



# WWURA NEWS

April 2017

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Serving Retired Faculty and Staff

## WWURA Travelogue

Wednesday, April 19, 2017

6:30 p.m. socializing; 7:00 p.m. Presentation  
Squalicum Yacht Club, 2633 South Harbor Loop Rd.

### Back Roads of Iberia: Spanish Paradores and Portuguese Pousadas



Come join us as we take a road trip through Portugal and Spain discovering these ancient lands and the history of the area. We will visit royal cities, hilltop citadels, ancient olive groves and a cork factory, tour a bull ranch and meet the matador who lives there, see the Easter processions in several cities. We will explore Lisbon and Evora in Portugal. Then we are off to Spain visiting Merida, Carmona, Seville, Ronda, Ubeda, Madrid, and Segovia. From there we go to Basque country to visit Bilbao and on to the Bay of Biscay for a tour of Santander and Oviedo. During the tour we stayed in paradores and pousadas - restored historic inns, had lunch with a local family, made cheese, prepared dinner and tasted olive oil and wine from the region.

- Margaret (Peggy) Loudon

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## WWURA's

### Spring Luncheon

Friday, April 21, 2017  
Northwood Hall, 11:30 a.m.  
3240 Northwest Avenue

Speaker, Dr. Melissa Rice

"Mars Through the Eyes of  
NASA's Rovers"



The Mars Science Laboratory Curiosity rover landed on Mars nearly four years ago, and the Mars Exploration Rover Opportunity has been actively exploring Mars for over thirteen years. Both rovers continue to send new images of the Red Planet back to Earth every day. This talk will cover the latest results and photographic highlights from the Mars rovers, and we'll also discuss plans NASA's next rover, which will launch in 2020.

Dr. Melissa Rice is an Assistant Professor of Planetary Science at Western Washington University, where she has held a joint appointment in the Geology Department and the Physics & Astronomy Department since 2014. She received her Ph.D. from the Department of Astronomy at Cornell University in 2012, and was a NASA Astrobiology Institute Postdoctoral fellow at Caltech from 2012-2014. Her research focuses on the sedimentology, stratigraphy and mineralogy of Mars. She is a collaborator on the active Mars Exploration Rover Opportunity missions, a Participating Scientist on the Mars Science Laboratory rover mission, and a Co-Investigator for the Mastcam-Z investigation in development for the Mars2020 rover mission.

Don't miss this unique  
event !!!

## 2017 April Health Notes by Evelyn Ames Living with Arthritis

Arthritic diseases, of which there are over 100 different types and related conditions, is the leading cause of disability in the United States. Over 54 million people or 23% of all adults have some form of arthritis, which occurs more frequently as people age and is more common in women. Arthritis is reported by at least 1 in 6 adults in every state. The annual direct medical costs are at least \$81 billion. The most common type of arthritis, osteoarthritis, affects over 30 million adults. A person with OA may also have other chronic conditions (particularly heart disease and diabetes). This can present a reduced quality of life, making disease management harder. It becomes important for a person with arthritis to engage in lifestyle activities to manage symptoms of pain, aching, stiffness, and swelling in or around the joints.

