



WWURA NEWS

April 2016

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note

The large fields of tulips are a sure sign of spring at the nearby Skagit Valley Tulip Festival. So, too, is a busy month of April with two WWURA events: the spring luncheon on Friday April 8th with British-born storyteller Rosemary Scott Vohs at Northwood Hall, and the travelogue on Wednesday April 20th with Marty and Gail Haines entitled "Glimpses of India Today" at the Squalicum Yacht Club. Detailed information about the travelogue appears in this issue and background about Rosemary Vohs was included in the March issue along with a reservation form.

It's also that time of year when we ask our membership to elect three new Directors for WWURA. Their biographies are included in this issue, so please read them carefully and then mail in your ballots by the requested deadline. Looking ahead just a bit, *President Shephard's Reception and Dinner for New Retirees will be held on May 19th in the Viking Union Multipurpose Room.* Details will appear in the next newsletter.

At this writing, I am looking forward to seeing many of you at all three of these spring activities. But in the meantime, enjoy all the features in your April *WWURA News*. What a great time to be seniors with "Active Minds Changing Lives." - **Ron Ward**

Inside:

Health Notes	p.2, 3
Note from Mel Davidson	p. 3
Book Review	p. 4
Candidate Info	p. 4
Interest Groups	p. 5
Ballot	p. 5
Writers Group	p. 6
Floyd McKay	p. 6

WWURA Travelogue "Glimpses of India Today"

Wednesday, April 20, 2016

6:30 pm. Socializing—7:00 pm. Presentation
Squalicum Yacht Club
2633 South Harbor Loop Rd



Marty and Gail Haines will present images of their recent travels to Delhi, Jaipur, the beautiful Taj Mahal at Agra, and tigers at the national park near Jaipur. Then on to sacred city of Benares on the Ganges River and south to the tropical lakes and canals of the state of Kerala. This promises to be an interesting introduction to the colorful, fascinating cultures of India.

Members whose last name begins with **A thru L** please bring a dessert to share. WWURA will provide coffee and tea; some members like to bring wine. Please contact one of the board members if you need a ride.

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

WWURA Calendar

April 2016

20—Travelogue—India

May 2016

3—Board Meeting

19—New Retirees Reception & Dinner

June 2016

7— Board Meeting

July 2016

12—Picnic & Annual Meeting

April 2016 Health Notes by Evelyn Ames

When Alone and Injured or Unconscious! Emergency Preparedness! What is ICE?

The population of Whatcom County that is 65 and older is 14% and probably less than 30% carry any information that indicates who we would like to have called/contacted if we suffered a serious injury such as falling and losing consciousness. If 911 is called and the EMT's came to your home, whom should they contact? How would they know what medications you are taking? Who your primary care doctor is? Which family member, relative, or friend to contact? Adding ICE (in case of emergency) contacts to your working mobile (cell) phone provides this information. ICE allows fire fighters, rescue workers, police, or doctors to check your cell phone and reach next of kin and people you want contacted if you are unconscious or unable to respond. One caveat to be aware of is the HIPAA laws (patient confidentiality). The contact dialed and who answers the phone call may not answer the responder's questions.

The program called ICE stands for **In Case of Emergency** and enables first responders (e.g., paramedics, firefighters, and police officers, and hospital personnel) to contact next of kin of those listed in a person's working mobile phone as well as important medical information. This information complements and supplements written information carried in a wallet or posted on a refrigerator/shelf door. The more contacts entered under ICE, the better (ICE 1, ICE 2, ICE 3, and so on).

What and How to Include Information: Adding ICE to Mobile (cell) Phone (<http://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>)

- **Think about who your emergency contact should be.** Choose emergency contacts who know about your allergies/medical conditions and who know how to contact your family.
- **Add ICE contact to address book.** Open address book or contacts section on cell phone and create a new entry with the name ICE. Add contact information (enter name and relationship to you under "Notes").
- **Add additional ICE contacts to address book** (ICE 2, ICE 3, etc. or ICE-name of person)
- **Add an ICE app to a password protected phone.** "If your phone is password protected and you are incapacitated, an ICE contact won't do any good. Fortunately there are now apps available for Android, Windows, and iPhones that can add emergency contact information to your lock screen." "Install the app and input the relevant information. An emergency responder can then pick up your phone and access your emergency contact information, even if you are unable to supply the password."
- **Add an ICE sticker to the back of your phone/laptop/bicycle helmet.** Stickers can be found at many pharmacies and doctor's offices, or purchased online. Fill-in with waterproof ink. Replace or updated as needed. Also, add detailed ICE form to front of refrigerator or other highly visible appliance/cabinet.

