



WWURA NEWS



September 2014

www.wwu.edu/wwura

Serving Retired Faculty and Staff

PRESIDENT'S NOTE

September has arrived and what a wonderful summer we have had in the northwest. A hearty welcome to our members and welcome to the new members of Western Washington University Retirement Association. We are an active 'bunch' of folks who enjoy traveling, reading, socializing, and just playing around! Our first social gathering is the travelogue on September 17th (see notice about Marie Eaton's presentation). Margaret Woll, our Newsletter Editor, includes a calendar of various events in each Newsletter. Check the dates for upcoming events in September and October.

The WWURA Board will be asking for your approval of small changes made in our Constitution. The vote will take place either at the beginning of the October luncheon or in the November Newsletter.

The WWURA Newsletter (*WWURA NEWS*) is archived (by John Woll). If you have missed and/or wish to reread Bob McDonnell's book/film corner, poems/short essays by members, or Health Notes, you can easily find these at this web site: www.wwu.edu/wwura.

The new 2014-2015 WWURA Membership Roster will be available at the October 10th luncheon. Barbara Evans has updated the list, including street addresses, phone numbers and email addresses.

Hope to see you at our first travelogue. Enjoy late summer and early fall in our beautiful part of the country. Happy trails to those of you who are traveling to interesting places.

- Evelyn Ames

WWURA Travelogue with Marie Eaton

Wednesday, September 17, 2014

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

Squalicum Yacht Club, 2633 South Harbor Loop Rd.

The Galápagos Islands, an archipelago of volcanic islands distributed on either side of the equator in the Pacific Ocean, lie about 600 miles west of Ecuador. The Islands and their surrounding waters form an Ecuadorian province, a national, and a biological marine reserve. They are renowned for the vast number of endemic species (including giant tortoises, sea lions, land and marine iguanas, Blue footed Boobies, and thirteen species of Darwin Finches) studied by Charles Darwin during the voyage of the Beagle. His observations and collections contributed to the inception of the theory of evolution of by natural selection. The Galápagos Islands are one of the few places in the world without an indigenous population, and there has been no hunting since 1959 and no commercial fishing since 1989, so the wildlife has thrived.

This presentation will include photographs of many of the endemic species taken while on a Roads Scholar trip in March 2014.

Members whose last names begin with **M through Z**, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Contact a board member if you need a ride.



Blue-footed Booby

Inside :

Health Notes	p. 2, 3
WWURA Luncheon	p. 3
Book Review	p. 4
Interest Groups	p. 5
Reservation Form	
WWURA Luncheon	p. 5
Poetry Selection	p. 6
Calendar	p. 6

September 2014 Health Notes by Evelyn Ames

Staying Hydrated! Why Water Matters!

Our “hot” weather in the northwest comes and goes but the importance of staying hydrated remains the same. Water matters! **Dehydration** is when there is a lack of fluids in the body. A person loses more fluid than what it takes in. This means the body cannot carry out its normal functions.

(<http://www.mayoclinic.org/diseases-conditions/dehydration/basics/risk-factors/con-20030056>)

As one ages, the body become more susceptible to dehydration for several reasons:

- body's ability to conserve water is reduced;

- thirst sense becomes less acute;

- one is less able to respond to changes in temperature;

- older adults, especially in nursing homes or living alone may tend to eat less and drink less fluids. Disability or neglect also may prevent them from being well nourished.

- “these problems are compounded by chronic illnesses such as diabetes, dementia, and by the use of certain medications.”

Symptoms of mild to moderate dehydration include: dry, sticky mouth, sleepiness or tiredness — children are likely to be less active than usual, thirst, decreased urine output, few or no tears when crying, dry skin, headache, constipation, and dizziness or lightheadedness. **Symptoms of severe dehydration**, which is a medical emergency include: extreme thirst, irritability and confusion, very dry mouth (and skin and mucous membranes), little or no urination (dark yellow or amber color), sunken eyes, low blood pressure, rapid heartbeat and breathing, fever, and no tears when crying. (<http://www.mayoclinic.org/diseases-conditions/dehydration/basics/risk-factors/con-20030056>)

When one may need to take in more fluids than usual:

- Illness:** “Start giving extra water or an oral rehydration solution at the first signs of illness — don't wait until dehydration occurs. And although they might sound appealing, traditional “clear fluids” such as ginger ale or other sodas contain too much sugar and too little sodium to replenish lost electrolytes.” Suggestion is to find a shady area, recline and drink water.

