



WWURA NEWS



June 2014

www.wwu.edu/wwura

Serving Retired Faculty and Staff

PRESIDENT'S NOTE

Welcome to WWURA members and to the new retirees who received their plaque of commendation at the Retirement Dinner on May 15 and who have recently joined WWURA. We look forward to your participation.

For those of you who are currently members, *it is time to renew your membership*. The 2014-2015 membership form is in this newsletter (page 7). *We hope you renew*. Additional forms are available from Barbara Evans (360-650-9724) in case you know of someone who is interested in becoming a member.

We look forward to another year of opportunities to socialize with WWURA members and to engage in activities such as WWURA luncheons (October, February, and April), bridge playing, attending MET HD opera, discussing books in the book group, and hearing informative travelogues. We welcome your suggestions for other interest groups. Various international travels are planned by members during the coming year.

The Annual WWURA Picnic is scheduled for July 9 from 11:30-2:00 at Whatcom Park Falls. Review the reservation form on page 7 for cost and what to bring (besides your humor and laughter).

The first travelogue is scheduled for September 17. We start socializing at 6:30 p.m. with the program beginning at 7:00 p.m. We encourage current members to invite retired friends to the travelogues arranged throughout the year. Our WWURA Newsletter includes the date, presenters, and topic. Save October 10 for the Fall Luncheon. Bill Smith will be introducing, "Growing Veterans Programs in Whatcom County."

"Looking to the Future for WWURA" is scheduled for August 13 at Lakewood (Lake Whatcom). This is the annual WWURA Board planning session. We welcome members to attend and participate. The time is 10:30 a.m. – 1:00 p.m., followed by a pot luck.

I look forward to meeting you at our gatherings.

- Evelyn Ames

WWURA Annual Picnic

Whatcom Falls Park

Wednesday, July 9, 2014, 11:30 a.m.



The WWURA picnic is a great time to visit, pick up your new membership cards (*if you renew by June 30th*), and enjoy the park. The park offers nature walks, views of the falls and the fish hatchery. We'll have croquet and frisbies also for your enjoyment. Information on upcoming travel trips will be available, too.

Pull out your favorite recipe for a dish to share--salads, hot dishes, desserts, etc. (*See the alphabetic breakdown on the **Reservation Form**, page 7*).

Chicken, table service, and coffee will be provided by WWURA, but **bring your own favorite non-alcoholic beverage**. Charlie Way will bring his scrumptious home-made ice cream.

To locate the shelter, take the entrance closest to Bayview Cemetery on Lakeway Drive.

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June 2014 Health Notes by Evelyn Ames

Gluten-Free Products: Who Needs Them? Who doesn't?

“In the world of trendy diets, the latest catchphrase is gluten-free. This eating style is absolutely essential to people with celiac disease, who can't tolerate even small amounts of the protein gluten, which is found in grains such as wheat, rye, and barley. As many as two million Americans may have celiac disease, yet only 300,000 have been diagnosed with it.” “Until very recently, it was believed that celiac disease was the only condition triggered by gluten. However, there is now good evidence for a condition called non-celiac gluten sensitivity...in which there is no intestinal damage but we do know gluten and related proteins in grains can draw water out of the intestines and feed bacteria in the intestines, causing gas, bloating, and indigestion” (http://www.health.harvard.edu/newsletters/Harvard_Health_Letter/2013/April/considering-a-gluten-free-diet). “Experts estimate that about 1% of Americans have celiac disease. The condition, caused by an abnormal immune response to gluten, can damage the lining of the small intestine. That, in turn, can prevent important nutrients from being absorbed.” <http://www.webmd.com/diet/healthy-kitchen-11/truth-about-gluten>.

Gluten-free products must contain less than 20 parts per million of gluten (Food and Drug Administration). This amount is considered low enough so that most people with celiac disease will not get sick. “Gluten itself doesn't offer special nutritional benefits. But the many whole grains that contain gluten do. They're rich in an array of vitamins and minerals, such as B vitamins and iron, as well as fiber. Studies show that whole grain foods, as part of a healthy diet, may help lower risk of heart disease, type-2 diabetes, and some forms of cancer. The 2010 Dietary Guidelines for Americans recommends that half of all carbohydrates in the diet come from whole grain products” (<http://www.webmd.com/diet/healthy-kitchen-11/truth-about-gluten>). Studies show gluten-free diets can be deficient in fiber, iron, folate, niacin, thiamine, calcium, vitamin B12, phosphorus and zinc. (<http://www.scientificamerican.com/article/most-people-shouldnt-eat-gluten-free/>)

According to a Published Facts (market research) 2012 report, gluten-free foods market was expected to hit \$4.2 billion, with the estimate for 2017 to be more than \$6.6 billion! A consumer survey showed that 18% of adults are buying/consuming gluten-free products. “The conviction that gluten-free products are generally healthier is the top motivation for consumers of these products” (<http://www.packagedfacts.com/gluten-free-foods-7144767/>).