### Suggestions for managing symptoms

- Be physically active: People with arthritis should try to get at least 150 minutes of physical activity each week. This activity can be done for 30 minutes, 5 days a week, or for as little as 10 minutes at a time. Research shows that exercise is one of the best treatments for osteoarthritis. Exercise can improve mood and outlook, decrease pain, increase flexibility, strengthen the heart and improve blood flow, maintain weight, and promote general physical fitness. Exercise is also inexpensive and, if done correctly, has few negative side effects. The amount and form of exercise prescribed depends on which joints are involved, how stable the joints are, and whether a joint replacement has already been done. Walking, swimming, and water aerobics are a few of the popular types of exercise for people with arthritis and especially osteoarthritis. A person's doctor and/or physical therapist can recommend specific types of exercise. Attention to rest and periods of relief from stress on the joints are important.
  - The following types of exercise are part of a well-rounded arthritis treatment plan: **Strengthening exercises** strengthen muscles that support joints affected by arthritis. They can be performed with weights or with exercise bands, or with inexpensive devices that add resistance. **Aerobic activities** such as brisk walking or low-impact aerobics get the heart pumping and can keep the lungs and circulatory system in shape. **Range-of-motion activities** keep joints flexible and limber. **Balance and agility exercises** help maintain daily living skills.
  - Self-management education increases confidence in one's ability to manage arthritis.
  - Maintaining a healthy weight helps protect the body's joints, especially knees and hips. People can reduce risk of knee osteoarthritis by controlling weight and avoiding types of activities that are more likely to cause joint injuries.
  - Educating oneself about anti-inflammatory diets. (See web sites of the Arthritis Foundation that describe various foods, in particular the nightshade family, that may or may not cause inflammation.)
  - Recommendations from health care providers (primary care doctor and/or rheumatologist) can motivate people to be physically active and join a self-management education program. People with inflammatory arthritis, like rheumatoid arthritis, have a better quality of life if they are diagnosed early, receive treatment, and learn how to manage their condition.
  - Making changes around the home can help take stress off joints. If house work is causing stress in certain joints, it may necessary adjust the work area or change work tasks.
  - Taking a warm shower in the morning may ease some pain.
- If prescribed medications, take them when and how they are to be taken.
- Consider Physical therapy. It can help improve muscle strength and the motion of stiff joints as well as balance. If therapy does not make one feel better after 6 to 8 weeks, then it likely will not work at all.

Historical tidbit: Described in ancient Egyptian medical texts, arthritis -- particularly gout -- was one of the earliest diseases to be clinically recognized. Hippocrates (~460-357 BC) differentiated gout from other forms of arthritis, while an ayurvedic medicine text from 123 AD references a disease characterized by swollen, painful joints and occasional fever -- in all likelihood, rheumatoid arthritis (RA). The earliest OA treatments, dating as far back as the Sumerians, were most likely various willow preparations. Willow bark

## Health Notes, cont'd

and leaves contain salicylic acid, which the German company Bayer modified to acetylsalicylic acid, or aspirin, in 1897

Resources: <https://medlineplus.gov/healthtopics.html>  
<https://www.nih.gov/about-nih/what-we-do/nih-almanac/national-institute-arthritis-musculoskeletal-skin-diseases-niams>  
<http://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>  
<https://www.cdc.gov/chronicdisease/resources/publications/aag/arthritis.htm>

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## Book Review

### *Tribe: On Homecoming and Belonging* by Sebastian Junger – A Review

This significant and significantly flawed book is difficult to review, especially in just one page. Early on, Junger—most of us remember him as the author of *The Perfect Storm*—quotes Benjamin Franklin, writing in the 1750s and describing a phenomenon he found troubling—colonial men in meaningful numbers choosing to abandon colonial society to go live with an Indian tribe, with very few Indian men making the reverse choice.

From that starting point Junger taps evolutionary anthropology to ponder this puzzling phenomenon—and proposes that the men are drawn to Indian society by several of its hunter-gatherer, pre-agricultural revolution features. Among them are meaningful social roles (including that of making war in order to protect the tribes source of food, its territory), a less structured, egalitarian society—a feeling of belonging.

From here Junger considers the high incidence of Post Traumatic Stress Disorder among the veterans of our recent and on-going wars. Importantly, Junger spent several months living with US armed forces bivouacked and fighting in a remote and primitive part of Afghanistan, witnessing the close bonding of men in combat. Later he produced two moving film documentaries about this riveting reality.

In Junger's eyes our veterans go through hell in combat survive through unit cohesion in which their lives are significant, have meaning—only to return to a society that seems to them to have no real place for them. For many of them no meaningful job. They go from a tightly cohering reality to one in which they feel themselves to have no connection to society, to be living lives with little meaning.

