



# WWURA NEWS



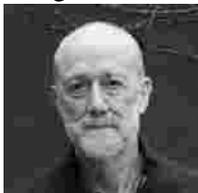
March 2015

www.wwu.edu/wwura

Serving Retired Faculty and Staff

**WWURA Spring Luncheon**  
**Friday, April 10, 2015**  
**Northwood Hall, 11:30 a.m.**  
**3240 Northwest Ave**

Fred Moody has written "extensively about the life and mind of the Northwesterner, about software and other technology start-ups, and about the troubled psychology of Catholicism. His newest book, *Unspeakable Joy*, studies the root causes of the Catholic Church's sexual abuse scandal." (Amazon). Fred will speak on his book, *Unspeakable Joy*, and talk about the culture of sexual abuse in Catholic seminaries, especially in the one he attended in the 1960's. Although Fred was not abused, he later wondered why he didn't see the signs of abuse around him.



A native Bellinghamster, Fred was a member of Fairhaven Colleges' first graduating class. For 20 years he was a writer at *The Seattle Weekly*. He is currently a freelance writer. In addition to *Unspeakable Joy* (2013), Fred has written four other books: *Fighting Chance: A Year with the Seattle Seahawks* (1989); *I Sing the Body Electronic: A Year with Microsoft on the Multimedia Frontier* (1994); *The Visionary Position: The Inside Story of the Digital Dreamers Who Are Making Virtual Reality a Reality* (1999); and *Seattle and the Demons of Ambition: A Love Story* (2004). He feels he was a little early out of the gate with his 1989 book on the Seahawks.

Use the **Reservation Form on page 5** to secure a place at this luncheon.

**WWURA Travelogue with Margaret Loudon**  
**Wednesday, March 18, 2015**  
**6:30 p.m. Socializing; 7:00 p.m. Presentation**  
 Squaticum Yacht Club, 2633 South Harbor Loop Rd.



Join WWURA as we take a photo trip to South Africa, Zimbabwe, Namibia and Botswana. Margaret Loudon went to Africa in September 2014 and was so excited about the trip that she wants to share her experiences with our members. We will go on safari to Kruger, Chobe and Hwange national parks, visit Victoria Falls and Cape Town. We will see how an African family lives and visit a village, tour a school, take a wine tour, see the African penguins, visit historical towns, take a gondola ride to the top of Table Mountain, go fishing on the Zambezi river, visit the townships of Cape Town and go to the Cape of Good Hope. A few of the animals you'll see include lions, leopards, elephants, giraffes, zebras, rhinos, hippos, beautiful birds, crocodiles, African buffalo, wildebeest and antelopes of all varieties. Hope you will join us for our photo safari in Africa.

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.

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## Health Notes by Evelyn Ames    Aches and Pains: When to be Concerned!

Sticks and stones may break bones but aches and pains cause worry and angst! Descriptions of aches and pains often relate to muscles, abdominal/visceral areas, cardiovascular, heads, and skeletal areas of the body. Most of us experience aches and pains. An occasional twinge here or there, particularly as we get older. Sometimes pain occurs quickly and just as quickly goes away, leaving a person with some anxiety. Is the pain serious? Should I see a medical care provider?

The National Institutes of Health report that muscle aches and pains, which involve ligaments, tendons, fascia, and soft tissues that connect muscles to bones are common and often involve more than one muscle. “Muscle pain is most frequently related to tension, overuse, or muscle injury from exercise or physically-demanding work. In these situations, the pain tends to involve specific muscles and starts during or just after the activity. It is usually obvious which activity is causing the pain.”

<http://www.nlm.nih.gov/medlineplus/ency/article/003178.htm> Muscle pain also can be a sign of conditions affecting the whole body (e.g., influenza) and disorders affecting connective tissues throughout the body such as the auto-immune arthritic disease of lupus.

NIH suggests calling one’s health care provider if the following occurs: muscle pain persists beyond 3 days; if there is severe, unexplained pain; signs of infection such as swelling or redness around a muscle; poor circulation in the area where muscles ache; if there is a rash or there has been a tick bite; and if muscle pain is associated with starting or changing doses of a medicine (e.g., statin).

Experiencing pain first thing in the morning is thought to be generally less serious as compared to pain in the evening. Pain that doesn’t improve with rest, or with physical therapy, or is worse in certain body positions should be checked as well. **When to call 911:** when there is vomiting, a very stiff neck, a high fever, muscle weakness is such that one cannot move part of the body, difficulty in swallowing, or a shortness of breath.