- Exercise.** “In general, it's best to start hydrating the day before strenuous exercise. Producing lots of clear, dilute urine is a good indication that you're well hydrated. Before exercising, drink 1 to 3 cups (0.24 to 0.70 liters) of water. During the activity, replenish fluids at regular intervals and continue drinking water or other fluids after you're finished. Keep in mind that drinking too much not only can cause bloating and discomfort but also may lead to a potentially fatal condition in which your blood sodium becomes too low (hyponatremia). This occurs when you drink more fluids than you lose through sweating.”

- Environment:** Additional water in hot or humid weather helps to lower body temperature and replace fluid lost through sweating (in cold weather, sweating because of insulated clothing). Hot indoor air may cause skin to lose moisture.

“To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Letting thirst be your guide is an adequate daily guideline for most healthy people. Fluids can be obtained not just from water but also from other beverages and foods. But, if you're exercising, don't wait for thirst to keep up with your fluids.” (<http://www.mayoclinic.org/diseases-conditions/dehydration/basics/risk-factors/con-20030056>) The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day. How much depends on one's health, where one lives and activity level.

Health Notes, cont'd

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/water/art-20044256> Chart displaying water content of fruits and vegetables is at this site:
<http://www2.ca.uky.edu/enri/pubs/enri129.pdf>

In summation, (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2625510/>) "Dehydration is the most common fluid and electrolyte problem among the elderly. The usual causes of water loss are frequently absent in dehydrated elderly patients. Age-related changes in total body water, thirst perception, renal concentrating ability, and vasopressin effectiveness probably predispose to dehydration. Dehydration related to infection, high-protein tube feedings, cerebral vascular accidents, and medication-related hypodipsia are particularly relevant for elderly patients. Appropriate treatment depends on accurately assessing the water deficit and slowly correcting that deficit."

WWURA Fall Luncheon Friday, October 10, 2014

11:30 a.m.

Northwood Hall, 3240 Northwest Avenue

"Growing Veterans, Growing the Community"

Bill Smith, WWURA member, will introduce **Chris Brown, the founder and Director** of the non-profit organization Growing Veterans in Lynden, WA.



Chris is a veteran combat Marine and Purple Heart recipient, who returned from a tour in Iraq and two in Afghanistan determined to help fellow post 9/11 veterans reintegrate into their home communities. Missing the camaraderie and teamwork fostered by his U.S Marine Corps experience, Chris quietly and purposefully sought opportunities to build a community where team work prevailed and where ultimately a powerful peer-to-peer mentorship model emerged.

Since leaving the military in 2008, Chris attended Whatcom Community College and Western Washington University, where he majored in Human Services and became interested in community hunger, nutritious food, and organic farming. After graduation he served one year as an Americorps Veteran Intern learning farming skills and the agriculture business as he interned at Growing Washington, the largest non-profit organic farm in the state of Washington.

During his internship he talked with other veterans and those conversations and his undergraduate research convinced him that "veteran isolation" is the largest source of the many problems veterans face as they reintegrate into their home communities--homelessness, depression, divorce, and suicide. In 2012 with advice from other veterans and organic farmers Chris began Growing Veterans, a non-profit three-acre organic farm in Lynden, Washington. The mission of Growing Veterans is simple: "To empower military veterans to grow food, communities, and each other." Farming has many healthy benefits, as one young Afghani veteran recently reminded us at the farm, "It feels good to be putting something into the ground that is going to explode into life instead of destruction."

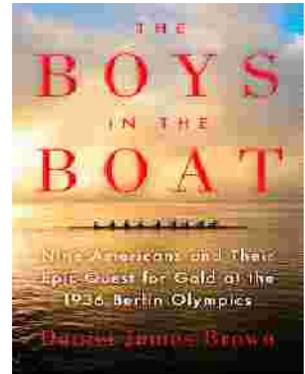
Chris will speak on the role of Growing Veterans and sustainable organic farming as a solution to problems such as the aging of Washington state farmers, educating citizens about local food resources, and eliminating veteran isolation within local communities through farming.

