



WWURA NEWS

November 2016

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note

With Election Day less than a week away, it has been a rather sobering time on both sides of the political spectrum. That seems to fit in with the end of Daylight Savings time, the colder, damper weather, darker days, and the Pacific storms that sometimes produce flooding in the Northwest. A sometimes somber time of year is November. But, happily, we'll also be remembering and honoring our veterans and preparing for a wonderful Thanksgiving.

We had a good Fall Luncheon with a nice crowd of members on hand and an interesting talk by Western's new President, **Dr. Sabah Randhawa**, followed by a Question & Answer session. And we're looking forward to our Travelogue on November 16 with **Frank Zurline** and his colleagues, focused on the travel industry and some sample trips for you to think about.

Don't forget to register for WWURA's Jingle Bell Run/Walk team. The event itself will take place on Saturday, December 10th. **Evelyn Ames** is WWURA's contact person. This is also a good time for volunteers to join the Hospitality Committee in order to begin preparations for our upcoming Holiday Party on the Winter Solstice, December 21, at the Squalicum Yacht Club. (*Details and reservation form will appear in the December newsletter.*) **Chris Gerhold** is the contact person for Hospitality.

Enjoy the features of this issue of WWURA News, including a write-up about the Western student we are sponsoring, Health Notes by **Evelyn Ames**, a Book Review by **Bob McDonnell**, November Interest Groups, and so forth. I'll look forward to seeing many of you on November 16 at the Squalicum Yacht Club.

-Ron Ward

WWURA Travelogue

"An Evening with Frank and Christine Zurline"

Wednesday, November 16, 2016

6:30 PM Socializing – 7:00 PM Presentation

Squalicum Yacht Club

2633 South Harbor Loop Rd.

Frank and Christine Zurline, owners of Bellingham Travel and Cruise since the late 1970s, will present the next WWURA travelogue on Wednesday, November 16. Using their collection of DVDs, they will share some of their favorite places to visit. They, too, have a bucket list of places they would like to visit, and we will hear about some of that, too.

Members whose **last name** begins with **A through 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 and beverages.

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WWURA Calendar 2016

November

16—Travelogue— Squalicum Yacht Club

December

6—Board Meeting

10—Jingle Bell Run

21—Holiday Party— Squalicum Yacht Club

November 2016 Health Notes by Evelyn Ames

Sports Drinks Part 2: Are They Useful? Citric Acid and Tooth Enamel

Suggestion: drink when you are thirsty and don't waste your money or calories on sports drinks—choose water instead.

The promotion of sports drinks through media and sport/athletic events has developed an estimated twenty-some billion dollar industry. Sports drinks are flavored beverages that contain carbohydrates (usually sugar) and minerals such as sodium and potassium, which are generally referred to as electrolytes. Electrolytes are minerals (e.g., calcium, magnesium, chloride, phosphate, potassium, and sodium) that maintain the body's ionic balance. This balance is essential for nerve, muscle, and brain functioning.

At the time of the 2012 Summer Olympics in London, the British Medical Journal published articles about the usefulness and promotion of sports drinks. The papers addressed two related but distinct questions: "Should people who exercise seek to proactively replace fluids lost, or can they rely on thirst to guide them during and after physical activity? And when they rehydrate, do they need all the salts, sugars, and other ingredients dumped into sports drinks, or is water fine? The correct answers are: best to rely on thirst, and water is fine. All that stuff about replacing electrolytes and so on you've been hearing all these years? Never mind! The evidence doesn't support it." "Humans do not regulate fluid balance on a moment to moment basis."

Two major concerns about sports drinks: high calorie content (due to sugars) and citric acid effects on tooth enamel, especially in children and teens. Some drinks contain the equivalent of 10 teaspoons of sugar. A 32 ounce serving of Gatorade contains about 200 calories.

Citric Acid and tooth enamel. Citric acid in sports drinks is used as a preservative and flavor enhancer. According to dental researchers, sports drinks may, over time, "pose a significant threat to dental health. Normally, tooth decay is caused by bacteria that produce acids in the presence of sugar." Sports drinks can wear away tooth enamel over time. "Because this kind of damage affects the whole tooth and not one particular spot, you might not notice it right away. But eventually, it can weaken your teeth, leaving them more vulnerable to chipping and cracking." "Researchers looked at fluoride levels (called "titratable acidity") of 13 sports drinks and 9 energy drinks. Molars were sliced in a petri dish with the beverages for 15 minutes followed by artificial saliva for two hours (saliva is important in neutralizing the acids)." Researchers repeated this four times a day for five days. Result: exposure to both drinks took off enamel, with energy drinks even more than sports drinks. Important to note that saliva will generally re-mineralize one's teeth and harden the enamel after a certain amount of time has passed. "However, if you brush your teeth before that happens, you can permanently remove the enamel." Jain, a dental researcher, is concerned about health effects beyond cavities, suggesting that consuming a lot of citric acid can lead to loss of bone mass and kidney stones. In relation to children, the American Academy of Pediatrics concludes that "routine ingestion of carbohydrate-containing sports drinks by children and adolescents should be avoided or restricted."

