



WWURA NEWS



September 2013

www.wwu.edu/wwura

Serving Retired Faculty and Staff



Segovia's Roman Aqueduct

WWURA Travelogue "On Our Own: Traveling in Spain"

Presented by Evelyn Ames

Wednesday, September 18, 2013

Squalicum Yacht Club, 2633 South Harbor Loop Rd.

6:30 p.m. socializing; 7:00 p.m. presentation

After consulting friends, tour guides, and the Internet, three friends mapped out an itinerary for a 38-day trip, visiting cities in Central Spain, Andalusia, and Catalonia. They stayed in modest centrally-located hotels in Madrid and Barcelona, in a luxurious parador in Merida, in an apartment in the old ghetto of Seville, in an refurbished synagogue in Ávila, in a monastery atop a mountain near La Alberca, and in the upstairs room of a tavern somewhere along the Duero River, changing plans to suit their fancy, visiting markets, getting lost, and drinking chocolate with churros.

Join us on September 18 (Wednesday) when Evelyn Ames will show photos from their trip, including some showing Madrid's Parque del Buen Retiro (park for refuge from city life) and Paseo del Prado, Avila's famous walls, Segovia's Roman Aqueduct, the Moorish palaces/fortresses (Alcázar) of Segovia and Seville, Granada's Alhambra, and Córdoba's Great Mosque and Cathedral. She will show photos of Gaudi's modernist architecture in Barcelona of La Sagrada Familia, Casa Mila (Gaudi's house), and Parc Güell.

Members whose last name begins with **A through L**, 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 Fall Luncheon

"What's an Old Man to Do After Retiring?"

Presented by Tom Richardson

11:30 a.m., Friday, October 11, 2013

Northwood Hall, 3240 Northwest Avenue

Tom Richardson will present his experiences after retirement, including international motorcycle riding and Couchsurfing as a means to travel widely, inexpensively, and learn about other cultures.

Tom bought his first motorcycle nearly a decade ago at the age of 62. Since then, he has "couchsurfing" and motorcycled from north to south of South America, from the top to the bottom of Africa, and throughout Europe, including Eastern Europe.

Born in Pearl Harbor just after the bombing, Tom grew up a navy kid and graduated from Oak Harbor High School (1960), WWU (1964), and earned an MBA at the University of California in 1967. He married his high school sweetheart, who is still working. He has been a gas

(cont'd on page 2)



Chimney Atop Casa Mila

Inside :

President's Column	p. 2
WWURA Board	p. 2
Health Notes	p. 3, 4
Fun Read & Poetry	p. 5
Book Review	p. 5
Interest Groups	p. 6
Membership Form	p. 7
Lunch Reservation Form	p. 7
Membership Benefits	p. 8



Message from the President

Greetings,

As I write this letter from Lopez Island on Labor Day weekend, it's an early fall day. Rose hips are ripening red, blackberries are ready to pick, the sky is blue, the water even bluer. Last evening at dusk, my doe and her teenager fawn were dark shadows grazing in the field; this morning I picked up some (harmless) deer repellent to discourage munching the house shrubbery.

A new season of WWURA activities has been planned, beginning on Wednesday, Sept. 18 with an intriguing travelogue on Spain by Evelyn Ames with extra commentary from her traveling companions, Evelyn Wright and Carol McRandle. There will be Spanish music accompanying her presentation.

Our October 11th Fall Luncheon at Northwood Hall will feature WWU alum Tom Richardson telling us about his extensive motorcycle adventures. Don't miss this opportunity to catch up with everyone after the summer.

Another rewarding way to participate in WWURA is through the Interest Groups. The Informal Dining group has proven especially popular. Small groups meet each month at members' homes for interesting dinners, wine and conversation. Contact Janet Berg, 360-733-4654 or email janetlila@hotmail.com if you're interested in joining. Other interest groups are listed in this newsletter. And - if you have an idea for another sort of group, let us know. We're open to new ideas. Email me at lmasland@comcast.net with your thoughts.