I think Junger has put his finger on an important flaw in our treatment of veterans. But although his data are real, his stitching them together, his theorizing, seems facile. Several reviewers have taken him to task for just that. Even so, I found *Tribe* to be a fascinating and an eye-opening read.

**- Bob McDonnell**

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### **Reservation Form—WWURA Spring Luncheon**

11:30 a.m., Friday, April 21, 2017

Northwood Hall, 3240 Northwest Avenue

Name(s) \_\_\_\_\_

Address or Phone Number \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ (\$15 member \$18 non-member)

Make your **check payable to WWURA and mail** with this form to **Chris Gerhold**, 829 Racine St., Bellingham, WA 98229. Questions? Call Chris at 733-9265. **Reservation Deadline— April 18th**

## 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 travelogue on Wednesday, April 19th with **Peggy Loudon** presenting at the Squaticum Yacht Club on her travels in Spain and Portugal, and the spring luncheon on Friday, April 21st at Northwood Hall with **Melissa Rice** speaking on the topic, "Mars through the eyes of NASA's rovers." Detailed information about both speakers and their topics is featured elsewhere in this issue, along with a Reservation Form for the luncheon. Don't forget to send in the reservation and your check by the given deadline.

It's also that time of year when we ask our membership to elect three new Directors for WWURA. The candidates' biographies are included in this issue, so please read them carefully and then mail in your ballots by the indicated deadline. I am also pleased to inform you that **Suzanne Krogh** has been elected by the Board to finish out the term of **Ariel Lennon**, who resigned as a Director earlier this year. Suzanne has been serving as Chair of the Travelogue Committee.

Finally, looking ahead just a bit, **President Randhawa's** Reception and Dinner for New Retirees will be held on May 25th in the Viking Union Multipurpose Room. I hope to see many of you at all three of these spring events. But in the meantime, enjoy all the features of your April WWURA News. What a great time to be seniors with "Active Minds Changing Lives."

- Ron Ward

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## APRIL 2017 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 Tues., April 18th at 2:30 at Donna Moore's home, 1200 Birch Falls Dr.

April's book is *The Underground Railroad* by Colson Whitehead, discussion leader-Chris Gerhold, treats-Barb Evans

May's book is *Joy for Beginners* by Erica Bauermeister, discussion leader-Lina Zeine, treats-Gail Adele

**BRIDGE GROUP**—The bridge group will meet in April, time and 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/>.

April 22, *Eugene Onegin*

May 13, *Der Rosenkavalier*

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**—Margaret Woll. 360-734-8427 <mhildeb408@aol.com> We will meet Monday, April 24th at 2:00 at the home of Margaret and John Woll, 208 Highland Drive. We will be reading one of Shakespeare's plays.

**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.

## Get Acquainted with the Candidates

**Chris Gerhold** was a reading specialist in the Ferndale School District for the majority of her teaching career. As well, she has been involved in several special education programs in Seattle, Tacoma, and Whatcom County. She taught beginning computer classes for teachers and children in the early days of computers in the classroom, and wrote a LOGO computer language manual for teachers and students. Chris has been in Whatcom County for 38+ years, 4 of those years on Lummi Island, and the remainder of the time in Bellingham. She is married to George Gerhold, who taught in the Chemistry Department and who was Associate Dean of Arts and Sciences. She received her undergraduate and masters degrees at WWU. George and Chris have 5 children, 13 grandchildren, and 3 great-grandchildren. Chris enjoys walking, hiking, her strength/conditioning and TaiChi classes, reading, art, travel, Seattle Opera, Bellingham Festival of Music, and being with her family and friends.