As for cardiovascular situations, PeaceHealth St. Joseph Medical Center’s Cardio Vascular Center lists warning signs of a heart attack at its web site. It is important to note that symptoms may be different for women. “Chest pain; feeling breathless (women may be breathless without any chest pain); flu-like symptoms such as nausea, clamminess or cold sweats; unexplained fatigue, weakness or dizziness; pain in upper back, shoulders, arm, neck or jaw; and feelings of anxiety or doom.” <https://www.peacehealth.org/shared-pages/Pages/heart-attack-symptoms.aspx?from=/st-joseph/services/cardiovascular-center/womens-heart-services>

Researchers at Washington State University, using data from the National Center for Health Statistics (<http://www.cdc.gov/nchs/>) determined that 19 percent of American adults are in persistent pain (daily or nearly daily for the past three months). They also estimated that 39 million adults are currently experiencing persistent pain (*Washington State Magazine*, Spring 2015). **What is Chronic Pain?** The National Institute of Neurological Disorders and Stroke reports that “While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself, chronic pain is different. Chronic pain persists. Pain signals keep firing in the nervous system for weeks, months, even years. There may have been an initial mishap -- sprained back, serious infection, or there may be an ongoing cause of pain -- arthritis, cancer, ear infection, but some people suffer chronic pain in the absence of any past injury or evidence of body damage. Many chronic pain conditions affect older adults. Common chronic pain complaints include headache, low back pain, cancer pain, arthritis pain, neurogenic pain (pain resulting from damage to the peripheral nerves or to the central nervous system itself), psychogenic pain (pain not due to past disease or injury or any visible sign of damage inside or outside the nervous system). A person may have two or more co-existing chronic pain conditions.”

[http://www.ninds.nih.gov/disorders/chronic\\_pain/chronic\\_pain.htm](http://www.ninds.nih.gov/disorders/chronic_pain/chronic_pain.htm)

## Book Review

### *I Am Malala*, by Malala Yousafzai with co-author Christina Lamb: a review

Our author this month is the young Pakistani woman who was shot, almost fatally, by a Taliban assassin, for advocating publicly for the education of Pakistani youth, especially girls. She was 15 years old. The assassin's bullet entered her left eye as she sat in a school bus, going home at the end of a school day. She survived the attack. Expert medical attention, first in Pakistan, later in Birmingham, England, saved her life. Now she continues to advocate for education and has founded the Malala Fund to promote and support that goal. In recognition of her courage and her continuing work for the education of youth, in 2014 Malala was awarded the Nobel Peace Prize, the youngest recipient to be so recognized

In providing a context for her story, Malala treats us to the history of the Swat Valley and of Pakistan. Having given us a vivid sense of daily life in Pashtun culture, she describes in compelling terms the coming of the Taliban to Swat Valley and the terrorist tactics it used to force itself and its values on the Pashtun people of Swat Valley. Malala also gives her readers some taste of the complexity of life in Pakistan in the fight between radical Islam and not-radical Muslims.

Malala's father looms large in her story, and in her telling he entirely deserves it. He transforms himself from a shy stuttering youth to a prize-winning orator, from a poverty-stricken aspiring teacher to the owner of several schools. He carries on advocating for education for opening the minds of young Pakistanis to ideas and to the wider world—despite years of receiving death threats, in a culture of all too frequent political or religious assassination.

And he nurtures Malala, insisting that she receive an education. She becomes a top student, a prize-winning speaker, and a nationally recognized promoter of education. All this in the face of a Swat Valley dominated by the Taliban. In fact that dominance is so complete that the school Malala attends, her father's, is semi-secret, unmarked on the exterior in any way.

She doesn't discuss the 9/11 attacks directly, which is understandable, since she was just 6 years old when those attacks occurred. But she does deal with the Pakistani complex response to the Navy Seal raid that slew Osama bin Laden in Abbotabad. And she gives us the quite uncomplicated response to the American use of drones in the Swat Valley.

Through it all, she continues courageously to study and to speak. She was going home from her father's school on October 9, 2012, when a young Taliban shooter climbs the tailgate of her truck/school bus and demands "Who is Malala?" In a way, this book is her answer.

- Bob McDonnell

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### Health Notes—Aches and Pains: When to Be Concerned, *cont'd*

The Institute of Medicine issued a blueprint in 2011 for relieving pain in American citizens. The blueprint includes excellent information about transforming the prevention, care, education and research about chronic pain which costs the nation up to \$635 billion a year in medical treatment and lost productivity.

<http://www.iom.edu/Reports/2011/Relieving-Pain-in-America-A-Blueprint-for-Transforming-Prevention-Care-Education-Research/Report-Brief.aspx>



## March 2015 President Evelyn Ames's Note:



WWURA members who attended the February luncheon with guest speaker, Laura Laffrado, were treated to a fascinating history about world renown poet (of years ago) Ella Higginson and her relationship to Western Washington University and Bellingham. Check this web site <http://www.poetryfoundation.org/poem/182763> to read her poem titled, "Four Leaf Clover."