So as summer closes, enjoy these last days with your favorite activity and friends. Since fellowship is the outstanding reason for WWURA's well-planned events and get-togethers, let's plan to enjoy each others' company this fall. See you soon.

- Lynne Masland

WWURA Fall Luncheon,

Tom Richardson, *cont'd from page 1*

station attendant, a professor of economics, a machine shop owner, a grant writer for the Lummi Nation, and a lobbyist in California and Washington, D.C. He was President of Washington State Alliance for the Mentally Ill for ten years and for five years after Katrina he served as Logistics Coordinator of the Mt. Baker Chapter of the Red Cross.

Come join us for a grand adventure and Northwood Hall's excellent buffet luncheon. Reserve your place now by sending in the Reservation Form on page 7 and returning it before October 7th.

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
Kirsti Charlton 393-7187
Rudi Weiss 733-9155
Bill Smith 647-4534
Lynne Masland 676-9821
Larry Richardson 671-4277
Bob McDonnell 650-0626
Erlene Poole 671-1005
Patricia Roberts 676-2593

Newsletter Editor—Margaret Woll

Webmaster—John Woll

September 2013 Health Notes by Evelyn Ames

Probiotics: Beneficial or Media Hype?

Companies have added “probiotics” to various food products for supposed health benefits. Are probiotics beneficial? Do they carry health risks? Are people with immune-compromising conditions recommended to use or not use probiotics? Are they effective for combating diarrhea triggered by antibiotics? Is the media hype of probiotics another media hyped “health cure?”

What are probiotics? “Probiotics are live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut. They are also called “friendly bacteria” or “good bacteria” (<http://nccam.nih.gov/health/probiotics>). They are available in dietary supplements, foods, and yogurts as well as oral products, suppositories and creams. Overall, probiotics are classified as dietary supplements; therefore, they are not subject to approval by the FDA (food and drug administration) for safety and effectiveness before they are marketed.

Examples of probiotics: those found naturally in the intestines include *Saccharomyces boulardii* (a yeast) and bacteria in the *Lactobacillus* and *Bifobacterium* families of microorganisms. Foods containing probiotics include fermented and unfermented milk and buttermilk, some soy drinks, kefir, sauerkraut, pickles, miso, and of course, yogurt. Dietary probiotic supplements are available in tablet, capsule, liquid, and powder forms. A commonly used supplement is acidophilus.

What do probiotics do; how are they helpful? According to the Health Hub of the Cleveland Clinic, the body does not need the addition of food and supplements that contain probiotics to be healthy. However, probiotics may help keep a person healthy by:

“decreasing the number of “bad” bacteria in your gut that can cause infections or inflammation replacing the body’s “good” bacteria that have been lost when taking antibiotics, for example restoring the body’s “good” versus “bad” bacterial balance, which then helps to keep your body functioning properly” (Healthy Hub at Cleveland Clinic). “But no one can predict whether consuming *Lactobacillus* or *Bifidus regularis* in yogurt or other beneficial bacteria in food or capsule form will make you healthier.” <http://health.clevelandclinic.org/2012/07/can-probiotics-solve-your-digestive-woes>

How safe and effective are probiotics?

“Probiotics may trigger allergic reactions. They may also cause mild stomach upset, diarrhea, or flatulence (passing gas) and bloating for the first few days after starting to take them. However, since probiotics already exist naturally in the body, probiotic foods and supplements are generally considered to be safe” (<http://health.clevelandclinic.org/>).

Co-author Sydne Newberry (nutritionist/researcher for the Southern California Evidence-Based Practice Center at the RAND Corp. in [Santa Monica](#)) commented on an analysis (reported in *Journal of the American Medical Association*) of earlier studies that found probiotics to have a potential in alleviating diarrhea that afflicts about one-third of people treated with antibiotic medications. Diarrhea is more common with certain antibiotics, particularly at high doses needed to treat serious infections. Newberry suggested that the new study provides little specific guidance to patients or their doctors because the studies didn’t provide details such as the specific bacteria strain.