I interviewed Captain Jeff Brubaker (Community Paramedic with the Bellingham Fire Department). He said the most important information for ICE is the listing of medical conditions (medicine allergies, seizures, list of medications, medical contact, and what is normal/not normal healthwise, in other words, what the person's baseline condition is). This helps medics determine whether a person needs to be taken to a hospital's Emergency Department or whether a person can be assisted at home. A trip to ED can be expensive. He addressed some other questions:

Health Care, cont'd

- What about Home Alert Systems? Google to learn about the systems but know that they call 911, too. There is only one 911 system for Whatcom County.
- Purchasing a system depends on the person and being able to answer a phone call every day from the system.
- In place of a home alert system, he suggested carry a working mobile phone at all times. All cell phones have 911.
- When/who should let the fire department know where a key to one's house/condo/abode is located? **People at risk.** Ask for paper titled "Public Safety Key Box, Indemnification Agreement." The location is entered into dispatch. Paper form is obtained from the Bellingham Fire Department at 1800 Broadway.

https://en.wikipedia.org/wiki/In_Case_of_Emergency

<http://www.webmd.com/news/20061016/put-ice-on-your-cell-phone>

<http://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>

<https://play.google.com/store/apps/details?id=com.sdeba.icecardapp> [HYPERLINK "https://play.google.com/store/apps/details?id=com.sdeba.icecardapp&hl=en"](https://play.google.com/store/apps/details?id=com.sdeba.icecardapp&hl=en) [HYPERLINK "https://play.google.com/store/apps/details?id=com.sdeba.icecardapp&hl=en"](https://play.google.com/store/apps/details?id=com.sdeba.icecardapp&hl=en) [HYPERLINK "https://play.google.com/store/apps/details?id=com.sdeba.icecardapp&hl=en"](https://play.google.com/store/apps/details?id=com.sdeba.icecardapp&hl=en)

<http://www.medids.com/free-id.php#.VwSTaKQrKhc>

http://www.aaa.com/AAA/057/static/news/AAA_ICE_CARD.pdf

ICE. IN CASE OF EMERGENCY

VEHICLE DRIVERS

PRIMARY (FULL NAME): _____

SECONDARY (FULL NAME): _____

ICE CONTACTS

PHYSICIAN: _____ ALLERGY(S): _____

MEDICAL CONDITION(S): _____

NAME / RELATION: _____

PHONE 1: _____ PHONE 2: _____

NAME / RELATION: _____

PHONE 1: _____ PHONE 2: _____

NAME / RELATION: _____

PHONE 1: _____ PHONE 2: _____

Link enforcement, medical and other first responders are trained to check cell phones for personal contact numbers listed under ICE. Please program your phone with your ICE numbers.

Note from a Reader

"Recently, WWURA member Mel Davidson, reacting to a review by Bob McDonnell of *The Big Short*, went to see that movie and then wrote an article which he sent to us for possible inclusion in the April Newsletter. It is a very interesting article explaining in great detail how the movie glossed over the government's role in the 2008-2009 meltdown, the role of the government with rating companies, and how the movie incorrectly portrays the stance of the *Wall Street Journal*. Unfortunately, the article is too lengthy to be included in the Newsletter; however, if any of you would like to read the article in its entirety, please contact contact Mel at b_davidson@hotmail.com and he will send you a complete electronic copy."

Book Review

Where'd You Go, Bernadette by Maria Semple, a Review

I re-read this hilarious, satiric, intelligent, touching novel in order to write this review. The second time through it's even better than it was the first time. It was published in 2012, but there should be many copies available since it was on the NY Times bestseller list.

It's a kind of epistolary novel, with one of the characters, Bree, a fourteen year old super bright, marvelously sane girl stitching together e-mails, Microsoft interoffice communications, a psychiatric report, an FBI report, a report from a captain of an adventure cruise, several e-mails from an ostensible Internet personal assistant from India who is in fact a Russian mobster operating out of Moscow—into a coherent if wild tale, using her own narratives to bridge the gaps.

