



WWURA NEWS

September 2016

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note for September 2016

I am writing this message in the wee hours on September 1st just after a welcome soaking rain and the arrival of cool temperatures. I'm looking forward to a new month, an approaching new season, both new and re-new-ing members, and new beginnings.

WWURA has a new Vice President, **Peggy Loudon**; a new Treasurer, **Norm Lindquist**; a new Travelogue Chair, **Suzanne Krogh**; and the University has a new President, **Sabah Randhawa**, who will be our luncheon speaker in October. In some sense, "everything old is new again."

Your Board has returned from its August Planning Session and Retreat at Lakewood with all of the Luncheon speakers and Travelogue presenters lined up for the entire year. To kick off our social events we have **George Kriz** giving our September 21st Travelogue on his recent trip to the Czech Republic (see the write-up in this issue). **Bob McDonnell** reviews "Contested Will" in this 400th anniversary year of the Bard's death; **Evelyn Ames** tells us all how to have "Happy Healthy Feet" – very important for a dancer like me; and you'll find detailed information about our September Interest Groups: there's something for everyone.

Finally, at the start of this new WWURA year, I want to give a shout out to **Margaret Woll**, our Newsletter Editor, and to **John Woll**, our Web Master. These two volunteers are crucial to our communication efforts with the WWURA membership. Needless to say, we are also always interested in hearing from individual members regarding any WWURA matter. Just drop a line anytime to ron.ward740@gmail.com. I look forward to seeing many of you at the September Travelogue.

- **Ron Ward**

WWURA Travelogue

"Travels Through the Czech Republic"

Wednesday, September 21, 2016

6:30 pm Socializing—7:00 p.m. Presentation

Squalicum Yacht Club

2633 South Harbor Loop Rd



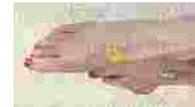
George Kriz, retired Chemistry faculty member, will present an illustrated lecture chronicling his recent tour of the Czech Republic. Included will be a walking tour of the *ancient and beautiful city of Prague*, as well as excursions to outlying towns. Be prepared for lots of churches, castles, bridge, history, and a few eerie things.

Members whose **last name** begins with **M thru Z** 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.

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The foot is an intricate network of bones (26), 33 joints, and various ligaments, tendons, and muscles. Feet take a daily “pounding” as a major shock absorber. It is estimated that an average person takes approximately 10,000 steps each day. Maintaining healthy feet means less distress on the legs, hips, back, shoulders and head. A happy foot makes for a happy body!

A broken foot or broken ankle is a common injury. This may occur from falling, taking a misstep, dropping a heavy object on the foot or possibly from being in a car crash. The fracture can range from tiny cracks in the bones to breaks that pierce the foot skin. The Mayo Clinic patient education reference for a broken foot bone suggests that most broken toes heal well, usually within four to six weeks. In less common situations, depending on the precise location and severity of the injury, a broken toe may become infected or be more vulnerable to osteoarthritis in the future.

Common foot problems and injuries (aside from fractures) include

- ankle sprains (an inversion sprain is most common and happens when the foot falls inward and the outer ligaments are stretched too far; the eversion sprain is when the foot is twisted outwards and the inner ligament is stretched).
- hammer toe (a deformity of the second, third or fourth toe in which the toe is bent at the middle joint, so that it resembles a hammer. Hammertoe results from shoes that don't fit properly or from a muscle imbalance; usually there is a combination with one or more other factors).
- bunion (bony bump that forms at base of the big toe. The big toe pushes toward the next toes as well as pushing outward on the metatarsal directly behind the big toe, with the joint enlarging and sticking out).
- neuroma (sometimes referred to as a “pinched nerve” or a nerve tumor; it is a benign growth of nerve tissue frequently found between the third and fourth toes; causes pain, a burning sensation, tingling, or numbness between the toes and in the ball of the foot, especially when walking).
- plantar fasciitis (plantar fascia is the thick tissue on the bottom of the foot which connects the heel bone to the toes and creates the arch of the foot. When this tissue becomes swollen or inflamed, it is called plantar fasciitis. This is one of the most common causes of heel pain. One cause is wearing shoes with poor arch support or soft soles).
- bone spur (an outgrowth of bone that can occur along the edges of a bone; is most commonly found in joints where two or more bones come together; frequently associated with plantar fasciitis).
- Achilles tendinitis (associated with overuse and degeneration; generally results from repetitive stress to the tendon; symptoms include thickening of the tendon, development of a bone spur, pain and stiffness of the tendon in the morning, severe pain after exercising, and swelling most of the time).

Suggestions for keeping feet healthy and happy!