**Margaret Woll.** After earning her BA degree at Western, Margaret spent 18 years in various staff positions at Western in the areas of Space & Scheduling, Health Services, and the School of Education. For much of that time she was associated with Upward Bound where she held the positions of Assistant Director and then Interim Director. She has served in various capacities on the boards of numerous organizations; i.e. the Academy for Lifelong Learning, and Whatcom Chorale. She is a past president of the League of Women Voters, and WWURA. For many years, she has been the editor of WWURA's newsletter. She and her husband John, a retired professor of Mathematics at WWU, have enjoyed white water rafting trips, traveling to foreign countries, and singing with the Whatcom Chorale.

**Sam Porter.** Joyce, two young sons and arrived in Bellingham in 1962 after accepting a job in the Industrial Arts Department—at the urging of Claude and Faye Hill who assured us we would love Western; they were right. I taught all sorts of IA and professional education courses, consulted in the public schools, became active in the American Industrial Arts Association, chaired their national convention, and participated in their publications. For eight years I served as chair of the department and watched it morph from teacher preparation to non-teaching options in what became the Department of Technology. In 1974 our family—now including a daughter—migrated to Malaysia where I served as a Program Manager for the U.S. Peace Corps, giving us the opportunity to meet a hundred volunteers spread from Thailand to Singapore. There followed other consulting assignments in Ethiopia, Liberia, Indonesia, and Sumatra. Upon retirement in 1989, we decided to spend our winters in warm San Diego—first on a boat, and then in normal condo living. A year ago, we chose to return to Bellingham, to take up residence across from WWU, and spend our time attending a multitude of campus events. With pleasure, we stay in touch with many WWU grads and former Peace Corps volunteers, and find great pleasure getting reacquainted with former Western colleagues.

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### 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, Bellingham, WA 98225 by Friday April 21, 2017 OR, if you wish, you may email your choices to her at <barbandhoward@comcast.net>.**

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### Ballot for WWURA Board of Directors

Member-at-Large	<input type="checkbox"/> Chris Gerhold	Write In <input type="checkbox"/> _____
Staff/Administration	<input type="checkbox"/> Margaret Woll	Write In <input type="checkbox"/> _____
Faculty	<input type="checkbox"/> Sam Porter	Write In <input type="checkbox"/> _____

**NEW FEATURE IN THE NEWSLETTER: Introducing  
Worthy Non-Profits**

Our first one is Anansi Education, founded about 15 years ago by Bellingham's own **Kathryn Roe**, art professor emerita of Whatcom Community College. Anansi funds high school education for poor village teenagers in Ghana, transforming their lives and that of their families, ultimately of Ghana. The cost is a mere \$800 per student a year—tuition, board, room, books, supplies. Kathryn oversees the selection of the recipients and personally makes a home visit to ascertain the background and need of each student. By a happy coincidence, Anansi is having its *annual fundraising dinner on May 13 at Baker Creek Place (off Hannegan and Bakerview)*. It will **begin at 5:30 p.m.** with wine and conversation and a silent auction of some beautiful African folk art and **continue at 7 p.m. with dinner** (catered by Fool's Onion, one of Bellingham's very best) accompanied by a live auction of more African art. Early bird tickets are available from [www.brownpapertickets.com/event2907344](http://www.brownpapertickets.com/event2907344) for \$60 plus brown paper fee until April 10 and \$75 after that. Photos of two samples of the art can be seen on the Brownpaper Website. More information is available on Anansi's Website, [www.anansieducation.org](http://www.anansieducation.org).

**- Bob McDonnell**

**WWURA Calendar 2017**

**April**

- 4—Board Meeting
- 19—Travelogue—"Back Roads of Iberia"—  
**Peggy Loudon**
- 21—WWURA Lunch  
"Mars Through the Eyes of NASA's Rovers" -  
**Dr. Melissa Rice**

**May**

- 2—Board Meeting
- 25—WWU President's Reception for New Retirees

**June**

- 6—Board Meeting

**July**

- 11—Picnic-Annual Meeting

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