Resources: <http://www.health.harvard.edu/blog/trade-sports-drinks-for-water-201207305079>
[http://jada.ada.org/article/S0002-8177\(14\)60811-4/abstract#/article/S0002-8177\(14\)60811-4/fulltext?mobileUi=1](http://jada.ada.org/article/S0002-8177(14)60811-4/abstract#/article/S0002-8177(14)60811-4/fulltext?mobileUi=1)
<http://sciencenetlinks.com/science-news/science-updates/sports-drinks/>
<http://www.healthline.com/health/food-nutrition/is-gatorade-bad-for-you>
<https://www.reference.com/food/can-drinking-much-gatorade-harmful-someone-s-health-3489d7cc01460658>

Sports drinks Washington Post July 2016

NOVEMBER 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 pm, Nov. 15th at the home of Donna Moore, 1200 Birch Falls Dr.,

November's book is *The Wright Brothers* by David McCullough. Discussion leader, Barb Evans; treats, Inge.

December's book is *The Oregon Trail* by Rinker Buck. Discussion leader Evelyn Ames; treats, Jan Berg.

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

The Bridge Group will meet at 1:30 pm, Tuesday, November 22. 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/>.

December 10, *L'Amour de Loin*, Finnish composer, Kaija Saariaho.

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. The Skagit Opera (now called Pacific Northwest Opera): <http://skagitopera.org/performances/>

PLAY READING - Barb Evans, 360-650-9724 <barbandhoward@comcast.net> Let Barb know if you are interested. The first meeting will be announced soon.

SKIING - Charlie Way, 360-734-0649 <cybway@aol.com> Waiting for snow.

WRITER'S GROUP -Lynne Masland, 360-676-9821 <lmasland@comcast.net> Meets twice a month.

The groups are kept small so there is time for reading and critiquing each other's work.

WWURA's Jingle Bell Run/Walk Team.

There is still time to register for the WWURA team! Evelyn Ames (evelyn.ames@wwu.edu) will bring forms to the travelogue on November 16th or you can register online by following the instructions below.

Steps for registering online for WWURA Jingle Bell Team for December 10, 2016.

- <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.

Scholarship Money Jar

You may have noticed that we have had a "money jar" at our luncheons and travelogues. The monies collected in these jars go into our scholarship fund which enables us to provide one or two scholarships a year to hardworking students with big dreams.

This past year we were able to provide just one \$2,000 scholarship to a very deserving student—Monique Vandembroucke. See her story on pages 5 and 6.

Book Review -by Bob McDonnell

Two Novels and a Letter to a Son—on Race in America

Two years ago I toured Cape Coast Castle, on the coast of Ghana, with a daughter and granddaughter. Accompanying us were two teenagers from Ghana and two gentlemen from Ghana. Among other things Cape Coast Castle was for centuries a prison/dungeon for storing recently enslaved Ghanians before being loaded on slave ships bound for the New World. A plaque at the entrance to the dungeon marks a visit by President and Michelle Obama to Cape Coast Castle in 2009. It notes that some scholars believe that Michelle's ancestors may have been enslaved through Cape Coast Castle. It was a powerful experience for me, and that experience undergirds my response to the three books I write about here.

“The Underground Railroad” is Colson Whitehead’s seven novel, perhaps his best. It is an important story of one slave, Cora, caught in slavery in the ante-bellum South. Cora’s grandmother was enslaved through Cape Coast Castle; Cora’s mother apparently abandons her when she is ten years old, to flee from slavery via the underground railroad. Whitehead, with a bit of magical realism, imagines a real, though ghostly, railroad running under slave territory. Feeling abandoned by her mother Cora, too, flees her enslavement after witnessing, being subject to, and surviving brutal, inhuman treatment and conditions. She makes several stops on the underground railroad, still in slave territory, at each one suffering yet another dehumanizing treatment. Through it all, she is pursued by a relentless and brutal slave catcher. But Cora is indomitable and a survivor. At the end of the novel, there is a slender ray of hope for her. For me the most powerful aspect of “The Underground Railroad” was it limning the brutal, inhuman everyday reality of slavery. It is beautifully written.

