



# WWURA NEWS



June 2013

www.wvu.edu/wwura

Serving Retired Faculty and Staff

## Let's Picnic

### Whatcom Falls Park

Wednesday, July 10, 2013, 11:30 a.m.

WWURA has again reserved the big covered shelter for our annual mid-summer picnic. The park offers many opportunities for nature walks, beautiful views of Whatcom Falls and the fish hatchery.



Stone Bridge with View of Whatcom Falls

Pull out your favorite recipe for a dish you would like to share—salads, hot dishes, desserts, etc. Chicken and coffee will be provided by WWURA and Charlie Way has again promised to bring his delicious home-made ice cream. Also, **please bring your own table service and your favorite non-alcoholic beverage.**

If you bring a potluck dish, the price is \$3.00 per person. If you choose not to bring anything, the cost will be \$8.00. **A Reservation Form is on page 7.**

The WWURA picnic is a great time to visit, pick up your new membership cards (*if you renew by July 1st*), and enjoy the park. To locate the shelter, take the entrance closest to Bayview Cemetery on Lake-way.



### From President Lynne Masland

Our summer picnic is fast upon us – July 10 will be here before we know it. As a friend said to me recently about WWURA, we are a people who love fried chicken, home-made ice-cream and iced tea, all served outside in the, hopefully, warm sunshine. So plan to join us at the Whatcom Falls Park Pavilion for good food, good company and a good time. For you new retirees, the summer picnic is a great opportunity to join WWURA and visit with old and new friends.

Speaking of joining, our membership dues renewals come at the end of June, so send in your check, adding a bit more for the WWURA scholarship fund if you can. Taking advantage of a generous donation from a member, we'd like to offer an additional \$2,000 scholarship if possible for next year, besides our usual two \$2,000 ones. Helping our young students with their education is such a satisfying way to stay involved with Western. (*You'll find the Membership Form on page 7*)

And one more request – to lighten the load for those setting up the travelogues, a task which  
*(cont'd on page 2)*

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## From President Lynne Masland, *cont'd*

Gail and Marty Haines have done so capably and generously the past couple of years, we'd like to ask for volunteers to help with coffee and chair set-ups on an event-by-event basis. Our first travelogue is set for September 18 at the Squalicum Yacht Club, with Evelyn Ames giving a presentation on her travels in Spain. Following that, on November 20, Marty Haines will entertain by taking us on a boat trip on the Yangtze River in China. So please volunteer to help set up for one or more of those occasions. Email Nanette Davis, co-hospitality chair, at [drnanettej@gmail.com](mailto:drnanettej@gmail.com). P.S. We've simplified the coffee duty by agreeing to buy a few containers serving 8-14 people at Starbucks rather than fuss with an electric pot and coffee grounds.

And now enough! The sun is shining, the weather warm. Enjoy your favorite hike, boat trip or just drink in the Bellingham summer from your deck or porch. I'll see you at the picnic.

### WWURA 2013 Calendar

**July 10 –Picnic**—Whatcom Falls Park

**August 6**—Planning Meeting at Lakewood

**September 18**—Travelogue at Squalicum Yacht Club

**October 11**—Fall Luncheon at Northwood Hall

### JUNE INTEREST GROUPS

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

**BIKING GROUP**--Howard Evans, 650-9724<[barbandhoward@comcast.net](mailto:barbandhoward@comcast.net)>

Join John Reay and Howard for a leisurely bike ride on Tuesday mornings. If you are interested, call Howard for the route and time.



**BOOK GROUP**--Donna Moore, 360-733-5769 <[donnafoore12@gmail.com](mailto:donnafoore12@gmail.com)>

Meets the 3rd Tuesday of the month at Donna Moore's home at 346 Bayside Rd. We will meet June 19th at 2:30 p.m.

June's book is *Hero: The Life and Legend of Lawrence of Arabia* by Michael Korda.