“Most of the people who reach for gluten-free products don't have celiac disease and or even a sensitivity to wheat, Peter H.R. Green, MD, director of the Celiac Disease Center at Columbia University, told WebMD” “The market for gluten-free products is exploding. Why exactly we don't know. Many people may just perceive that a gluten-free diet is healthier.” “For people with celiac disease, a gluten-free diet is essential. But for others, “unless people are very careful, a gluten-free diet can lack vitamins, minerals, and fiber.” Not all the gluten-free foods being marketed are healthy. “Some are high in saturated fat or cholesterol. Others may be high in calories but contain very little in the way of nutrition. A slew of herbal remedies have also hit the market, promising to ease gluten sensitivity. There's little evidence that any of them help, Green said.” The American Dietetic Association warned that gluten-free products tend to be low in a wide range of important nutrients, including B vitamins, calcium, iron, zinc, magnesium, and fiber. Gluten-free products are often made with refined grains, and are low in nutrients.

Medical Express News reports a Florida International University registered dietitian debunking of 5 myths about gluten: gluten is bad for you; gluten makes you fat; not eating gluten will improve your skin; gluten causes allergies; and not eating gluten makes you healthier.” <http://medicalxpress.com/news/2014-06-myths-gluten.html>

Fad diets come and go, sometimes they come again repackaged. For celiac patients, gluten-free is essential. For most others, gluten-free is not and carries nutritional health risks!

JUNE 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 <dfmoore12@gmail.com>

We will meet Tuesday, June 17th at 2:30 p.m. at Donna Moore's home at 346 Bayside Rd.

June's book is *The Cat's Table* by Michael Ondaatje (Barb Evans discussion leader)

July's book is *Wild: A Journey from Lost to Found* by Cheryl Strayed (Chris Gerhold and Barbara Davidson discussion leaders)

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

Meets the 4th Tuesday of the month at member's homes. June's meeting place to be announced.

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

Meets in small groups each month at member's homes. The group will start meetings in October.

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 2014-2015, 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. The operas will start again in the fall.

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

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

SKIING - Charlie Way, 360-734-0649. Check with Charlie next winter.

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>

WWURA TRAVEL NEWS

Southern Africa: South Africa, Zimbabwe, Namibia and Botswana—September 2014-an OAT trip

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.

If interested, call Margaret Loudon, 360-733-6052 or email <mal.iaap@clearwire.net>

New Zealand – January 15, 2015

We start in Auckland on the North Island and then head to Rotorua where the Maori people have lived for 1000 years. While in that region we will visit Waimangu Volcanic Valley. After that we will fly to Queenstown on the South Island visiting several locations on the west side of the island. We end the trip by flying to Wellington. The basic trip is fourteen days. There are no scheduled pre or post trips for this date. You need to be able to walk 3-4 miles a day and have good agility.

Land Tour: \$3995

Air fare from Seattle: \$2100

If you are interested in this trip, please call Donna Moore at (360) 733-5769

Elegant Elbe – September 12, 2015

We start in Berlin and then have an eight-day cruise on the Elbe River ending in Prague. Pre and post packages are available for Berlin, Prague, and Krakow. The cruise will be on a new ship, the Viking Beyla, which will be available in 2015. During the cruise, we will visit the following towns: Potsdam, Magdeburg, Dessau, Wittenburg, Torgau, Meissen, Dresden, Bad Schandau, Litomerice, Melnik, Prague.

Cost: \$4399 - \$6199 depending on your choice of state room.

Air Fare from Seattle: \$1295

If you are interested in this trip, call Donna Moore at (360) 733-5769 for information about making your reservations.

WRITERS GROUP

In Town with Grandma

Grandma and Grandpa Smith rode the 10 miles from Boswell into Calico Rock on that August Saturday afternoon in their new 1952 forest green Chevrolet pickup truck. The sandy dust of the IZARD County gravel road had turned it into a two-toned vehicle. They must have needed to make a rather critical purchase for the farm or their house to come into town on a workday. Not feed for the cattle. That was delivered by train, or in the same truck that brought groceries to the general store in Boswell. Maybe medicine, though; or maybe just a new garden rake they needed before a Sears and Roebuck order, placed by U. S. Mail could get to Kansas City, be filled and returned by mail train to Boswell, in the Arkansas Ozarks.

I only know from experience what the truck looked like when it drove down Main Street of Calico Rock ("Calico" as they called it) that day. I did not see them arrive because I was in the dry goods store, browsing the "material." That's where Grandma found me and touched my shoulder, startling me back to reality from a daydream of a new dress for the first day of fourth grade. A rush of surprised joy, a grin, a hug around her waist and my head pressed into her chest, although she was less than five feet tall. Seeing her, especially unexpectedly was joy enough. Yet our greeting was short.

She moved right to the order of business. "Pick out a piece [of fabric] you like."

Confronted with such an opportunity, I could not make a decision. I suppose she read my preferences by the amount of time I lingered over certain bolts.

"We'll have 3 yards of that," she told Mrs. Cheney, pointing to crinkled sheer gray nylon with a pattern of purple, white, and black leaves resembling pine twigs. "Better put a spool of that purple thread in."

Just like that, a dream come true. We walked out of the-relatively-cool store and into the blazing sunlight just in time for the "ticket drawing," holding two tickets, which we had just earned from the merchants' association for spending as many dollars. No, we didn't win \$10 or even \$5 that day, but that was all for the best. So much good fortune in one day would surely have burst my young heart.