- Choose proper footwear by putting shoes to the 1-2-3 test as suggested by the American Podiatric Medical Association. Step 1: Press on both sides of the heel area of the shoe to ensure the heel is stiff and won't collapse. Step 2: Bend the shoe to check for toe flexibility. The shoe shouldn't bend too much in the toe box area, but it shouldn't be too stiff and inflexible either. Step 3: Try twisting the shoe; it shouldn't twist in the middle. If shoes don't feel comfortable or you don't feel steady in the shoes, don't buy them. Bring your own socks to try on shoes and walk around for a bit of time. Comfortable, yet sturdy shoes are a must.
- Problems/solutions on types of footwear: you want to wear wedges (problem is twisting or spraining an ankle and the solution is trying a wider, flatter wedge and a rubber sole with good traction); you want to wear peep-toe sandals (problem is increased pressure on toes and the solution is to wear them only for short time); flats (problem is inadequate arch support/cushioning and the solution is to use inserts for shock absorption and avoid prolonged wear); platforms and high heels (problem is pain in ball of the foot and the solution is to wear less than two inch heels which provide more stability); gladiator and strappy sandals (problem is irritation between toes, dead skin build-up around heels, lack of shock absorption and the solution is to select soft, supple leather as well as making sure the heels and toes do not land off the soles).

(cont'd next page)

Health Notes, cont'd

- Information about pedicures such as bringing your own utensils, scheduling early morning because foot salon baths are usually cleanest at that time, asking about sterilization procedures of spa equipment, and other recommendations for maintaining healthy cuticles and nails can be found at the American Podiatric Medical Association site.

Ice is Not Nice! Update on recommendations for treating a sprained ankle or knee using the acronym **RICE** (rest, ice, compression, and elevation): Eliminate the use of “rest” and “ice.” The National Athletic Trainers’ Association recommends early movement such as contracting and relaxing a joint because this improves blood flow which improves healing. Resting the injured area only delays healing. The purpose of ice right after a sprain was to cool the injury area and delay swelling and reduce pain. **Now** the recommendation is not to use ice. Why? Icing an injury shuts off the blood supply. Blood carries inflammatory cells called macrophages that release the hormone called insulin-like growth factor IGF-1 to the injured area to help in the healing process. Icing prevents blood flow, thus the release of the hormone. <http://stoneathleticmedicine.com/2014/04/rice-the-end-of-an-ice-age/comment-page-2/>

Suggested websites to visit for further information:

<http://www.apma.org/Learn/HealthyFeetTipsList.cfm?navItemNumber=535>

<http://www.theorthopedicclinicassociationmd.com/home/tocaphysicians/orthopedic-care-foot-ankle/>

<http://www.mayoclinic.org/symptoms/foot-pain/basics/definition/sym-20050792>

<http://www.aofas.org/footcaremd/conditions/ailments-of-the-smaller-toes/Pages/Hammertoe.aspx>

<http://www.summitortho.com/services/ankle-foot/>

SEPTEMBER 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, Sept. 20th at the home of Donna Moore, 1200 Birch Falls Dr.,

September's book is *Give Us the Ballot* by Ari Berman. Discussion leader, Mary Jo; treats, Evelyn Wright.

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

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

The Bridge Group will meet at 1:30 pm, Tuesday, September 27th. 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/>.

October 8, *Tristan und Isolde*

October 22, *L'Amour de Loin*

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>

Call if interested. The first meeting will be announced soon.

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

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.

Book Review

Contested Will: Who Wrote Shakespeare, by James Shapiro -- A Review

Reviewing this 2010 book this year is fitting because, as Ron Ward reminded me, 2016 marks the 400th anniversary of Shakespeare's death. This fascinating book by an eminent Shakespeare scholar—Shapiro holds an endowed chair of literature at Columbia University—addresses the often vexed question of whether that fellow from Stratford was really the author of the plays and poems attributed to him. As Shapiro reminds us, the argument against Shakespeare usually goes something like this: the plays and poems are so sublimely beautiful and powerful, filled with such wisdom and detailed knowledge that it is impossible, unthinkable that the unlettered bumpkin from an obscure village could have written them. It must have been some educated, even noble man of affairs.

The list of proposed real authors is extensive and growing. The leading candidates have been Francis Bacon and Edward de Vere. Shapiro confesses that he believes the man from Stratford to be the real author, but in this absorbing book he does not try to persuade non-believers. To do that, he writes, would be like convincing people who believe otherwise that evolution is real or that the world climate really is warming. That is, the positions are matters of faith, and he will not engage.

Instead he lays out for us the narrative of the dispute and places that narrative in the context of the intellectual and social developments of the times. Recognizing the impossibility of discussing every proposed alternative, Shapiro takes up the cases of Bacon and de Vere, devoting one long section of the book to each. Each had a primary champion. Delia Bacon (not a relative) was Bacon's. In her time she was an accomplished lecturer and author and in general made the argument I sketched out above. She also claimed to have discovered, in the First Folio of Shakespeare, a coded claim by Bacon. She never revealed what the code was. Unfortunately, her theory became an obsession, a monomania. She spent the last period of an unhappy life in a mental institution. Others took up the cause, finding coded confirmation in the text of Shakespeare's works. Shapiro notes that these claims followed hard upon the heels of the development of the telegraph and the Morse code.

