



WWURA NEWS

October 2015

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note for October

We've reached that time of year when festivals, pancake breakfasts at area granges, fall colors of red, orange, burgundy and yellow all abound; when crisp morning air motivates us to get up and do what needs to be done. When our Canadian neighbors to the North are celebrating Thanksgiving, and we're getting pumpkins, apples and costumes ready for Halloween. Some are even preparing for fall fishing and hunting. And the square dancers are back in action. It's an exciting time of year!

WWURA is getting off to an exciting beginning as well. We had a great turnout – 40 – for our September Travelogue with **JoAnn Roe** as she showed slides and gave her presentation on the Columbia River. We also had a great turnout on October 9 to hear our speaker, **Dr. Jerry Johnson**, speak on "Beauty of Mathematics vs. Mathematics of Beauty." And as always, Northwood Hall does a wonderful job of providing our lunch.

WWURA will also be sponsoring two scholarships again this year. The recipients are Western seniors Maria Battor – a Humanities/Anthropology major, and Diane Perez – a Chemistry major and Materials Science minor. We continue to welcome contributions to our Scholarship Fund from our members. Make your check payable to WWURA, designate it for scholarships, and mail it to **Barbara Evans** at 715 N. Garden St. #502, Bellingham, WA 98225.

If you would like to help with our many activities and events this year, we welcome you to join any of our standing committees: *Hospitality, Membership, Program, Travel, or Travelogue*. WWURA is an all-volunteer organization. It has no staff support from the university. If you're interested in serving, please contact me via e-mail at ron.ward740@gmail.com or via the postal service to: Ron Ward/ PO Box 30802/ Bellingham, WA 98228.

Save the Date ... November 18th

Marie Eaton and **Mary Ellen O'Keefe** will present a travelogue and fascinating video about **Vietnam and Cambodia** based on their recent trip for the **Nov. 18 WWURA Travelogue** at the Squalicum Yacht Club, 2633 South Harbor Loop Rd. Socializing begins at 6:30 p.m.; presentation at 7 p.m.

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.

A small donation of \$2/person, \$3/couple is requested to cover room rental and beverages.

Enjoy the features of this newsletter such as Health Notes by **Evelyn Ames** and a Book Review by **Bob McDonnell**. And try to get involved with one of our many October Interest Groups if you are able and have the time. Western encourages "Active Minds Changing Lives." As retirees we should remain no less active and engaged in our "Golden Years."

- Ron Ward

Inside :

Health Notes	p. 2
Interest Groups	p. 3
Square Dancing	p. 3
Book Review	p. 4, 5
WWURA Calendar 2015	p. 5
Poetry Corner	p. 5
Millie & the Mentshn	p. 5
Jingle Bell Run/Walk, WWURA's Team	p. 6

October 2015 Health Notes by Evelyn Ames

Palliative Care: What Does It Mean?

The World Health Organization defines “Palliative Care” as being “an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. Palliative care:

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patient’s illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated;
- will enhance quality of life, and may also positively influence the course of illness;
- is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.”

Palliative care can be administered in the home but it is most common for a patient to receive palliative care in an institution such as a hospital, extended care facility, or nursing home that is associated with a palliative care team.

The Bellingham Herald (April, 2015) printed a special report about the palliative care team at St. Joseph Medical Center in Bellingham. The team consists of Catherine-Bree Johnston (medical doctor), a social worker, chaplain, nurse, and two other physicians. These specialists “work directly on patient concerns about quality-of-life issues, helping them make decisions in the midst of complex medical treatments with uncertain outcomes.” Not only are a patient’s medical needs met but also the emotional, spiritual, social and other needs are considered. The patient’s primary care and specialty doctors are included in the overall care. “We try to help patients determine what is most important to that person and their family,” Johnston says. “When people have a serious illness, it’s not always clear what is the right thing to do.” Physicians on a palliative care team coordinate with a patient’s current doctors to make sure they are in sync, especially if they are treating multiple illnesses. Practical and legal concerns are addressed if a person’s illness should become debilitating or require full-time nursing care.

In summation, palliative care is a [multidisciplinary approach](#) to specialized [medical care](#) for people with serious [illnesses](#) focusing on providing patients relief from [symptoms](#), [pain](#), [physical stress](#), and [mental stress](#) of a serious illness. The goal: improve [quality of life](#) for both the patient and family. The kind of care depends on what one needs. Palliative care can help reduce pain or treatment side effects, may help a person and one’s loved ones better understand the illness, talk more openly about feelings, or decide what treatment is wanted or not wanted. It also helps with communication among doctors, nurses, and loved ones.

