



WWURA NEWS

May 2016

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note

As I write this note, I find myself looking forward to the Kentucky Derby, Mothers' Day, the Reception and Dinner to honor new WWU retirees, Memorial Day, Ski-to-Sea festivities, and other events in the Merry Month of May. It's a wonderful time of year in Bellingham.

I want to congratulate three WWURA members who have recently been voted in as Directors for the next three years: **Margaret Loudon** (Member-at-Large), **Bob McDonnell** (Staff/Administration), and **Lina Zeine** (Faculty). Welcome to the WWURA Board.

In this issue, you will be asked to vote on a series of amendments to the WWURA Constitution, each of which has been recommended by the Board but which can be approved only by the membership. A ballot is enclosed for this purpose and contact information is provided for you to submit your vote to Board Secretary **Donna Moore**.

Last month we concluded a year of interesting Travelogues with "Glimpses of India Today" by **Marty and Gail Haines**, as well as a series of stimulating luncheon speakers with British-born storyteller **Rosemary Scott Vohs**. Special thanks go to Travelogue Co-Chairs **Lynne Masland** and **Lina Zeine**, Program Chair **Ariel Lennon**, and Hospitality Co-Chairs **Chris Gerhold** and **Margie Belzek** for their year-long efforts.

After serving 10 years as WWURA Treasurer, **John Reay** has decided to step down and really retire! We thank him for all he has contributed to the Board and to this organization. If any of you

Inside:

Health Notes	p. 2, 3
Book Review	p. 3
Interest Groups	p. 4
Six Word Stories	p. 4
Changes to WWURA's Constitution	p. 5
Ballot	p. 5
WWURA Calendar	p. 6
OSPI Forum	p. 6

SAVE THE DATE

Help us honor new retirees from Western by attending President Shepard's Reception and Retirement Dinner on Thursday, May 19th in the Viking Union Multipurpose Room. Reception 5:30 p.m., Recognitions 6:00 p.m., Dinner 6:30 p.m. (You should have already made your reservations in response to a previously e-mailed invitation.)

- Ron Ward

would like to volunteer to take John's place or if you would care to recommend another WWURA member for that position, please send the appropriate name to **Barbara Evans**, Search Committee Chair, at 715 N. Garden Street, #502, Bellingham, WA 98225.

Enjoy all the regular features of your newsletter as well as participation in the May Interest Groups of your choice. I'll see some of you at President Shepard's Reception and Dinner on May 19th.

- Ron Ward

May 2016 Health Notes by Evelyn Ames

Risks of Overdosing on Vitamins and Minerals

Have you recently checked labels of the cereals, breads and snacks you consume in your abode? If not, do a cursory check and see how many have added calcium, iron, folic acid, and other vitamins and minerals. Extra nutrients are added to enrich cereals and bread, fortify milk, orange juice, and flavored bottles of water/energy drinks. Add to this a daily dose of dietary supplements, more than likely the consumer is overdosing on vitamins and minerals. Are there any health risks? The National Institute of Medicine and professionals in nutrition research suggest there is. Below is a focus on three nutrients: calcium, folic acid, and iron.

Calcium: As an example, consider “Total Whole Grain Cereal.” A $\frac{3}{4}$ cup without milk contains 100 % of calcium, 100% folic acid, and 100% iron. Special K French Vanilla Protein Shake contains 30 % of daily value for calcium, 30% of daily value of folic acid, and 8% of daily value of iron. What are the recommended daily levels? Generally, adults need 1,000 to 1,200 mg of calcium per day. This amount can be found in beans, greens, fruit, and nuts. Registered Dietitians (RD’s) suggest that healthy individuals should not routinely exceed 2,000 to 2,500 mg, especially if added each day from supplements. Why? Adding too much calcium increases the risk of kidney stones. Calcium dietary supplements may interact with cardiovascular and thyroid drugs that a person is prescribed. Too much calcium may mask correct readings of insulin levels in diabetics. Too much can also cause nausea, diarrhea, and stomach cramps (too much zinc can do the same). Note that nutrients from foods and those from dietary supplements do not necessarily metabolize and interact similarly in the body.

Folic Acid: Definitely folic acid is a necessary and important vitamin for pregnant women. The recommendation for adults by the Institute of Medicine is 400 micrograms per day. Folic acid can be found in dark leafy greens, fruit, beans, and eggs. Enjoy eating food rather than ingesting a pill/capsule! What happens when one takes too much folic acid? It can mask vitamin B12 deficiency. This deficiency is seen in people over 50 and in vegetarians. Why the concern about lack of B12? Deficiency can lead to nerve damage and cognitive problems. Check labels for folic acid on enriched bread, cereals, flour, pasta, and rice. It is probably added! Anyone chow down on a Luna Bar? If you are a man that takes One A Day Men’s 50 Plus Healthy Advantage supplement and eats Luna bars, you are consuming double the amount your body requires. It also has 30 % of the daily iron recommended.