Bernadette, Bree's mother, is a MacArthur award winning Los Angeles green architect married to Elgin, a top level VP and coder at Microsoft. Promised by her parents that if she gets perfect grades through middle school, Bree does just that and asks for a family vacation to Antarctica. From that base, Semple, our author, treats us to a caring satiric look at Seattle and its culture, Microsoft, helicopter parents, entanglement with Internet culture.

Perhaps the most hilarious (that word again) scene is an abortive intervention in which Elgin, seriously and caringly concerned about Bernadette's mental stability, attempts to persuade her to enter a private mental health facility. As the intervention begins, a Seattle cop excuses himself. A bit later so does the FBI agent. As an overmatched psychologist tries to control the meeting, Bernadette excuses herself to the bathroom—and disappears. Thus our title.

This sounds crazy, and it is. But Semple develops this wild plot and its wilder events artfully and with wonderful human concern. Bernadette reappears, the craziness resolves itself. The heartfelt family connections restore themselves—especially the wonderfully tender mother-daughter relationship between Bernadette and Bree.

Read this one.

- **Bob McDonnell**

Get Acquainted with the Candidates

Margaret Loudon was a Program Coordinator at Western for 30 years in the Publishing Services Department. She was President of WWURA during 2009-2010. Loves traveling all over the world and within the United States and has shared her great photos and stories with us at several travelogues.

Bob McDonnell was chair of the English Department for several years. His field was Shakespeare and English Renaissance literature. In retirement he enjoys traveling and has done quite a bit of volunteer work. He also writes the book reviews for our newsletter.

Lina Zeine retired from Western as a professor from the department of Communication Sciences and Disorders in 2013. She joined the faculty in 1982 (back when the department was called Speech Pathology and Audiology). Her areas of interest dealt primarily with adults such as working with clients who had strokes or cancer of the throat or voice disorders.

Lina's hobbies include attending operas and plays, reading and music. Lina has two cats and recently built a big patio for them (yes, a patio for cats!) in order to allow them to play outside ...keeping the cats...and the birds safe!

APRIL 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, April 19th at the home of Donna Moore, 1200 Birch Falls Dr.,
April's book is *A Tale of Two Cities* by Charles Dickens, discussion leader-Donna, treats-Chris
May's book is *The Storied Life of A. J. Fikry* by Gabrielle Zevin

BRIDGE GROUP--Nicholas Bullat, 360-770-7270 <gmb.maestro@q.com>

The Bridge Group will meet at 1:30 pm, Tuesday, April 26th. Place to be announced.

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

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

April 16, *Roberto Devereux* by Gaetano Donizetti. Encore April 20
April 30, *Elektra* by Richard Strauss. Encore May 4

SKIING—Charlie Way, 360-734-0649 <cbway@aol.com>

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.

We are thinking about adding a play reading interest group. If this sounds like fun to you, call or email
Barb Evans, 650-9724 or <barbandhoward@comcast.net>

WWURA Board of Directors Election

The Nomination Committee presents the following slate of candidates for election to three-year terms on
the WWURA Board. If you wish to write in the name of another WWURA member for any of the three
positions, you may do so provided you first obtain that person's agreement to serve.

**Please detach and mail your complete ballot to Barbara Evans, 715 N. Garden Street, #502, Belling-
ham, WA 98225 by Friday April 22, 2016**

Ballot

Member-at-Large Margaret Loudon Write In _____
Staff/Administration Bob McDonnell Write In _____
Faculty Lina Zeine Write In _____

Writers Group

TULIPS

How do they know?
Sleeping so long in the dark
Waiting, cold, unseeing

The sun gets higher, warmer
Some energy wakes the bulb
Color, form, direction - up, up

Pushing through the soil
Feeling the wind for the first time
Petals - red, orange, yellow

Opening slowly - reaching up, up
Unfurling with such confidence
It's a springtime miracle

Pat Clarke - end of March 2016



Floyd McKay

Floyd McKay has written a book entitled, *Reporting the Oregon Story: How Activists and Visionaries Transformed a State*, from which he will be giving a reading at 7 pm. on Saturday, April 16 at Village Books in Fairhaven. Floyd says the book is about a time during which Oregon preserved public access to beaches, wrote the Bottle Bill, created progressive land-use laws, and preserved the Columbia River Gorge. The book is published by Oregon State University Press.

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