



WWURA NEWS



November 2013

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President Lynne Masland's Message

Greetings to you all,
 Fall is certainly in full swing this month with exciting stormy days interspersed with a few sunbreaks and even a few bright afternoons. The sun is setting well to the south, bringing long shadows and early nights. Makes me think of hearty soups, home-made bread and rich aromas from the kitchen. I love curling up in a chair reading, too, so am looking forward to Bob McDonnell's book review in this issue.

Belonging to a book club is a wonderful way to be introduced to new book ideas and exchange thoughts about what you read. WWURA's Book Club, hosted by Donna Moore, meets the third Tuesday of the month. November's selection is *Let the Great World Spin*, by Colum McCann. Call Donna at 733-5769 or email at donnafmoore12@gmail.com for details. I've found that some of the most interesting books I've read were suggested by others in my book club; they're ones I'd never have found on my own.

Coming up just before Thanksgiving is the travelogue on Wednesday, November 20 with Marty and Gail Haines taking us up China's Yangtze River. We all know China is undergoing massive infrastructure and economic change; Marty and Gail can fill us in on those developments. Come at 6:30 to the Squalicum Yacht Club for fun with friends and some vicarious voyaging.

With Thanksgiving comes the great woosh through December to the holiday season. Somehow that time always goes faster than any other in the entire year. We'll have our holiday party on December 18, also at the Squalicum Yacht Club. Our favorite keyboardist, Lou Lippman, will provide seasonal music to get us in "the holiday spirit."

Enjoy the fall, rain and all, and do make it a point to get out to our WWURA social events. See you there.

WWURA Travelogue Traveling the Yangtze River Presented by Marty Haines Wednesday, November 20, 2013

6:30 p.m. socializing; 7:00 p.m. presentation
 Squalicum Yacht Club, 2633 South Harbor Loop Rd.



Travel down the Yangtze River in China during 5 days in 2012 aboard the Victoria Cruises ship from the megalopolis of Chongqing to the Three Gorges Dam, a distance of 500 miles. The trip will reveal the new villages, cities, bridges, roads, harbors, farmland and all that has been built 300 feet above the original level of the river. The project is exceptional and has opened up the interior of the country to shipping and further development while producing more renewable electricity than any other dam in the world. This has brought controversy with the benefits and yet it is a beautiful river.

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.

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November 2013 Health Notes by Evelyn Ames

What Puts Men at Risk for Osteoporosis?

Nearly all media advertisements promoting various medications and supplements for preventing and/or treating osteoporosis focus on women. It is as if men were not vulnerable to developing this bone loss disorder. Although it develops less often, and later, in men than in women (because men have larger skeletons than women and they have no period of rapid hormonal change), osteoporosis has recently begun to be “recognized as an important public health issue, particularly in light of estimates that the number of men above the age of 70 will continue to increase as life expectancy continues to rise” (http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/men.asp).

Facts and statistics from the National Osteoporosis Foundation:

- “Up to one in four men over age 50 will break a bone due to osteoporosis.
- Approximately two million American men already have osteoporosis. About 12 million more are at risk.
- Men older than 50 are more likely to break a bone due to osteoporosis than they are to get prostate cancer.
- Each year, about 80,000 men will break a hip.
- Men are more likely than women to die within a year after breaking a hip. This is due to problems related to the break.

Men can break bones in the spine or break a hip, but this usually happens at a later age than women.”
(<http://nof.org/articles/236>)

Risk Factors for Men? Several risk factors have been linked to osteoporosis in men:

- Chronic diseases affecting the kidneys, lungs, stomach, and intestines or those that alter hormone levels;
- Regular use of medications such as glucocorticoids;
- Undiagnosed low levels of the sex hormone testosterone (hypogonadism);
- Unhealthy lifestyle habits (e.g., smoking, excessive alcohol use, low calcium intake, and inadequate physical exercise);
- Age. As one ages, the greater the risk;
- Race. Caucasian men appear to be at particularly high risk, but all men can develop osteoporosis;
- Autoimmune diseases such as rheumatoid arthritis.

(source: http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/men.asp)

Primary and Secondary Osteoporosis: “There are two main types of osteoporosis: primary and secondary. In cases of primary osteoporosis, either the condition is caused by age-related bone loss (sometimes called *senile osteoporosis*) or the cause is unknown (*idiopathic osteoporosis*). The term idiopathic osteoporosis is used only for men younger than 70 years old; in older men, age-related bone loss is assumed to be the cause” (NIH Osteoporosis and Related Bone Diseases National Resource Center). “The majority of men with osteoporosis have at least one (sometimes more than one) secondary cause. In cases of secondary osteoporosis, the loss of bone mass is caused by certain lifestyle behaviors, diseases, or medications. The most common causes of secondary osteoporosis in men include exposure to glucocorticoid medications, hypogonadism (low levels of testosterone), alcohol abuse, smoking, gastrointestinal disease, hypercalciuria, and immobilization.”