Iron: Iron may be the most abundant mineral on the planet earth, but the human body need ingest only a small amount. The Institute of Medicine stresses that healthy people not exceed 45 mg of iron per day. The dietary recommendation in general is 8 to 18 mg per day. The situation is different for people who have iron-deficiency anemia. But, for the healthy, iron can be easily found in beans, red meat, eggs, and broccoli. And yes, cereals, pasta, and breads are frequently enriched with iron. E.g., one GNC Iron supplement contains 65 mg. Adverse health condition from too much iron: hemochromatosis (a genetic condition causing body to deposit excess iron in vital organs such as the heart). Types of iron supplements: ferrous sulfate (Feosol, Slow Fe), ferrous gluconate (Fergon), and ferrous fumarate (Femiron, Feostat). Some of the symptoms of overdosing with iron: buildup of fluid in lungs, diarrhea, metallic taste in mouth, black stools, nausea, low blood pressure, fast and weak pulse, dehydration, dizziness, and lack of desire to do anything.

In a nut shell, so to speak, if you eat a daily fortified cereal, munch on an “energy bar” during the day, drink a vitamin laced bottle of water, eat enriched pasta for dinner, and take a daily multi-dietary supplement, you have more than likely overdosed yourself! A good clue to spot a false claim about dietary supplements: the highlighted claim that the product is "totally safe," "all natural," or has "definitely no side effects." Extra fact: Did you know that too much “selenium” can lead to hair loss, fatigue, and nerve damage? The U.S. Food and Drug Administration’s “Tips for Older Dietary Supplement Users reports “We

Book Review

Floyd McKay's *Reporting the Oregon Story*: a Review

The title reveals the topic of this fascinating book by one of our own. Floyd describes this book as “a personal memoir,” and it is. It is also the story of an important transformation of our neighbor south of the Columbia River, making Oregon the lovely place it is today and a leader nationally in the environmental movement. Floyd was on the scene for almost all of it. He sets the boundaries of The Oregon Story as 1964 to 1986.

Floyd McKay's distinguished credentials for writing this particular story are beyond impressive. In 1964 he was reporting for the *Oregon Statesman* in Salem, with a beat including the state capitol. In 1970 he began reporting at the Salem television station, KGW, again covering the state news, particularly that cluster of issues that are The Oregon Story. In 1967-68 Floyd took one year away as a Nieman Fellow in journalism at Harvard. Toward the end of his career in Oregon, he spent two years as a central member of Governor Neil Goldschmidt's staff. In 1990, he retired from all that, came to Western's journalism department, eventually serving for eight years as department chair.

The core issues Floyd covers in reporting the Oregon Story include protecting the state's ocean beaches and the Columbia Gorge, restoring the then much polluted Willamette River, keeping throw-away bottles out of Oregon's rivers and trails, stopping a freeway to nowhere and shifting that budget to public transportation, enacting the nation's first ban of aerosol spray, removing nuclear power from Oregon, protecting and strengthening land use management—oh, and making Portland the urban gem that it is today.

In the 22 years from 1964 to 1986 the battles were many (including a number of repeats), the heroes and villains abounded. Floyd begins his exciting story with the Neubergeres (Dick and Maurine) and treats us to an insider's view of events surrounding some of the most eminent Oregonians: Wayne Morse, Mark Hatfield, Bob Packwood, Victor Atiyeh, Neil Goldschmidt, John Kitzhaber. Two people Floyd gives particular attention to are governors Tom McCall (Republican) and Bob Straud (Democrat), both liberal environmentalists. And it was McCall who in 1970--at the height of national turmoil over the Vietnam War—imaginatively and gutsily created Vortex, a state sponsored week-long rock festival that attracted rebellious youth away from Portland and the national convention of the American Legion and avoided the rioting and blood that had marked the Democratic convention in Chicago in 1968.

Floyd's compelling narrative reminds us that many of the best victories emerge from bi-partisan agreement and that the major victories often need to be re-won. *Reporting the Oregon Story* taught me much about our esteemed neighbor to the south, including that the fight for a healthy environment is a continuing one. It was therefore especially pleasing to see *The Cascadia Weekly* give Floyd's book a featured review recently while developing its relevance to our own current environment struggle.