July's book is *Population 485: How to Meet Your Neighbors One Siren at a Time* by Michael Perry

**BRIDGE GROUP**--Nicholas Bullat, <[gmbmaestro@gmail.com](mailto:gmbmaestro@gmail.com)>

Meets the 4th Tuesday of the month at member's homes. We will meet June 25th at Caryl Hinckley's home, 1804 Taylor Ave., 734-3726.

**INFORMAL DINING** -- Janet Berg, 360-733-4654, <[janetlila@hotmail.com](mailto:janetlila@hotmail.com)>

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

**OPERA GROUP**--Evelyn Ames, 360-734-3184, <[Evelyn.ames@wwu.edu](mailto:Evelyn.ames@wwu.edu)>.

**SKIING** - Charlie Way, 360-734-0649

**WRITER'S GROUP** - Evelyn Wright, 676-0227, <[ewright410@comcast.net](mailto: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 in joining a second group, please call **Bill Smith at 647-4534**.

## ***HEALTH NOTES by Evelyn Ames Sources of Heme and NonHeme Iron***

Iron, an essential component of proteins involved in oxygen transport, is essential for the regulation of cell growth and differentiation. In the body, iron becomes part of hemoglobin, a molecule in the blood that transports oxygen from the lungs to all body tissues. Deficiency in iron limits oxygen delivery to cells which results in fatigue, poor work performance, and decreased immunity. <http://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>. On the other hand, excess amounts of iron (hemochromatosis) can have deleterious effects. Hemochromatosis causes the body to absorb and store too much iron because the body has no natural way to rid itself of excess iron. Without treatment, organs such as the liver, heart, and pancreas can fail. <http://digestive.niddk.nih.gov/ddiseases/pubs/hemochromatosis/>. “Healthy people usually absorb about 10 percent of the iron contained in the food they eat, which meets normal dietary requirements. People with hemochromatosis absorb up to 30 percent of iron. Over time, they absorb and retain between five to 20 times more iron than the body needs” <http://digestive.niddk.nih.gov/ddiseases/pubs/hemochromatosis/>).

“Almost two-thirds of iron in the body is found in hemoglobin, the protein in red blood cells that carries oxygen to tissues. Smaller amounts of iron are found in myoglobin, a protein that helps supply oxygen to muscle, and in enzymes that assist biochemical reactions. Iron is also found in proteins that store iron for future needs and that transport iron in blood. Iron stores are regulated by intestinal iron absorption” (<http://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>).

**Heme and Nonheme forms of dietary iron:** “Heme iron is derived from hemoglobin, the protein in red blood cells that delivers oxygen to cells. Heme iron is found in animal foods that originally contained hemoglobin, such as red meats, fish, and poultry. Iron in plant foods such as lentils and beans is arranged in a chemical structure called nonheme iron. This is the form of iron added to iron-enriched and iron-fortified foods. Heme iron is absorbed better than nonheme iron, but most dietary iron is nonheme iron” (<http://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>). These NIH facts sheets include two tables (Table 1--heme and Table 2—nonheme) for major food sources. Note seafood such as halibut, oysters, tuna, and shrimp are sources of heme iron.

### What affects absorption of iron?

Storage levels of iron (greatest influence): “Iron absorption increases when body stores are low. When iron stores are high, absorption decreases to help protect against toxic effects of iron overload.

Type of dietary iron consumed. “Absorption of heme iron from meat proteins is efficient. Absorption of heme iron ranges from 15% to 35%, and is not significantly affected by diet. In contrast, 2% to 20% of nonheme iron in plant foods such as rice, maize, black beans, soybeans and wheat is absorbed.”

Meat proteins and vitamin C improve the absorption of nonheme iron.

“Tannins (found in tea), calcium, polyphenols, and phytates (found in legumes and whole grains) can decrease absorption of nonheme iron.”