(http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/men.asp).

“Glucocorticoids are steroid medications used to treat diseases such as asthma and rheumatoid arthritis. Bone loss is a very common side effect of these medications. The bone loss these medications cause may be due to their direct effect on bone, muscle weakness or immobility, reduced intestinal absorption of calcium, a decrease in testosterone levels, or, most likely, a combination of these factors” (NIH). Recent research suggests estrogen deficiency may be a cause in men but further investigation is occurring. Information at the NIH web site includes explanation of hypogonadism, methods of diagnosis, available treatments, and prevention of bone loss. Currently being researched is whether the BMD test (a dual-energy x-ray absorptiometry) used for women is appropriate for men.

(cont'd next page)

Health Notes, cont'd

Note: One of the most important preventive action both men and women can do is to engage in regular weight-bearing exercises (yes, this means lifting weights and such activities as walking, jogging, racquet sports, climbing stairs, team sports, weight training, and using resistance machines).

BE A Wise Consumer: Do Not respond to any phone calls asking for personal information about Medicare! Never give your social security number to any phone call requests!

Poetry Corner

This poem remembers our soldiers to whom we pay tribute on Armistice Day, November 11.

"Pistachio"

A Meditation on War

Dedicated to my father

On just such a spring day
When sparrows sang from budding branches,
Pink against blue sky,
And daffodils waved.

On just such a spring day
In 1932, a young man was riding
In the rumble seat
Of a Ford.

It was May, and he had bright red hair,
Which the wind ruffled and tumbled like fingers.
Two young women with soft Dixie accents
Let the wind tumble their hair, too.
Laughing.

The driver, a fellow medical student, pulled the Ford
Over to a roadside dairy, so common then in New England.
"What'll ya have?" asked the boy behind the counter.
Exclaimed the red-haired man happily,
"Pistachio!"

"It's green, green, the color of spring!"

On just such a spring day
In 1945, still wearing his lieutenant's uniform,
He stepped from a cab and stood before his unfamiliar house.
Back from places where there had been no spring
Only death, screams

Back to Boston
Where rows of stately chestnut trees stretched
In mists of palest hue
Down Commonwealth Avenue.
So strange.

They were green, green the color of spring.

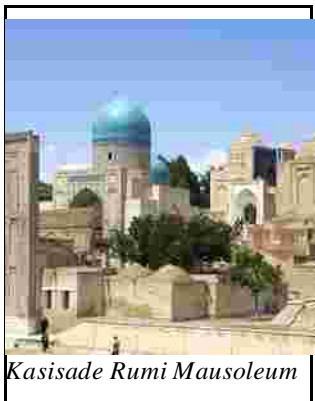
Lynne Masland

Book Review—by Bob McDonnell

Chelsea Cain, *Bellingham Girl*, Best-selling Crime Novelist

Chelsea Cain, who grew up in Bellingham, now has had six (6) books, all of them crime novels, on the New York Times best seller list. The latest is *Let Me Go*, which Chelsea read from at the most recent Village Books Radio Show. It's a continuation of the ongoing saga of Archie Sheridan, Portland detective, tough, kind, smart, and entranced by serial killer Gretchen Lowell, beautiful, sexy, brilliant, in her own twisted way in love with Archie, whom she damages profoundly. Chelsea published the first in the series, *Heartsick*, in 2007. It hit the best seller list immediately. Not for the faint of heart, Chelsea's novels are built of detailed knowledge of police procedure and of medicine and human anatomy. Gretchen is the source of a chilling and detailed focus on the variety of ways that one human being can inflict pain on another. The basic structure of the series is that Archie not only pursues Gretchen the serial killer as a detective, but is drawn to her sexually. He arrests her, she escapes, he pursues her and arrests her. Occasionally she captures him and lovingly tortures him. The novels are tightly plotted, suspenseful, engrossing.

Chelsea moved to Bellingham at age 6 with her mother Mary Cain, who was the founder of A Lot of Flowers, that iconic flower shop at the corner of Harris Street and 11th Street in Fairhaven. Chelsea attended Lowell School, Fairhaven Middle School, and Sehome High School. Especially while attending Lowell and Fairhaven, after school Chelsea went almost daily to her mother's store, then drifted to Village Books, settled into a corner and read. With a bachelor's degree from UC Irvine and a master's degree from the U. of Iowa, she now lives in Portland with husband and daughter—and creates her Archie Sheridan and Gretchen Lowell series.