Resources:

<http://www.who.int/cancer/palliative/definition/en/>

<http://www.bellinghamherald.com/news/special-reports/article22288281.html>

<http://www.bellinghamherald.com/news/special-reports/article22288281.html#storylink=cpy>

<http://www.webmd.com/palliative-care/palliative-care-topic-overview>

<http://www.caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/hospice-vs-palliative-care-article.aspx>

<http://www.peacehealth.org/southwest/services/hospice/Pages/bridges-palliative-care.aspx>

OCTOBER 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 at 2:30 Tuesday, October 20th at the home of Barbara Evans, 715 N. Garden St., #502, 650-9724.

October's book is *The DoveKeepers* by Alice Hoffman; discussion leaders are Gail Adele and Mary Jo Lewis; snacks, Caryl Hinckley

November's book is *Daughters of Mars* by Thomas Keneally; discussion leader is Barb Evans; snacks, Evelyn Ames.

BRIDGE GROUP--Nicholas Bullat, 360-770-7270

We will meet at 1:30 on Tuesday, October 27th at Janet Berg's home, 1029 16th St., 733-4654.

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

Meetings will resume this month.

OPERA GROUP--Evelyn Ames, 360-734-3184, <evelyn.ames@wwu.edu>

Web site for The MET HD: <https://www.metopera.org/Season/InCinemas/>.

and for the Skagit Opera: <http://skagitopera.org/performances/>

Locations for MET HD: Barkley Film Center and Lincoln Theater in Mt. Vernon. Skagit Opera is at McIntyre Hall in Mt. Vernon. At various times the Pickford Film Center offers opera, ballet, and theater productions from Europe venues.

Schedule for Met HD

October 17 - Otello by Giuseppe Verdi; Encore - October 21

October 31 - Tannhauser by Richard Wagner; Encore - November 4

November 21 - Lulu by Alban Berg; Encore - December 2

Skagit Opera Hansel & Gretel, November 6/8/13/15 at McIntyre Hall in Mt. Vernon.

SKIING - Charlie Way, 360-734-0649. Over for this season. Let's hope for more snow this year!

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.

Learn Some SQUARE DANCING and Have Fun Doing It

If you have never done Modern Western Square Dancing, the Mount Baker Council – 20 clubs strong – is offering a **No Experience Dancer Hall** as part of its Fall 2015 Council Dance with the theme “Halloween Hocus Pocus.” The dance will be held Sunday, October 25, 2:30 – 5 pm with teacher Dave Harry at the Stanwood Middle School, 9405 – 271st St. NW, Stanwood, WA 98292. Cost is \$5 per person. (There will be two dances going on simultaneously: one in the Gym for experienced square dancers, and one in the *Cafeteria for inexperienced* square dancers. Experienced dancers will either be wearing square dance outfits or costumes. Inexperienced dancers are encouraged to just dress comfortably.) There should be plenty of parking for everyone. Questions? Call Ron Ward at 425 299 4924 (cell).

Book Review

Heretic: Why Islam Needs a Reformation Now by Ayaan Hirsi Ali, a Review

This artfully written book may well become a very important book. It is already a very controversial one. Ali's subtitle reveals the reason for both statements. In her first chapter Ali lays out the guts of her book by dividing Muslims into three groups and by providing a list of five aspects of Islam to be reformed.

The first of the three groups she call the Medina Muslims, those who are willing to enforce Islam by violence. Among the Medina Muslims of the world Ali identifies such groups as Al Qaeda, Boko Haram, ISIS and such individuals as the lad who shot Malala Youssefzai or those who perpetrate honor killings. The second group are the Meccca Muslims, the vast majority of Muslims who strive to live as devout Muslims and who eschew violence. The third group, the smallest, she calls the Modifying Muslims, those who strive to adapt "seventh century teachings to a twenty-first century world."

Then comes Ali's bombshell—the list of five features of Islam that she feels must be reformed: (1) Mohammed's semi-diving status and the literalist reading of the Koran, especially those verses Mohammed composed after his hejira from Mecca to Medina; (2) the privileging of life after death over life now; (3) Sharia law; (4) authorizing individual enforcement, by violence if necessary, of Islamic law, in the form of commanding right and forbidding wrong; and (5) the imperative of jihad, violent holy war. Ali devotes a chapter to each of the three groups of Muslims and to each of her five features of Islam. Additionally, Ali identifies Muslim suppression of critical thinking about Islam as the biggest obstacle to the reformation she is calling for.

Quite naturally, it is Ali's life, as well as her study, that has brought her to these positions. All too briefly then, Ali was born in Somalia and raised in Somalia, Saudi Arabia, and Kenya. She remembers being sixteen years old in Nairobi, wearing a hijab and believing without question that Salman Rushdie deserved to die because he had dishonored the Prophet in his novel *The Satanic Verses*.