Book Review

The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Olympics: a review

This book is a marvelous tale told by a Pacific Northwest author about a triumph of Pacific Northwest men on a national stage and then an international stage.

It's the thrilling tale of the crew team of the University of Washington of 1936. While Daniel James Brown begins with and focuses on one of the members of the crew, Joe Rantz, he includes the stories of all of the crew, of the coaches, and even of the boatwright who lovingly built their shells.



Brown came across this story when he met Joe Rantz near the end of his, Rantz's life. And a fascinating story it is. Orphaned at four years of age, he was forced out of his father's home, at the age of ten, by his new mother-in-law. He coped through the persistence and hard work that characterized him throughout his life. Joe Rantz's way of affording to attend the University of Washington was by going out for crew in his freshman year, 1933. Having been selected to occupy seat three of the first boat of freshman crew, Joe met the cast of characters who fill the rest of the book: George Yeoman, boatwright transplanted from England and entirely devoted to rowing and to the construction of the finest shell possible; Tom Bolles, freshman crew coach, who successfully taught lads who knew next to nothing about crew how to row a shell; Al Ulbrickson, Phi Beta Kappa head crew coach.

Brown unfolds the story of the unlikely victories of Rantz's crew as freshmen and as upperclassmen. There are the victories over the West Coast nemesis, the U. of California, over the East Coast Ivy Leagues crews accustomed to dominating the sport. In 1936 the University of Washington crew beat Cal, won the national championship, won right to represent the US at the Olympic Games, and then triumphed over the favored German and Italian teams, with an appalled Adolf Hitler watching.

What makes this book special for me is the skill with which Brown teaches me about the intricacies of rowing, of shell-building, of the superhuman effort required of each member of the crew during every race. Brown is especially good at describing each race. Though we know the outcome each time, Brown keeps me reading breathlessly, almost stroke by stroke, until Rantz's shell crosses the finish line.

It's a full book and a full read. Brown includes fascinating detail about life in the Great Depression, the preparation in Hitler's Germany for hosting the 1936 Olympics, and much more. Just as the story is about a group of upstart proletarians achieving victory over the socially elite rowers of the Ivy League, *The Boys in the Boat* has won runaway best seller status despite being ignored by the East Coast book industry—no review in the *New York Times*, none in the *New York Book Review of Books*. Just one in the *Boston Globe*. You'll enjoy this book.

- **Bob McDonnell**



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 <dfmoore12@gmail.com>

We will meet Tuesday, Sept. 16th at 2:30 p.m. at Donna Moore's home at 346 Bayside Rd.

September's book is *Idiot America: How Stupidity Became a Virtue in the Land of the Free*
by Charles Pierce

October's book is *Transatlantic* by Colum McCann

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

Meets the 4th Tuesday of the month at member's homes. September'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.

October 11 - Verdi's Macbeth

Encore - October 15

October 18 - Mozart's Le Nozze de Figaro

Encore - October 22

Lincoln Theater in Mt. Vernon: <http://www.lincolntheatre.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, <billsmith1545@yahoo.com>.

Reservation Form

Fall Luncheon Friday, October 10, 2014

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 Monday October 6, 2014

Make your check payable to WWURA and mail with this form to **Patricia Roberts, 715 Marine Drive, Bellingham, WA 98225**. Questions? Call 676-2593.

Poetry Corner

Candle rescue

Long after match spits fire,
gives a slender candle light,

burning high then low,
the wax somehow finds a way

to pool, drown flicker, flame,
make candle yearn to cease to glow.

Save the light— single hole
in softened edge, hot wax

sent aflow down candle side
brings dying wick back to life.



-Timothy Pilgrim

WWURA 2014 Calendar

September

2—Board Meeting

17—Travelogue

October

7—Board Meeting

10—WWURA Luncheon

November

4—Board Meeting

19—Travelogue

Western Washington University
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