“Probiotic research is moving forward on two fronts: basic science (laboratory studies) and clinical trials to evaluate the safety and efficacy of probiotics for various medical conditions. Many early clinical trials of probiotics have had methodological limitations, and definitive clinical evidence to support using specific

Health Notes, cont'd

probiotic strains for specific health purposes is generally lacking. Nevertheless, there is preliminary evidence for several uses of probiotics, and more studies are under way. In particular, a recent review of the scientific evidence on the effectiveness of probiotics in acute infectious diarrhea concluded that there was evidence that probiotics may shorten the duration of diarrhea and reduce stool frequency but that more research was needed to establish exactly which probiotics should be used for which groups of people”

<http://nccam.nih.gov/health/probiotics/introduction.htm>.

“If you’re healthy and are not planning to take antibiotics, go into the hospital, or maybe take a trip out of the country, there is no benefit from taking probiotics,” says microbiologist Lynne McFarland of the Veterans Administration Puget Sound Health Care System in Seattle, Washington”

http://www.cspinet.org/new/pdf/nah_probiotics.pdf.

Web sites that might be of interest to the reader: http://www.cspinet.org/new/pdf/nah_probiotics.pdf provides the lowdown on Stonyfield Farm Yogurt, DanActive Drink, Kashi Vive Cereal, Culturelle, Align, Multibionta, and Florastor. The *J Pediatr Gastroenterol Nutr*, Vol. 43, No. 4, October 2006, includes a table (3) that summarizes the quality of evidence for the use of probiotics in different diseases. For example, efficacy possible for irritable bowel syndrome and no efficacy supported for use of chronic stomach inflammation and ulcers caused by *Helicobacter pylori* bacterium or Crohn’s disease. “Clinical Efficacy of Probiotics: Review of the Evidence With Focus on Children” at this site: <http://www.naspghan.org/user-assets/Documents/pdf/PositionPapers/probiotics.pdf>

Note: the TV ad for Activia has changed from “clinically proven to help naturally regulate your digestive system in two weeks” to Activia tastes good! It is the taste now because there is no scientific evidence to back earlier claims. Check: probiotics\Activia - Wikipedia, which discusses the litigation of Activia (Danone corp.) promotion ads.

In summary, “The marketing message of “improving overall immune health” deserves to be scrutinized whenever and wherever it appears.” <http://www.healthnewsreview.org/review/the-healthy-skeptic-probiotics-could-help-in-cold-and-flu-season/>



Do you remember that . . .

WWURA’s fiscal year runs from July 1 st through June 30th of each year? That means if you haven’t renewed your membership in the last month or so, you are in the “dog house”!

To help cover your embarrassment, we’ve included a Membership Form on page 7. And check out the Membership Benefits on page 8.

P.S. A sticker has also been placed on the hard copies of people who are in arrears.

Poetry Corner

At the Assisted Living Facility In memory of Al

by Evelyn Wright

Like a schoolboy, he flirts, looking
sidewise into her doorway,
tilting his head a little, smiling
as if he hoards a secret, and,
holding tight to his walker,
does a shuffling skip -- his feet
must dance when she's in sight.

Beguiled, like a schoolgirl,
she bends her head, and glances
at him and smiles to herself.
Now begins a covert courtship:
they nod at each other
in the hall or watch each other
in the dining room, cementing
an ephemeral bond that holds
short days and weeks together

in affection, briefly defying
Old Time, still a-flying.



A Fun Read

Louis Lippman (who played for us at the Spring Banquet) recently retired after teaching experimental psychology at WWU for 42 years. He has had time to write 175 original stories, each ending with a pun (or spoonerism). It's a *great read* aimed at the sophisticated lover of language who is familiar with phrases, clichés, and aphorisms. Go to amazon.com or CreateSpace to get your copy of "Wince A Pun on Thyme—Scientifically Crafted Tales".