Enthusiasm for Bacon waned with the nineteenth century. The anti-Stratfordians replaced him with Edward de Vere. The leader of the Oxfordians was Thomas Looney (rhymes with "bony"), who, nostalgic for an idealized non-democratic past, found his values in the plays and championed the seventeenth Earl of Oxford. His book impressed Freud, who had long doubted the man from Stratford.

The last section of Shapiro's book cites all contemporary mentions of Shakespeare. There are a multitude. The most impressive are those of Ben Jonson, fellow playwright and actor, classically educated. They acted in each other's plays. If the fellow from Stratford could fool Jonson, he could write the plays.

Edward de Vere died in 1604. Shakespeare wrote some of his greatest works from 1605 to 1612.

-Bob McDonnell

Books and
more Books



WWURA is in the process of collecting remnants of professional libraries (*those boxes still stacked in your garage*) and sending them to Ghana. Contact has been made with someone in Seattle who would put them into barrels and ship them to Ghana. There will be some expense involved and it is still early in the planning. If you are interested

or have questions, send an email to **Norm Lindquist**, norm(at)silverbeach.com.

WWURA Membership Application or Renewal Form 2016-2017

Name _____ Spouse/Partner's Name (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Year Retired _____ Years of WWU Service _____ Department/Unit _____

If not a WWU retiree, check one: WWURA Friend Spouse/Partner of Retiree

Retired from what institution/organization _____

Select Membership (includes spouse or partner)

- Contributing Membership \$ 50.00 or more
- Regular Membership \$ 25.00
- Surviving Spouse or partner \$ 6.00

Contribution to WWURA Scholarship fund \$ _____

Total amount Enclosed _____ Signature _____ Date _____

Please mail this application and check (*made payable to WWURA*) to **WWURA Membership, c/o Barbara Evans, 715 North Garden Street, #502, Bellingham, WA 98225.** (Contributions are deductible.)

WWURA Calendar –2016

September

- 6—Board Meeting
- 21—Travelogue—Squalicum Yacht Club

October

- 4—Board Meeting
- 21—WWURA Lunch –Northwood Hall

November

- 1—Board Meeting
- 16—Travelogue –Squalicum Yacht Club

December

- 6—Board Meeting
- 21—Holiday Party –Squalicum Yacht Club

Save this Date

October 21st

Sabah Randhawa, the new WWU President, will be the speaker at our WWURA Luncheon. Details and reservation form will be in the October newsletter.

2016 Bone and Joint Expo - Bellingham, WA

October 1, 2016

Location: Whatcom Community College |
Syre Center

237 W. Kellogg Road
Bellingham, Washington 98226

Contact: Winnie Monohan (p) (206) 547-2707 x101
(e) wmonohan@arthritis.org

**Western Washington University Retirement Association
Board of Directors—2016-2017**

Officers

President	Ron Ward	738-8900	ron.ward740@gmail.com
Past President	Evelyn Ames	734-3184	evelyn.ames@wwu.edu
President Elect	Margaret(Peggy) Loudon	733-6052	peggylou99@gmail.com
Secretary	Donna Moore	733-5769	dfmoore12@gmail.com
Treasurer	Norm Lindquist	647-1428	norm@silverbeach.com

Board(end year)

2017)	Christine Gerhold	733-9265	chrisandgeorge@comcast.net
2017)	Ron Ward	738-8900	ron.ward740@gmail.com
2017)	Margaret Woll	734-8427	mhildeb408@aol.com
2018)	Margaret Belzek	714-1156	frabelz@comcast.net
2018)	George Kriz	966-3646	gkriz4@comcast.net
2018)	Ariel Lennon	733-5181	amcleasbyh@comcast.net
2019)	Margaret Lennon	733-6052	peggylou99@gmail.com
2019)	Bob McDonnell	650-0626	bobmcdonnell1628@gmail.com
2019)	Lina Zeine	734-7408	lzeine@comcast.net

Committees

Chairs

Book and Film	Bob McDonnell	650-0626	obmcdonnell1628@gmail.com
Health	Evelyn Ames	734-3184	evelyn.ames@wwu.edu
Hospitality	Christine Gerhold	733-9265	chrisandgeorge@comcast.net
	Margaret Belzek	714-1156	frabelz@comcast.net
Membership	Barbara Evans	650-9724	barbandhoward@comcast.net
Newsletter	Margaret Woll	734--8427	mhildeb408@aol.com
Program	Ariel Lennon	733-5181	amcleasbyh@comcast.net
Publicity	George Kriz	966-3646	gkriz4@comcast.net
Travelogue	Suzanne Krogh	647-2028	slkrogh@comcast.net
Web Page	John Woll	734-8427	john@silverbeach.com
E-Mail	Barbara Evans	650-9724	barbandhoward@comcast.net