**Mark your calendars** for the **April 10 WWURA luncheon** and listen to **Fred Moody**, author of several books. His most recent one is *Unspeakable Joy*. <http://www.seattletimes.com/pacific-nw-magazine/the-secret-life-of-a-seminary> gives information about his latest book. Check this site for a brief introduction of this former Seattle journalist: <http://www.cityartsmagazine.com/authors/fred-moody>. For aficionados of the Chuckanut Radio Hour, he was interviewed by Floyd McKay.

Barb Evans, along with Lynne Masland and Margaret Woll, are revising WWURA's brochure that promotes the association. Look for the spiffy new brochure in coming months.

*Don't forget the March 18 travelogue. Come, socialize with friends and meet new people!*

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### MARCH 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](mailto:dfmoore12@gmail.com)>

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

March's book is *No Ordinary Time* by Doris Kearns Goodwin; treats-Barbara Levin

April's book is *All the Light We Cannot See* by Anthony Doerr; treats-Chris Gerhold

**BRIDGE GROUP**--Caryl Hinckley, 360-734-3728, <[carylhinckley@hotmail.com](mailto:carylhinckley@hotmail.com)>

We will meet March 24th. Location to be announced.

**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)>

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.

March 14 - Rossini's *La Donna Del Lago* with Joyce DiDonato and Juan Diego Florez – Met Premiere

Encore - March 18

April 25—Mascagni's *Cavalleria Rusticana* and Leoncavallo's *Pagliacci*—New Production

Encore –April 29

**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. Check with Charlie if you are interested in skiing.

**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.

**Reservation Form**  
**WWURA Spring Luncheon**  
**11:30 a.m., April 10, 2015**  
**Northwood Hall, 3240 Northwest Avenue**

Name (s) \_\_\_\_\_

Address or Phone Number \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ (\$15 members, \$18 for non-member)

**Reservation Deadline is Monday April 6, 2015**

Make your check payable to **WWURA** and mail with this form to **Nanette Davis, 715 Rosario Ct., Bellingham, WA 98229**. Questions ? Call Nanette at 671-1686.

Need a ride? Check here \_\_\_\_\_ Phone Number \_\_\_\_\_

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**Do You Have Suggestions for WWURA Speakers Next Year?**

1. What topics interest you? \_\_\_\_\_

\_\_\_\_\_

2. Who do you suggest we contact about being a luncheon speaker? \_\_\_\_\_

\_\_\_\_\_

Mail this form with your suggestions to **Nanette Davis** (address above) or bring to the next WWURA gathering.

**WWURA Calendar**

**March 2015**

- 3 – Board Meeting
- 18—Travelogue—Africa with **Margaret Loudon**

**April 2015**

- 7—Board Meeting
- 10—WWURA Lunch, **Fred Moody**, Speaker
- 15—Travelogue



**Travel Back Roads of Iberia:  
Spanish Paradores &  
Portuguese Pousadas**

Donna Moore (733-5769) has arranged with Overseas Adventure Travel (OAT) to hold space for our group to travel beginning **March 15, 2016**. The 15 day trip starts in Lisbon -visits Evora; Carmona, Spain; Ronda, Alhambra, Ubeda, ending up in Madrid. Check OAT's website for more details about this trip. And call Donna for info on joining this group.

## **Excerpts from a Thank You Letter Received from our Spring Scholarship Recipient**

“Thank you so much for awarding me the WWU Retirement Association Scholarship for spring quarter 2015. I am so thankful and honored not only because this scholarship will help me achieve my goals and continue to attend college, but it means so much to me.

“The scholarship will be put to good use due to my plethora of goals. I have always been a very dedicated student and I am my worst critic. Although I am very hard on myself, it is all because I know the potential I have to challenge myself and achieve greatness. My personal goals are to continue to volunteer with the community and make a positive impact on others and my own life, to not judge people and to accept them for who they are, to enjoy life and be happy, and to also keep all of my relationships strong and healthy.

“My academic goals are to continue to do well in all of my classes, which I have done..I am a Biology major, and have taken two science classes (with labs) each quarter and have received A's in all of them My current GPA is a 3.81. My grades do not come easily and I work long and hard to earn the grades I receive....

“My career goal is to obtain my Bachelors of Science in Biology and use this to get accepted into a Dental School. I hope to become a Dentist or a Dental Specialist (Endodontist, Pediatric Dentist, or Orthodontist). I love helping others and would love the opportunity to positively influence and impact my future patients...

“My parents divorced when I was four years old and because of this I have experience first hand what it's like to have to work hard for what you want and to only be able to rely on the things you really need. Living off one parent and income I always thought my dreams, especially attending college would be impossible, but because of your generous assistance, it has become a reality....

“Again, thank you so much...I will not let you down, and will prove to you that I was worthy of this scholarship.”

With the Utmost Gratitude,

**Brittney Brown**

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