Book Review

Bob McDonnell's Review of Sylvia Nasar's *The Grand Pursuit*

In *The Grand Pursuit: The Story of Economic Genius*, Sylvia Nasar writes a fascinating history that is mostly true and one that taught me much along the way. Nasar, former economics writer for *The New York Times* and now professor of journalism at Columbia University, narrates the rise of modern economic theory since the mid-nineteenth century when Adam Smith, Malthus, and Ricardo (laissez faire economists) reigned supreme and when 9/10s of the English people still lived—as humankind had for millennia—in grinding poverty and near starvation. Dividing her story in three parts—Hope, Fear, and Confidence—she traces the rise in the standard of living in the industrialized world through the productivity of the Industrial Revolution. She focuses her attention on economic theorists' attempts to understand what is happening economically and to create a theory that will allow human beings to affect macro-economic events positively—or as John Maynard Keynes put it, “the political problem of mankind: how to combine three things: economic efficiency, social justice and individual liberty.”

In Hope, the first section, Nasar takes us from about 1840 to World War I. In Fear, she weaves the tale of the havoc of WW I, the shocks of the Twenties, the rise of Communism in Russia, Fascism in Italy, and Nazism in Germany, and the Great Depression to World War II. In Confidence, she gives account of “a second golden age in the aftermath of WWII.” In all of it, Nasar has a masterful command of history, of the literature of the times, and of the lives of the economists she chooses to treat.

Against the laissez-faire economists Smith, Malthus, and Ricardo, she opposes Alfred Marshall, who thought of economics as a tool for acting effectively in the economic world. He believed, according to Nasar, that from “society's standpoint, the corporation's function is to raise productivity and, hence, living standards.” Marshall's student John Maynard Keynes' great contribution—still much in contention in the political arena—is the insight that in major depressions monetary policy (controlling interest rates and the money supply) provides insufficient stimulus to the economy and that fiscal policy (through lower taxes and increased government spending) must provide that stimulus.

Nasar writes beautifully, treats most the major economic thinkers and some lesser lights. She includes fascinating detail in the lives of the people she treats. I miss a treatment of the great economic crisis of our times, that of 2008. I miss consideration of Paul Krugman and Joseph Stiglitz. But Nasar gives me hope that economic theory can be a powerful tool for improving our economic lives and achieving, as Keynes put it, “economic efficiency, social justice and individual liberty.”

SEPTEMBER 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>

Meets the 3rd Tuesday of the month AT 2:30 P.m. at Donna Moore's home at 346 Bayside Rd.

We will NOT meet in September

October's book is *Lost Kingdom: Hawaii's Last Queen, the Sugar Kings and America's First Imperial Adventure.*

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

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

September 24th at Caryl Hinckley's home, 1804 Taylor Ave., 734-3726.

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

Meets in small groups each month at member's homes. Dining will start in October. If you are not a member and would like to join, please call Jan Berg. Watch your email for this year's dining schedule and member roster.

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.

Oct. 5 at 9:55 a.m. Tchaikovsky's Eugene Onegin. Encore Oct. 9 at 6:30 p.m.

Oct. 26 at 9:55 a.m. Shostakovich's The Nose. Encore Oct. 30 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, <rheter16@yahoo.com>



Directions for registering online for the 2013 Bellingham Jingle Bell Run/Walk . (It's always the second Saturday in December). First enter this website (<http://www.bellinghamjinglebellrun.org/>). Click on register; then click on agree. Next, click on to join a team. Next, on second line (or), enter WWURA). Then follow next requests and you've got it! For those who want to register by paper form, copies will be available at the fall luncheon in October.

WWURA Membership Renewal 2013-14

To become a member of WWURA, check the appropriate box 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 \$ _____

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: _____

Reservation Form - WWURA Lunch October 11, 2013 *11:30 a.m., Northwood Hall*

Name(s) _____ Number of reservations _____

Cost: \$15 members

\$18 non-members

Amount Enclosed _____

Mail your check (made payable to WWURA) to Barb Evans, 715 No. Garden St., #502, Bellingham, WA 98225 (Phone: Barb at 650-9724 OR email at barbandhoward@comcast.net if you have questions)

Reservations due by Monday, October 7, 2013.

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.com

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.

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