Kasasade Rumi Mausoleum

MIR Trip

Uzbekistan, Turkmenistan and Iran

Uzbekistan is the heart of the Silk Road and is an area of amazing architecture and decorative design. The people of Turkmenistan were traditionally nomadic horsemen and Turkmenistan is still known for its horses. Of course, Genghis Khan tromped through here. Visiting Iran, ancient Persia, is bound to be interesting and educational. This has been a very popular trip for MIR and sells out as MIR usually takes just 12-14 people on each trip. If anyone is interested in going on the trip, please call **Donna Moore (733-5869)**.

Tidbit — Lou's book, "Wince A Pun On Thyme" is also available at the WWU Bookstore, Lightcatcher Museum,,Allied Arts' Holiday Festival, online from Amazon (print or Kindle) and from Lou himself.

It's HAPPUNING at Village Books

Author discussing new book

***Wince A Pun On Thyme—
Scientifically Crafted Tales***, © 2013

by
Lou Lippman

A collection of 176 original vignettes, each
concluding with a pun

Sunday, November 10, 4:00 p.m.

Village Books is located at 1200 11th Street,
Bellingham, WA 98225

Note: See "Tidbit" at left

November 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>

We will meet Tuesday, Nov. 19th at 2:30 P.m. at Donna Moore's home at 346 Bayside Rd.

November's book is *Let the Great World Spin* by Colum McCann

December's book is *The Hare with the Amber Eyes* by Edmund DeWaal

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

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

November 26th at Caryl Hinckley's home, 1804 Taylor St., 734-3728.

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>.

This group usually attends the opera independently or in small groups. Call Evelyn if you need a ride.

Metropolitan Opera HD Series for 2013-2014, check this website for cast and dates of encores:

<http://www.metoperafamily.org/metopera/liveinhd/LiveinHD.aspx>

In the left corner is Participating Theaters (click on United States and/or Canada for listing). There are 10 HD showings this season. Running times of each opera are listed at main web site.

November 9 at 9:55 a.m. Puccini's *Tosca*. Encore Dec. 18 at 6:30 p.m.

December 14 at 9:55 a.m. Verdi's *Falstaff*. Encores Monday January 20, 2014 at 6:30 p.m.

Lincoln Theater in Mt. Vernon: <http://www.lincoltheatre.org/welcome> (click on calendar)

Check the **Pickford Film Center** for European opera showings: <http://pickfordfilmcenter.org/>

SKIING - Charlie Way, 360-734-0649

WRITER'S GROUP - Evelyn Wright, 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 in a second group call Bill Smith, 647-4534, <rhetor16@yahoo.com>

2013-2014 WWURA Officers

President—Lynne Masland 671-1686

President Elect—TBA

Past President—Nanette Davis 676-9821

Secretary— Donna Moore 733-5769

Treasurer— John Reay 733-1195

Board Members

Nanette Davis 671-1686 Bob McDonnell 650-0626

Kirsti Charlton 393-7187 Erlene Poole 671-1005

Rudi Weiss 733-9155 Patricia Roberts 676-2593

Bill Smith 647-4534

Lynne Masland 676-9821 **Newsletter Editor**—Margaret Woll 734-8427

Larry Richardson 671-4277 **Webmaster**—John Woll 734-8427



***Last Call -Join Our WWURA Team
And help us reach our goal of \$1,000.****

1. Go to this site:

<http://www.kintera.org/faf/home/default.asp?ievent=1071294>

2. On your left, click on register
3. Click on “agree” about waiver
4. Click on register one person (or two if doing for another)
5. Next page will be “join a team”. Click on this.
6. Then, a blue highlighted section show “click here”
7. Up comes a list of teams. Find WWURA (easier to look for my name (Evelyn Ames) on right to find wwura and click on “show all” after typing wwura in the space above that asks for name of team.
8. Now, to the right should be “join team”
9. This page should ask for credit card, etc. to join our team.

* You don’t have to run or walk, you can just donate and stay home in your “jammies”—but you will need to answer all their questions in order to register and donate. When clicking on T-Shirt Size, you will find a place to show you don’t want one (if you don’t want one, that is.)

Western Washington University
Retirement Assoc. (WWURA)
516 High Street
Bellingham, WA 98225-9020

WWURA Calendar

November 2013

- 5—Board Meeting
- 20—Travelogue—Yangtze River

December 2013

- 3—Board Meeting
- 14—Jingle Bell Run
- 18—Holiday Party

January 2014

- 7—Board Meeting
- 15—Travelogue—New Zealand