



# WWURA NEWS

May 2017

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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 by the membership as Directors for the next three years: **Chris Gerhold** (Member-at-Large), **Margaret Woll** (Staff/Administration), and **Sam Porter** (Faculty). These individuals will assume their duties at the June Board meeting. Welcome to the WWURA Board!

Last month we concluded a year of interesting Travelogues with "Back Roads of Iberia: Spanish Paradores and Portuguese Pousadas" by **Margaret (Peggy) Loudon**, as well as a series of stimulating Luncheon speakers with **Dr. Melissa Rice**, presenting "Mars Through the Eyes of NASA's Rovers." Special thanks go to Travelogue Chair **Suzanne Krogh**, assisted by **Lina Zeine**, and to Hospitality Co-Chairs **Chris Gerhold** and **Margie Belzek** for their year-long efforts.

We are currently searching for a volunteer to serve as Vice President of WWURA starting in July. If any of you would like to run for election to this office at the Board's June meeting 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.

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## SAVE THE DATE

Help us honor new retirees from Western by attending **President Randhawa's Reception and Retirement Dinner on Thursday, May 25th** in the Viking Union Multipurpose Room. Reception 5:30 p.m., Recognitions 6:00 p.m. *(You should have already made your reservations in response to a previously e-mailed invitation.)*

- Ron Ward

Enjoy all the regular features of your newsletter as well as participation in the May Interest Groups of your choice. I hope to see many of you at **President Randhawa's Reception and Dinner on May 25th.**

- Ron Ward



## *Promoting and Maintaining Bone Density*

What do you know about bone density? Has your physician recently recommended you get a bone density test? Bone density refers to a measurement of the amount of calcium and other minerals in a segment of bone. A higher mineral content indicates higher bone density and strength. The test is used to detect osteopenia and osteoporosis or monitor their treatment.

Bone is a living, growing part of the body. Throughout one's lifetime, new bone cells grow and old bone cells break down to make room for new, stronger bone. When a scan of a person's bone density shows osteoporosis, it means the old bone is breaking down faster than new bone can replace it. As this happens, the bones lose minerals such as calcium. This makes bones weaker and more likely to break, even after a minor injury such as a bump or a fall. Osteopenia refers to bone density that is lower than normal peak density but not low enough to be classified as osteoporosis.

### **Suggestions for Maintaining/Promoting Bone Density:**

- Various studies have shown that exercise, especially running and jumping which involve impacting/contacting with the earth are more effective than swimming and low impact bicycling.
- Weight bearing exercise works against gravity and stimulates bone formation. Exercise interventions that stress or mechanically load bones (when bones support the weight of the body or when movement is resisted when using weights) include aerobics, strength training, walking and tai chi. The creation of ground forces through the body stimulate bone to add density.
- Popular forms of weight bearing exercise (e.g., walking, jogging, climbing stairs, tennis and dancing) are recommended for people with osteopenia as well as high impact exercises such as sprinting and hopping and certain types of weight lifting/resistance exercises. The Cochrane Collaboration found that aerobics, weight-bearing exercise, and resistance exercises all helped build bone density in the spine, while walking improved bone density in the spine and hip. Impacts with the ground create strong muscular contractions, which is a plus factor in maintaining bone density.

A study reported in Lancet in 2005 showed that “women ages 25 to 50 who leaped like fleas at least 10 times in a row, twice per day for four months, significantly increased the density of their hipbones. In another, more elaborate experiment from 2006, women who hopped and also lifted weights improved the density of their spines by about 2 percent compared to a control group, especially if the weight training targeted both the upper body and the legs. Women whose weight training focused only on the legs did not gain as much density in their spines.”

Remember the bones in the spine and lower body are designed to support the body's weight. Give yourself opportunity in your busy schedule to combine weight-bearing exercises with resistance training with free weights, a weight machine, or elastic bands. If you haven't engaged in resistance exercises recently, start with exercises that can be easily repeated eight to 12 times. Then add to the routine. Three to four times a week is recommended with at least one day off between sessions. Add only a pound or two at a time. Be sure to maintain good body posture/alignment when doing exercises so that the back and neck are supported.

A few resources: <https://www.ncbi.nlm.nih.gov/pubmed/16876495> <https://www.ncbi.nlm.nih.gov/pubmed/?term=osteoporosis+weight+bearing+exercise>  
[http://www.cochrane.org/CD000333/MUSKEL\\_exercise-for-preventing-and-treating-osteoporosis-in-postmenopausal-women](http://www.cochrane.org/CD000333/MUSKEL_exercise-for-preventing-and-treating-osteoporosis-in-postmenopausal-women)

## MAY 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.

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

June's book is *My Name is Lucy Barton: A Novel* by Elizabeth Strout, discussion leader-Barb Evans, treats-Barb Evans

BRIDGE GROUP—The bridge group will meet in May, time and place to be announced.

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

Informal dining has ended for the year, will start again in October 2017.

OPERA GROUP--Evelyn Ames, 360-734-3184, <evelyn.ames@wwu.edu>

Contact Evelyn if you want information about scheduled dates and locations for Metropolitan Opera and Skagit Opera.

Web site for The MET HD: <https://www.metopera.org/Season/In-Cinemas/>.

Skagit Opera: <http://skagitopera.org/performances/>

Web site for Vancouver Opera: <https://www.vancouveropera.ca/>

Seattle Opera: <https://www.seattleopera.org/>

Pacific Opera Victoria: <http://www.pov.bc.ca/>

**Note:** MET HD performance of *Der Rosenkavalier* with Renee Fleming is May 13.

PLAY READING—Margaret Woll. 360-734-8427 <mhildeb408@aol.com> We will meet Monday, May 22nd at 2 pm in the home of Margaret and John Woll, 208 Highland Dr. We will continue to read *The Tempest* –starting with Act 3.