- Bob McDonnell

Health Notes, cont'd

may think, 'Even if a product may not help me, it at least won't hurt me.' It's best not to assume that this will always be true. Some product ingredients, including nutrients and plant components, can be toxic based on their activity in your body. Some products may become harmful when consumed in high enough amounts, for a long enough time, or in combination with certain other substances.” Short list of resources: <http://www.webmd.com/diet/guide/effects-of-taking-too-many-vitamins> <https://www.nlm.nih.gov/medlineplus/ency/article/002596.htm> <https://ods.od.nih.gov/factsheets/list-all/> <https://nccih.nih.gov/health/supplements/wiseuse.htm> <http://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm110493.htm> (tips for older supple. users)

MAY 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, May 17th at the home of Donna Moore, 1200 Birch Falls Dr.,
May's book is *The Storied Life of A. J. Fikry* by Gabrielle Zevin, discussion leader-Inge,
treats-Barbara Levin

June's book is *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce, discussion leader- Suzanne
Krogh, treats-Evelyn Ames

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

The Bridge Group will meet at 1:30 pm, Tuesday, May 24th. 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.

SKING - Charlie Way, 360-734-0649 <cbway@aol.com> Finished for the season.

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.

SIX-WORD STORIES

The Writers Group is looking for short stories — really short!
They are hard to write, but here are some examples to start
your thinking.

For sale: Baby shoes, never worn.
Ernest Hemingway

Without thinking, I made two cups.
Alistair Daniel

Revenge is living well, without you.
Joyce Carol Oates

Send your entries — as many as you like — to Evelyn Wright,
444 S. State St. Apt 312, Bellingham, 98225. <ewright410@comcast.net>

Deadline: June 30, 2016. Your stories will be published in the fall
edition of the WWURA Newsletter.

Changes to WWURA’s Constitution

The WWURA Board is recommending the following changes to the Constitution. The constitution can be found on the WWURA website: www.wvu.edu/wwura

- Article III Membership eligibility
 - 2014 Edition

Persons eligible for membership include; retired Western Washington University personnel (faculty, staff, and administrators) and their spouses, widows or widowers, or partners; members and former members of the University’s Board of Trustees and their spouses, widows or widowers, or partners; active and former University employees and their spouses widows or widowers or partners; retirees of other universities and colleges and their spouses, widows or widows; or partners; and, as approved by the Board of Directors, other persons who will support the goal of the Association.
 - Proposed: Article III Membership Eligibility
 - Active and retired Western Washington University employees
 - Members and former members of the Western Washington University Board of Trustees
 - Retirees of other universities and colleges
 - Spouse/partners, widows/widowers of the above listed persons
 - If approved by the Board, other persons who will support the goals of the Association
- Article V (4) : omit ”one”, insert “three”; omit “conclusion” , insert “meeting preceding” to read Elections: The Directors shall be elected by a ballot distributed to all members at least **three** months before the Annual Meeting. Election shall be by a plurality of votes cast. Newly elected Directors shall assume their duties at the **meeting preceding** the Annual Meeting.
- Article V (5): Omit “the”, insert “a” to read: to be published in a spring newsletter.
- Article V (6): Omit “one week”, insert “two months” to read: Ballots shall be received not later than **two months** before the Annual Meeting.
- Article VII. (1): omit “written”, insert “distributed by electronic or USPS mail”
- Article VII. (2): omit “Written” to read: Notice of proposed amendments ...

Please mail your ballot to:

Donna Moore
1200 Birch Falls Drive
Bellingham, WA 98229

OR send your vote by e-mail to

Donna Moore
dfmoore12@gmail.com

Ballot

Article III (membership eligibility):	Yes _____	No _____
Article V (4)	Yes _____	No _____
Article V (5)	Yes _____	No _____
Article V (6)	Yes _____	No _____
Article VII (1)	Yes _____	No _____
Article VII (2)	Yes _____	No _____

Signature: _____

**Voter's Forum: Office of Superintendent of
Public Instruction (OSPI)**

**Wednesday, May 25, 2016
6:30pm—8:00 p.m.
Bellingham High School
2020 Cornwall Avenue
Bellingham, WA 98225**

WWU's Woodring College of Education is co-hosting this voters' forum with the League of Women Voters of Bellingham/Whatcom County and the Bellingham Public School District.

Here's your chance to hear the candidates for this important office prior to the Primary Election on August 2, 2016.

WWURA Calendar

May 2016

3— Board Meeting
18—President's Reception & Banquet

June 2016

6—Board Meeting

July 2016

12—Picnic & Annual Meeting, Whatcom
Falls Park

August 2016

2—Planning Session at Lakewood

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