Some proteins found in soybeans also inhibit nonheme iron absorption. It is important for vegetarians to

## Health Notes, cont'd from page 3

include foods that enhance nonheme iron absorption. "Vegetarians who exclude all animal products from their diet may need almost twice as much dietary iron each day as non-vegetarians because of the lower intestinal absorption of nonheme iron in plant foods. Vegetarians should consider consuming nonheme iron sources together with a good source of vitamin C, such as citrus fruits, to improve the absorption of nonheme iron."

Older adults at risk for iron deficiency anemia. Those with Celiac Disease and Crohn's Syndrome; people with renal failure, especially those undergoing routine dialysis; and people with gastrointestinal disorders who do not absorb iron normally. Iron supplementation is indicated when diet alone cannot restore deficient iron levels to normal within an acceptable timeframe. Supplemental iron is available in two forms: ferrous and ferric. Ferrous iron salts (ferrous fumarate, ferrous sulfate, and ferrous gluconate) are the best absorbed forms of iron supplements. Check cited sources to learn how intense exercise affects iron and iron toxicity.

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### WWURA Membership Benefits

Three locally owned independent bookstores offer 10 percent discounts on purchases made using your current membership card for ID. They are:

- \***Eclipse Bookstore**, located in Fairhaven at 1104 11th Street
- \***Michael's Books**, located at 109 Grand Ave, Bellingham  
www.michaelsbooks.com.
- \***Village Books**, in Fairhaven at 1200 11th Street,  
www.villagebooks.comw

You also receive:

- \***Faculty/staff rates on equipment rentals at Western's Lakewood facility** on Lake Whatcom.
- \***Wilson Library** card for library privileges (show your WWURA card at the main checkout desk in Haggard Hall..
- \***The WWURA newsletter** with listings of events, health news, travel opportunities, as well as other items of interest.

Activities include:

- \***Fall, winter and spring luncheons**: a chance to get together with friends and hear a special speaker.
- \***Retirement Banquet**: our annual meeting (in May) where we honor WWU retirees from the previous academic year.
- \***Summer picnic/potluck** : a social get-together at Whatcom Falls Park.
- \***Opportunities for travel**: local day and overnight trips, USA, overseas--the WWURA Travel Committee welcomes suggestions as well as volunteers who are willing to help with planning and organization. If you've got a travel vision, we can help you make it happen.
- \***Interest groups**: we have bicycling, book group, bridge, informal dining, opera, skiing, and a writer's group. What do **you** want? If you have an interest, there are probably other Western retirees who would like to join you, Use the WWURA network to put your idea into action.
- \***Travelogue dessert/potlucks**: travel the world without even leaving Bellingham. This series offer everything: good food, good friends, entertainment and educational presentations.

### Summer Reading

Twenty or more years ago, PBS ran a series called *The Laughing Policeman*. Based on a novel by Mai Sjowall and Per Wahloo, it was filmed in black and white, with lots of fog and cigarette smoke. I missed a few episodes. I was as confused by the plot as the cigarette-smoking chief detective, Martin Beck, and his colleagues in the Homicide Division of the Stockholm Police seemed to be. I later found novels by Sjowall and Wahloo in a bookstore, and now recommend them to you.

Set in the sixties in a rapidly changing Stockholm, with problems of drug addiction, political unrest, poverty, alcoholism, racism, and unemployment, the detective series is plainly written. The novels stick close to police procedures (in days before cell phones and DNA and laptops), with narrator's comments almost unnoticeably woven into the action. Integral to those procedures are the relationships among the team of detectives, and the role of police work in their personal lives. Sjowall and Wahloo, a husband-wife writing team, did a fair amount of research for their ten novels, which portray the team, plodding along on their investigations despite the blind alleys, sometimes unreasonable superiors, and public disrespect. The social and political criticism, a staple in Scandinavian detective novels, is here enriched by the characterizations of members of the team. A few titles: *The Laughing Policeman*, *The Fire Engine that Disappeared*, *Murder at the Savoy*, *The Locked Room*, and others.