Interest Groups

Contact Person

Book Group	Donna Moore	733-5769	dfmoore12@gmail.com
Bridge Group	Nicholas Bullat	770-7270	gnb.maestro@q.com
Informal Dining	Jan Berg	733-4654	janetlila@hotmail.com
Opera Group	Evelyn Ames	734-3184	evelyn.ames@wwu.edu
Skiing	Charlie Way	734-0649	cybway@aol.com
Writers Group	Lynn Masland	676-9821	lmasland@comcast.net

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WWURA Website www.wwu.edu/wwura

Writing Group

Lynne Masland is writing a memoir about her two years living with her family in American Samoa in the 1960s. This is an excerpt from her two-week voyage on a Tonga copra steamer .

The Tonga Steamer

The Tonga steamer arrived. My adventure was about to begin. The screen door of our bungalow banged open as Mary, Grant, carrying my suitcase, and I stepped out into the brilliant noonday sunshine. We stood for a moment looking across the reef and down toward the harbor shore toward the *Aoniu*.

The *Aoniu*, a small cargo ship of about 150 feet owned and operated by the Tongan government, called regularly at Pago Pago in American Samoa every six weeks or so. She plied a triangular circuit from Nuku'alofa on the main Tongan island of Tongatapu, west to the Fijian port of Suva, north to Apia in Western Samoa, and southeast to Pago. Then she headed homeward again, down through the Tongan island chain, Tofua, Niuetobutapu and Vavau, picking up and unloading copra along the way. Coconuts, the cash crop of the South Pacific, were split and dried in the sun, then packed in rough burlap sacks and piled on wharves or remote island beaches to be collected by inter-island freighters. Eventually, the dried coconuts, or copra, went to Suva or Noumea in French Caledonia where Lever Brothers processed it into soap, cooking oil and cattle feed.

Presently, the *Aoniu* lay alongside the wharf in Pago Pago. For several days she had stayed there while the crew unloaded cargo: the deck cargo of bananas, bundles of pandanus mats, baskets of taro; and, from the hold, copra. It was September, just past the rainy season. Onshore, Pago steamed in the sun. Behind the cluster of wooden trading stores and round, palm-thatched houses, palm trees and bush climbed the mountain slopes, broken here and there by green and brown taro patches the circular shape of an occasional hillside *fale*.

On board, deckhands in *lavalavas* sweated over bulging burlap copra sacks, heaving them onto coarse rope net squares spread in webs on the dock. Gathered into a pouch, the filled net swung from the cargo boom, up, out, landing with a thud on the stone wharf.

"Let's go," I said firmly. Now that the decision had been made, it was time for me to leave our bungalow and board the ship.

Receive the Newsletter by E-Mail ?

We heard you loud and clear!

A number of members have said they prefer to get the newsletter by e-mail - it is, after all, cheaper (it costs \$1.25 per issue to produce and send snail mail), so Barbara Evans has volunteered to make that happen for those of you who elect to do so. Phone Barbara at 650-9724 or email her <barbandhoward@comcast.net> and your next issue will be sent that way.

Haven't Renewed Your Membership Yet?



If you see a label on the front of your newsletter that says "Please Renew Your Membership", it means your dues are overdue.

We have included a Membership Renewal Form on page 5 and hope you will use it to rejoin us this year.

Travel:

Several trips are being planned by members of WWURA for the next two years. If you are interested in any of these trips please contact the “contact person”.

Maybe April 2017: Holland and Belgium in springtime, Grand Circle Small Ship trip
contact: Donna Moore (dfmoore12@gmail.com)

June 2017 – Lapland and the Norwegian Coast, Grand Circle, probably one opening,
contact: Donna Moore (dfmoore12@gmail.com)

August 2017: Kenya and Tanzania, Overseas Adventure Travel,
contact: Peggy Loudon (peggylou@gmail.com)

Romance of the Rhine and Mosel – Grand Circle small ship, dates to be determined
contact: Donna Moore (dfmoore12@gmail.com)

Japan: contact: Marty and Gail Haines (mghaines@comcast.net)

Sicily’s Ancient Landscapes and Timeless Traditions, time to be determined,
contact: Donna Moore (dfmoore12@gmail.com)

Kriselle Cellars wine and river tour, AMAwaterways,
contact: Bob McDonnell (bobmcdonnell1628@gmail.com)

Western Washington University

Retirement Assoc. (WWURA)

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