topics/commoncold/Pages/treatment.aspx> Additional information at http://www.medicinenet.com/upper_respiratory_infection/page2.htm Detailed information on “cough” is at <http://www.nlm.nih.gov/health/health-topics/topics/cough>



Book and Film Corner

Lynne Masland

Another film version of F. Scott Fitzgerald's classic 1925 novel *The Great Gatsby* is slated to come out this May with Leonardo DiCaprio starring as Jay Gatsby, a wealthy, somewhat shady newcomer to Long Island society.

The great chronicler of the 1920s Jazz Age with all of its exuberance and excesses, Fitzgerald also wrote *This Side of Paradise*, *The Beautiful and Damned* and *Tender is the Night*, plus many short stories, published in magazines such as *The Saturday Evening Post*, *Collier's Weekly* and *Esquire*.

The Gatsby story is narrated by Nick Carraway (Tobey McGuire), a bond salesman living next door to Gatsby's estate, and revolves around Gatsby's love for Daisy Buchanan (Carey Mulligan), whom he met and fell in love with as a young man. Daisy, a self-absorbed, rather shallow socialite, is married to millionaire Tom Buchanan (Joel Edgerton), who represents "old money" as contrasted with Jay, whose "new" wealth comes from questionable sources. But Jay's parties are legendary, attended by "old" and "new" money alike. The four main characters, together with other lovers and various partiers, assemble at Gatsby's estate for another festive evening. The love triangle, with many complications, results ultimately in murder.

Some may recall the 1974 film starring Robert Redford as Gatsby, Mia Farrow as Daisy and Sam Waterston as Nick. While awaiting the latest version, for fun rent the 1974 film. You might also re-read Fitzgerald's classic novel, considered his best work and one of the "Great American" novels.

Writing Group Corner

The Weather Report

by

Lynne Masland

Steam drifts upward
From my morning cup of tea
As I stand in my January garden.

Over the line of hilltop firs
The light is brightening.
Though today skies will be gray.

Sparrows hide in wisteria tangles
Above my gated wall.
Three crows glide down the alley.

The air is cool. Our cold spell has passed
Along with hoar frost and ice.
The front has moved on.

Yesterday's hard rain thawed garden soil,
Where dots of green hint at
Next season's lilies.

But hold the spring!
Today is enough.
Let me clasp the bleakness of January
Before the symphony begins.



FEBRUARY INTEREST GROUPS

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

BOOK GROUP--Donna Moore (Rochon), 360-733-5769

<donnafieldsmoore@comcast.net>

Meets the 3rd Tuesday of the month at Barbara Davidson's, 806 17th Street.

We will meet February 19 at Barbara Davidson's, 806 17th Street.

February's book is *Bring Up the Bodies* by Hilary Mantel

March's book is *Don't Let's Go to the Dogs Tonight* by Alexandra Fuller

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

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

February 26th at Caryl Hinckley's, 1804 Taylor Ave.

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.

February 16, 2013 Verdi's *Rigoletto* -- New Production

March 2, 2013 Wagner's *Parsifal* -- New Production

March 16, 2013 Zandonai's *Francesca da Rimini*

March 6, 2013 Encore -- Verdi's *Rigoletto*, 6:30 pm local time

March 20, 2013 Encore -- Wagner's *Parsifal*, 6:30 pm local time

Information on venues is in the September newsletter.

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

Skiing has started!

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.

Reservation Form

Winter Luncheon

Friday, February 22, 2013

Northwood Hall, 3240 Northwest Ave., Bellingham, 11:30 a.m.

Name(s) _____

Address or Phone Number _____

Amount Enclosed _____ (\$15 member, \$18 for non-member)

Reservation Deadline is Tuesday, February 19, 2013

Mail with your check payable to WWURA and mail to Janet Berg, 1029 16th St., Bellingham, WA 98225.
(Phone: 733-4654)

Travel News

MIR Corporation Tours

At least two members of WWURA have signed up for the following trips and would enjoy having other WWURA members join them. The group is limited to 16 people.

1. **Bulgaria & Romania: Frescoes & Fortresses** runs from May 28th- June 12th. The trip starts in Sofia, Bulgaria, travels through the Valley of the Roses in time for the Rose Festival, and then crosses the Danube into Romania. After touring Bucharest, the group heads north to Transylvania and explores the birthplace of Vlad Dracul. Following a drive through the Bicz Canyon, the group will have the opportunity to see a traditional egg painting demonstration, spend an evening with actors from a Tirgu Mures theater and visit the Old Town Square in Sibiu.

2. **Treasures of the South Caucasus (Azerbaijan, Georgia, and Armenia)** runs from **September 22 to October 6th**: The trip starts in Baku where the group explores the Old Town. We then travel overland to the Georgian border to explore the fortress town of Signagi, sample the country's culinary and winemaking legacy, tour Tbilisi, visit alpine villages, explore the cave town of Uplistsikhe. In Armenia, we will take a day trip to the shores of Lake Sevan and visit Khor Virap where we can view Mt. Ararat.

See the MIR web site at www.MIRCORP.com for further information.

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