- Evelyn Wright



## **Southern Africa: South Africa, Zimbabwe, Namibia & Botswana (2014)**

Kruger • Victoria Falls • Impalila Island • Chobe • Hwange

**September 4 – 26, 2014 (including 5 day extension to Cape Town)**

**Cost is \$5,695 plus \$2,000 for airfare from Seattle and \$1,095 for post trip to Cape Town & the Cape of Good Hope.**

The open plains of Kruger National Park, South Africa ... the mighty power of Victoria Falls ... the idyllic beauty of Namibia's Impalila Island, a bird-watchers' paradise at the confluence of two mighty African rivers—the Chobe and Zambezi. The gems of Southern Africa are as diverse as they are abundant with wildlife. In a safari adventure spanning four nations, you'll experience a rich array of landscapes and species. From a stay in Chobe National Park along the banks of one of Africa's most beautiful rivers, to a silent vigil by a moonlit waterhole in Zimbabwe's Hwange National Park, every day brings new discoveries.

Travel to South Africa and beyond, and you'll explore on foot, aboard safari vehicles, and by riverboat, with experienced Trip Leaders and driver-guides making sure you don't miss a thing. With three-night stays in each of the parks, you'll have small lodges and tented camps as your home bases—you'll find even the most remote settings to be welcoming. And as you meet with tribal children at a village school, learn about the flora and fauna from locals, and exchange stories with your fellow travelers around the campfire at night, you'll be making the memories of a lifetime.

**For full itinerary go to [www.gct.com/boo14](http://www.gct.com/boo14) . Call or e-mail Margaret Loudon with questions at 733-6052 or [MAL.IAAP@clearwire.net](mailto:MAL.IAAP@clearwire.net). For reservations:**

- 1) Call Jim Hederer at Overseas Adventure Travel 800-353-6262, option #3**
- 2) Mention "Service Code" G4-25134**
- 3) Deposit is \$350 per person, fully refundable for two weeks.**

## **We Have a Job!**

From *Candy and Confections* by Amelia Pryor

Valentine slept on the couch in the living room. The next morning they went to the port to start their work on the boat. Arabella wore blue jeans, a light pink shirt and her straw hat. He wore jeans and a white T-shirt. She liked his arm and chest muscles. He was well built, but small, a true Mediterranean man.

The boat, Ariadne, was eighty feet long and made completely of teak, including the deck, the hull, and all the superstructure.

Valentine was running the electric sander on the roof of the cabin while Arabella followed along and sanded by hand to finish the curves and corners where the sander could not reach.

It was hard and dirty work. They both wore masks and were soon covered with sawdust. Arabella brought the tape recorder up to the deck and played Vivaldi. All around them there was the morning activity of the sailors washing down boats, checking gear, getting supplies and greeting one another. Over beyond the great stone wall which protected the harbor she could see the glitter of the Mediterranean in the morning sun. A slight breeze riffled the pennants and halyards. She was perfectly happy.

By afternoon her hands were raw and her back ached from the bending, but they would be paid that evening. Rick paid them each day as was the custom for day laborers. He was careful to hand each the money separately. Arabella stuffed hers into her jeans and glanced at Valentine.

He smiled broadly and folded his pesetas carefully into his wallet.

After work they went to the market and bought food for dinner.

Valentine cooked a casserole of beans and sausage, and Arabella made a salad. Then they went up to the village to get some clothes for him.

His house was dark and silent except for the gurgle of the town fountain. He looked around and said, "Why don't you come up here to live with me? We could save the rent money you pay to that woman, and Rick would let us come to work a little later and work longer."

"Not for a while. We just started this job and we need to get settled down before we made more changes."

"I like you, beloved."

"I like you, kid."

"Let's go. Vamanos. Today is the day for another shot in the culo."

"What's a culo?"

He turned around and pointed to his bottom. "That's my culo. And you have a very nice one. I'd like to see it more closely."

"Possibly—some day."

When they returned to the little guest house it was late and they had a cup of camomile tea. There was a slight rustle, and looking up they beheld three small heads outside the window peering in.

"I think I should get a water pistol for those kids. This is really disgusting," she said.