“Homegoing” is Yaa Gyasi’s debut novel, and a powerful one it is. Gyasi was born in Ghana, educated in the United States, with a bachelor’s degree from Stanford and an MFA from the Iowa Writers’ Workshop. Her novel begins in Ghana in the 18th century with two half-sisters who live in neighboring villages. Both beautiful young woman, one, Effia, is taken as the African wife of the British commander of Cape Coast Castle—and lives in comparative luxury. Her half-sister, Esi, is enslaved, along with most of her village, by a rival tribe, marched to Cape Coast Castle where they are sold to the British and piled into the dungeon. In a profound irony, the half-sisters are unaware of their nearness and distance. Then, with alternating chapters, Gyasi’s novel follows the descendants of the two young women through the years to the current day. The resulting somewhat episodic structure treats the reader to an amplified understanding of the rich cultural life in Ghanaian villages and a harrowing understanding of the experience of slavery and its aftermath. Strong people abound in both narrative lines. Toward the end of the novel, Marjorie, a descendant of Effia, meets Marcus, Esi’s descendant—at a party in California. Gyasi’s historical novel enlightens me with its evocation of an important part of American history that I know too little. I think that it, too, will be an important book.

Ta-Nehisi Coates book, “Between the World and Me” takes the form of a letter to his fourteen year old son, in which he attempts to provide him with some knowledge and understanding of the world into which he is about to emerge as an independent adult. It also gives its readers a piercing look at our country and society and perhaps also gives us the possibility of reading these two novels with enhanced understanding. Coates’ preparation for writing such a letter is his own life. As he tells his son, he grew up in and survived the streets of West Baltimore, found his public schooling mostly irrelevant to his concerns, and discovered meaning and joy when he attended Howard University, and especially when he was able to luxuriate in the rich and beautiful diversity of being black in America. Coates is exquisitely aware that his son lives in and is about to navigate the America of Trayvon Martin, Michael Brown, Eric Garner. He tells his son that it is the American Dream that is the root of our racial difficulty, the Dream of being able to “have it all” with cost, without exploitation of others. He is angry. He is smart. He is articulate. I think we should pay attention to him. So does Toni Morrison, who writes that Coates may well be our generation’s James Baldwin. She also writes of Coates’ book “This is required reading.” I agree.

Writers Group

LIVING WATER

Troy Faith Ward

October 2016

A water feature blesses the courtyard of our duplex. I sit on a rock beside it for a quiet time most mornings. A mountain stream in microcosm, it rises as a spring filling an 18-inch pool at the top of a tree-shaded berm, then spills over and cascades down four levels ending in a pool about a yard wide. Viewing the lower pool as a metaphor for my life, I take deep breaths and give thanks for the uncountable ways that Divine and unearned blessings flow.

The pool delightedly gulps in all the gracious refreshment the stream offers.. How can it keep on drinking and drinking? Surely it will flood, menacing the plants and bugs and landscape. With no signs of distress, right away the pool's surface grows tranquil, slightly rippled charcoal silk. A patch of algae has resisted the recent cleaning treatment applied by the "fountain doctor." Floating on a barely perceptible wave opposite the waterfall, it accentuates the pool's apparent passivity.

Its activity is deeper. Water flows invisibly and inaudibly back to the beginning of the circulating stream. Just being there, as its "woodland pond" self, its True Self, the pool contributes to the renewing, refreshing sparkle and liquid music of the whole. It does not need to burble, gush, splash, or even trickle. It is designed to simply let go.

Joy lies in living in relationship with all of creation. Life's meaning comes from receiving graciously and giving back generously. Drinking in and letting go into the flow, rather than managing the flow, is the course of a lifetime. It becomes easier with practice, because the urge to live in relationship is the very breath within us.

Practice showing up for life as your True Self, not the self you would like to be, or the one you present to others. Fear not! Come as you are now, an amazing being filling a unique niche in an astounding universe which is energized by love.

Scholarship Winner-Monique Vandembroucke

Monique Vandembroucke, the recipient of WWURA's \$2,000 scholarship this year recently sent us a "thank you" letter. Here are some excerpts from that letter.

"This year has been very difficult for my family and me - my parents have spent nearly all of their savings on my tuition...and I have been working 20 hours a week as a nanny. ... This scholarship has substantially reduced our stress, and it has helped me to focus more on my academics, extracurricular activities and internships in order to gain the experience I need to become a competent professional. I am very grateful for this opportunity, and to the generous donors who made it possible.

Growing up in a hard-working family has embedded in me the values of dedication and generosity. I have worked very hard in school, am devoted to learning, and have pursued my dreams with passion and kindness. Continuing my studies will result in a Bachelor of Arts in a concentration I have created with the guidance of my faculty mentors entitled International Human Rights: Law, Legacy, and Migration. In addition, partially because of this scholarship, I am able to study abroad in Ghana, Africa in order to satisfy

(cont'd on page 6)

Scholarship Winner, cont'd

my majors requirements in international studies. I am learning so much every day from the beautiful culture and the generous people.

This scholarship is helping me to accomplish my dream of becoming a human rights lawyer, so that one day I may be able to contribute to creating a more just world, and help other struggling students on their journeys. Thank you for this opportunity.”

Sincerely,
Monique Vandenbroucke

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