The beginning of the turning point in Ali's life came when her father promised her in marriage to a much older distant cousin living in Canada. Flying alone toward her marriage, from Kenya to Canada, Ali did not take the onward connecting flight from Germany to Canada. Instead she traveled to the Netherlands, asked for and was given asylum. Attending the University of Leiden, Ali was stunned to her core when her professors did not teach by rote but required her to evaluate statements, to weigh evidence, to think critically. *That* was the turning point. Ali became a Dutch citizen, was elected to the Netherlands parliament.

With her new perspective on Islam and the world, she co-operated with a Dutch documentary film maker (Theo van Gogh) to create a documentary critical of Islamic treatment of women.

Van Gogh was murdered on the streets of Amsterdam; the killer stabbed a note onto the body promising a similar fate for Ali. She came to the United States.

Medina Muslims find *Heretic* objectionable because she write such statements as "Islamic extremism is rooted in Islam itself," "[W]ith Islam . . . the tribal and patriarchal values of its origins were enshrined as spiritual values," "The inequality of the sexes . . . is central to sharia."

Citing John Locke, Ali praises religious toleration as "one of the greatest achievements of the Western world." In that context, Ali asks us not be intolerant of Islam but to support the Modifying Muslim who

Book Review, cont'd

are risking their careers and their lives by shining the light of critical thought on Islam. "If a tradition truly exists within Islam that interprets jihad as a purely spiritual activity . . . let us challenge other Muslims to embrace it."

Ali's *Heretic* was a fascinating read for me.

- Bob McDonnell

Poetry Corner

Attuned to home

A jackrabbit lay flattened
on the edge of the road --

front paws crossed, whiskers erect,
rear legs frozen in mid-stride.

Cottonwood fluff around the stiff body
created a white outline

on black pavement and glazed eyes
brown as bark still watched

for yet more big rigs headed west.
Her ears were pointed behind,

no doubt, listening for small cries
still coming from the nest.

-Timothy Pilgrim

WWURA 2015 Calendar

November

3—Board Meeting

18—Travelogue-Vietnam and Cambodia

December

1—Board Meeting

16—Holiday Party

Editor's Note: Millie Johnson, a WWU math professor, has enlivened WWURA events in the past. We thought her newest production might be of interest.

Millie & the Mentshn Present the Premiere of:
Ahoy Vey! Yo Ho Ho and a Bottle of Schmaltz!
(A Multimedia Music Concert)

Saturday, November 7th, 2015

Doors Open 6:30 PM, Concert 7:00-9:00 PM

Whatcom Community College, Heiner Theatre (HNR
209) 237 W Kellogg Rd, Bellingham, WA 98226

Admission: \$15 online or at the door

Tickets:

<http://www.brownpapertickets.com/event/2343601>

Contact: Congregation BethIsrael

, fundraising@bethisraelbellingham.org, 360-733-8890

Sponsored by: Congregation Beth Israel, Raise the
Roof Campaign

Campus Map:

<http://38.106.4.250/home/showdocument?id=628>

Free Parking: Closest parking is south of Kellogg
Road, behind the Syre Student Center and next to the
Pavilion.

Ahoy Vey! includes music in Ladino (ancient Spanish), Yiddish, Hebrew, and English, with translations in the program notes. Even for those unacquainted with this musical genre, familiar songs from Irving Berlin, J. S. Bach, Paul Simon, and Leonard Bernstein are woven in along with other songs pirated from across the seas. And of course the program is loaded with typical Millie & the Mentshn lighthearted humor, parodies, costumes, and lots of fun family entertainment in addition to history, stories, music, and pictures.

For more information on Millie and the Mentshn go to
MTM website: <http://millieandthementshn.com/>

WWURA's Bellingham Jingle Bell Run/Walk Team

Come jingle with WWURA's Bellingham Jingle Bell Run/Walk team. It's fun to walk our colleagues and enjoy seeing various fun-like costumes that other teams sport! There are lots of dogs on leashes and sometimes we have small ponies and goats. Not sure what small animal will take part this December (always the second Saturday in December). All the money we raise goes to local programs, to research to find cures for arthritic diseases and to support a fellowship for a physician to focus on juvenile rheumatoid arthritis. Here is how to register online for the WWURA team:

Steps for registering for WWURA Jingle Bell Team for December 12, 2015

<https://www.kintera.org/faf/home/default.asp?ievent=1139054>

- Under get involved (left side), click on registration
- Click on "agree" under waiver
- Follow instructions under first category: register one person with credit card
- Click on join a team and scroll down to find WWURA
- Follow instructions for registering in one of three ways and complete requested information.

If you do not want to register online, contact Evelyn Ames (evelyn.ames@wwu.edu) to obtain a paper form for registering.

We hope you join us. Additional contributions above registration fee are welcomed.

- Evelyn



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