"Oh, don't worry. They don't bother us." He walked over to the window and closed the shutters.

"Go to your house, ninos."

She realized that she liked everything about this man, especially his easy grace with the children. He had a basic goodness that seemed quite surprising to her after the sophistication of her ex-husband and her American friends. He seemed to be an idealist of the old school. She wondered if there was real danger in her associating with him in case he was caught by the secret police for his communist activities. The secret police were dreaded with good reason.

She shook herself a little. I haven't done a single thing but have this man stay at my house, she thought. I'm making dramatic fantasies of my exotic life in a foreign land.

On Friday the shots were finished. "You are fine and clean," said the doctor. They went to dinner in Marbella to

# WWURA Membership Renewal 2013-14

To become a member of WWURA, check the appropriate box(es) and fill out the form below.

- Benefactor \$100.00 plus
- Contributing Membership \$ 50.00 plus
- Sustaining Membership \$ 25.00 plus
- Regular Membership \$ 15.00
- Pre-Retirement Membership \$ 15.00
- Surviving Spouse \$ 6.00
- Limited Income \$ 6.00
- New 2013-14 Retiree \$ 5.00

Contribution to WWURA Scholarship fund \$ \_\_\_\_\_

A membership table will be at the picnic. *If you renew your membership by July 1st, your membership card will be available at the picnic. If you wait to renew at the picnic, your card will be mailed to you.*

Please mail this application and check (*made payable to WWURA*) to WWURA Membership, c/o **Kirsti Charlton**, 1410 Grant St, Bellingham WA 98225.

AMOUNT ENCLOSED \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

## Biographical Information

NAME \_\_\_\_\_

NAME OF SPOUSE (if applicable) \_\_\_\_\_

PRESENT ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

EMAIL \_\_\_\_\_ YEAR RETIRED \_\_\_\_\_ YEARS OF SERVICE \_\_\_\_\_

RETIRED FROM WHAT DEPT OR OFFICE: \_\_\_\_\_

IF NOT WWU RETIREE, WHAT INSTITUTION/ORGANIZATION: \_\_\_\_\_

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## Reservation Form - WWURA Picnic on Wednesday, July 10th *Reservations Due by July 3, 2013*

Name(s) \_\_\_\_\_ Number of reservations \_\_\_\_\_

Cost: \$2 per person if bringing a dish to share

\$8 per person if not bringing a dish

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

Mail your check to **Barb Evans**, 715 No. Garden St., #502, Bellingham, WA 98225

(Phone: Barb at 650-9724 OR email at [barbandhoward@comcast.net](mailto:barbandhoward@comcast.net) if you have questions)

celebrate. Then they went home to bed. The lovemaking was sweet and slow and good. They explored and delighted each other and laughed with the joy of it.

As things heated up a bit in tempo, they suddenly realized the bed was rocking against the wall which separated the villa from the main house. "Oh, dear," she said. "We must fix that tomorrow."

When they were lying quietly entwined in each other's arms and he was murmuring little Spanish delights to her, she looked over to the window.

Little bright eyes were peeking through the crack where the shutters didn't quite meet properly.

"Goddam!" she yelled. "Get out. Vamoose! Shoo!"

He laughed, "Are you ashamed of me?"

"Of course not, but I like my passion in private. I don't want those urchins peering at us."

He got up and put his shorts on, walked over, opened the shutters and yelled something in Spanish. The children scattered.

"If we lived in the village, this would never happen."

"I can't do that yet."

"We can go there this Saturday and shop in the market and Sunday we will have a paella with Antonio. We can walk in the mountains. You will like it."

"And the people of the village, what will they think if this foreign woman comes to your house: Will I be stoned?"

"Certainly not. The good ones will love you as I do. The bad ones will remain bad. But you will be very safe; they only kill each other as they did in the war."

On Saturday morning they went to the village and bought honey and olives and eggs and tomatoes at the barrato, the open market. Valentine cooked and Arabella read and wrote letters and slept in his arms.

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