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.

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### Hold the Date!

Our first travelogue of the new season will be **Wednesday, September 20th, 6:30 PM** at the Squalicum Yacht Club. WWURA member George Kriz will take us on a tour of the lighthouses of New England with some lighthouse history along the way.



## Book Review

### *A People's History of the United States* by Howard Zinn: A Review

Recently the Bellingham Herald reported that an Arkansas legislator introduced a bill forbidding teachers from assigning Howard Zinn's *A People's History of the United States*. Immediately I wanted to review it. In this book Zinn notes that most history is written by the elite. He wanted—the book was first published in 1980—to tell our story from the point of view of the non-elite—first Indians, then black people, workers, and women. He does a powerful job of it. Perhaps one long sentence will give a good sense of how he does his job.

“Emma Goldman, the anarchist and feminist, whose political consciousness was shaped by factory work, the Haymarket executions, the Homestead strike, the long prison term of her lover and comrade, Alexander Berkman, the depression of the 1890s, the strike struggles of New York, her own imprisonment on Blackwell's Island, spoke at the meeting some years after the Spanish-American War.”

Zinn begins with the Arawak people of a Caribbean island (Hispaniola) looking out in amazement at the strange huge boat just off shore; it was Columbus. One hundred sixty years later, there are no Arawak on Hispaniola. Zinn proceeds through the history, telling the story that is often not told in standard histories. Much of it is not pleasant. He documents his tale copiously. Zinn ends his story with a 30 page chapter on the Clinton presidency (he is not kind to Bill) and a 7 page chapter on the 2000 election and “The War on Terrorism.”

Zinn gives a new understanding of our colonial period, the Revolution, Manifest Destiny, the Civil War, Reconstruction, the Gilded Age, the Spanish American War, the Progressive Era, and more. Each chapter contained new revelations for me.

In an afterword explaining how he came to write the book, Zinn tells us “It was not until I joined the faculty of Spelman College, a college for black women in Atlanta, Georgia, that I began to read the African-American historians who never appeared on my reading lists in graduate school [Ph.D. from Columbia University] (W. E. B. Du Bois, Rayford Logan, Lawrence Reddick, Horace Mann Bond, John Hope Franklin). Nowhere in my history education had I learned about the massacres of black people that took place again and again, amid the silence of a national government pledged, by the Constitution, the protect equal rights for all.”

In writing as a partisan for the downtrodden, Zinn pulls few punches and lays himself open to the charge of not presenting evidence exculpatory of the elite. Even so, Zinn's book has become a classic, having sold since it was published forty-seven years ago over 2 million copies. It has been a very good corrective for me. I think this is an important book. I recommend it.

**- Bob McDonnell**

## Writing Group

A while ago, the Writing Group column offered a piece by Evelyn Wright on memorable meals. We asked others to send in their memories of meals. Here is one from WWURA member Barbara Davidson.

### A Memorable Meal Barbara Davidson



Our Mother had rarely been in a kitchen until after she married Daddy, a chemical engineer. They both worked on her gaining culinary skills. Our childhood was fed on lots of raw vegetables, fruits and non-processed other food – NO chemicals. My four brothers and I learned to read can labels very early. Most dishes were those recipes that Daddy preferred. The rare sweets were those that he liked. One was a delicious cake with boiled icing.

Unfortunately, Mother had great difficulty making the icing hard enough to not run off the cake. I can remember listening to Daddy explain to Mother to watch the thermometer to an exact point when boiling the icing. There was more than one cake that we ate in a bowl with it's 'sauce'. She finally made it hard enough once that it was a little hard to cut. Daddy was not happy. He banged on it with the handle of the knife and he said that he might need a power saw to cut it. Then just before a Sunday Dinner, my brothers and I were quietly told a secret. We were *not* to warn Daddy – now that Mother had mastered the icing, she had discovered she could also make it really as hard as a rock as a surprise just to tease Daddy. He had given her such a hard time on the previous slightly hard icing, we knew he deserved to be teased. We could hardly wait for dessert time.

When Daddy tried unsuccessfully to break the new cake, his expression was, oh, so great – and we knew it was time for us all to say, “APRIL FOOL!” – April 1, 1949



THRIFT STORE

### Worthy Non-Profits: Lydia Place

Lydia Place, a Bellingham non-profit, serves the most vulnerable among us—homeless families, which is almost a euphemism for homeless single mothers and their children. Begun in 1989, it provides emergency and transitional shelter. It also provides case management in and trains its young women clients in a host of critical, essential areas: personal money management, parenting, nutrition, grooming, job seeking and training. It does so partly by collaborating with other organizations who are working to end homelessness in Whatcom County.

Lydia Place is supported by its thrift store **Wise Buys at 1224 North State Street**. It's next fund raiser is the **Downtown Bellingham Wine Walk on May 12 at 5:30**. Tickets available on line and at Wise Buys. Repeat: Lydia Place protects the most vulnerable among us.



## **WWURA Calendar**

### **May 2017**

2— Board Meeting

25—President's Reception & Banquet

### **June 2017**

6—Board Meeting

### **July 2017**

11—**Picnic & Annual Meeting**, Whatcom  
Falls Park

### **August 2017**

1—Planning Session at Lakewood

### **September 2017**

5—Board Meeting

20—Travelogue

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