- Troy Faith Ward 2011

POETRY CORNER

Zigzag mowing

June almost gone, rain vanished too,
clover spread across the lawn,

bees swoop blooms, land, explore,
legs pollened before they go. Woeful task,

mowing grass, if one guides frantic moths
back to night, sets bathtub spiders

free outside, lets sugar ants form long lines.
This summer's task—creep, pause, weave,

zigzag mow, no chopping bees—
save each worker for the queen.

-Timothy Pilgrim

WWURA 2014 Calendar

July

9—Picnic - Whatcom Falls Park

August

5—WWURA Planning Meeting—Lakewood

September

2—Board Meeting

17—Travelogue

October

7—Board Meeting

10—WWURA Luncheon

November

4—Board Meeting

19—Travelogue

December

2—Board Meeting

17—Travelogue

SCHOLARSHIP WINNERS

Ordinarily, WWURA budgets for two scholarship per year, but your generous donations this past year enabled WWURA to award three \$1,000 scholarships.

These young women will be invited to upcoming WWURA luncheons so you will have a chance to meet them. Their “thank you” notes will be published in future newsletters as well.

The Board has voted to budget for two (2) scholarships of **\$2,000 each** this next year, so *how about chipping in a little extra to our scholarship fund when you renew your membership?*

Just check the box on the membership application form (page 7) and include a gift in your check.



John Reay and our three scholarship winners: Bethany Andrews, Molly Hartshorn and Hannah Manning at a recent luncheon honoring scholarship winners.

If you would like to view a video of some of the remarks given by students at the scholarship luncheon, check out the website at <http://www.foundation.wvu.edu/scholarship>. They are impressive!

BOOK REVIEW

Short Nights of the Shadow Catcher: The Epic Life and Immortal Photographs of Edward Curtis, by Timothy Egan

Two events changed Edward Curtis's life, sending him toward monumental achievement and personal ruin. In 1896, a successful portrait photographer in Seattle, Curtis persuaded "Princess Angeline," 80 year old last surviving child of Chief Seattle, to sit for a portrait. The result was a haunting, very moving portrait of Angeline, who was then scraping out a living on the edge of Seattle. In the summer of 1900, Curtis photographed villagers of the Blackfeet Nation and their lives. Then he formed the ambition to record photographically all the Indian communities remaining in North America "to capture the essence of their lives before that essence disappeared."

The effort took him 30 years and from comparative riches to rages. At the beginning he was a successful photographer and businessman with some social prominence and a well-known mountain climber. Along the way he became an admired acquaintance of Teddy Roosevelt and, after meeting J. P. Morgan, was able to obtain funding from him. During his project, Curtis spent months living close to the tribes he was recording. He spent months away from his family, risked his life, and destroyed his marriage. In 1952 at the age of 84, he died a poor man. But in his finished volumes, he left 40,000 photographs, descriptions and transcriptions of unnumbered myths and rituals, the glossaries of 75 languages. He left us a legacy whose value the experts are now beginning to realize.

Timothy Egan, whose *The Worst Hard Times* about the Dust Bowl years, writes well, tells this fascinating story with style.

Several websites contain images of Curtis's best known images. Just Google the name of this book and you'll have several to choose from. I want to see the 20 volume set itself. My first attempt will be at the library of the University of Washington.

- Submitted by Bob McDonnell

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**: where we honor WWU retirees from the previous academic year.
- ***Summer picnic/potluck and Annual Meeting**: 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.

WWURA Membership Application 2014-15

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

- Benefactor \$100.00 plus
 Regular Membership \$ 25.00
 Pre-Retirement Membership \$ 25.00
 Surviving Spouse/Limited Income \$ 6.00
 New 2014-15 Retiree \$ 5.00
- Contribution to WWURA Scholarship Fund** \$ _____

A membership table will be at the picnic. *If you renew your membership by June 30th, 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 **Barbara Evans**, 715 No. Garden St. #502, Bellingham, WA 98225.

AMOUNT ENCLOSED _____ SIGNATURE _____ DATE _____

Biographical Information

NAME _____

NAME OF SPOUSE (if applicable) _____

PRESENT ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____

EMAIL _____ YEAR RETIRED _____

RETIRED FROM WHAT DEPT OR OFFICE: _____

IF NOT WWU RETIREE, WHAT INSTITUTION/ORGANIZATION _____

Reservation Form - WWURA Picnic on Wednesday, July 9th *Reservations Due by June 30, 2014*

Name(s) _____ Number of reservations _____

Cost: \$2 per person if bringing a dish to share that will feed 8.
Last names beginning with **A-H** bring a **Salad**, **I-Q** a **Side Dish**, and **R-Z** a **Dessert**.

\$6 per person if not bringing a dish. Amount Enclosed _____

Mail your check to Nanette Davis, 715 Rosario Ct., Bellingham, WA 98229
(Phone: Nanette at 671-1686 OR email at drnanettej@gmail.com if you have questions)

WWURA Membership Benefits, *cont'd from page 6*

***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