



WWURA NEWS

January 2017

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note by Ron Ward

2017 arrived bringing with it serious cold and the 4th snowfall in Bellingham during this young season. Clearly old man winter is making a statement this year. But happily, we all have warm memories of our Holiday Party with much laughter, good food, fellowship, and the music of Lou Lippman. Thanks to all those who made the event possible: those who publicized, took reservations and made name tags, secured the venue, helped with set-up and decorating, provided the meats, brought coffee, tea and hot cider. And special thanks to our membership who provided pot luck salads, hot side dishes and desserts. WWURA's essence was on full display with many willing volunteers working together to produce a quality event for all to enjoy.

This is also the time of year when we seek individuals to run for election as Directors to replace those who will have completed their three-year service and will be rolling off the Board. Please give serious consideration to doing this if you are asked. We are also in need of a Program Chair. If you are interested in any of these positions, please contact our President Elect, Peggy Loudon: Peggy-lou99@gmail.com

As we enter a new calendar year, I hope that many of you will choose to participate in one or more of our special Interest Groups that are listed in this issue. In many ways these groups provide opportunities for our seniors to remain active. But at the same time, let's be careful not to schedule any small-group activities that might conflict with WWURA's monthly luncheons or travelogues. And on that note, I'll close by saying that I'm looking forward to seeing many of you at our Travelogue on Wednesday, January 18, at the Squalicum Yacht Club as Ted Stannard gives a presentation on his travels to China.

WWURA Travelogue

"A China Less Traveled: My China Hometown a Three-Quarter-Century Later"

Presenter: WWURA member Ted Stannard

Wednesday, January 18, 2017

6:30 PM for dessert, 7:00 PM presentation

Squalicum Yacht Club

2633 South Harbor Loop Road

Ted Stannard explains his presentation: "Femmy and I spent Christmas and New Year a year ago in Shaoxing, China, the town I knew well in childhood and youth in the 30s and 40s, when my physician father served the mission hospital there. We were invited honored guests of the opening of the hospital museum in the original building. Marco Polo mentioned the town as one of two 'Venices of China.' Modern Chinese honor it as the home town of pre-revolutionary progressive writer Lu Xun, and family home of Chou En-Lai."

Members whose **last name** begins with **M through Z**, please bring a dessert to share. WWURA provides coffee and tea, some members like to bring wine.

A small donation of \$2 per person, \$3 per couple, is requested to cover room rental and beverages.

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Health Notes by Evelyn Ames Cold Weather: How it Affects Your Health

Winter has arrived! Although the days begin to get longer, the cold is here with us for a few months! A study covering 384 locations in 13 countries, including the United States, published in *Lancet*, found that cold weather is responsible, directly or indirectly, for 20 times more deaths than hot weather. As temperatures drop, there is an increase in the number of health risks, particularly for older adults. The areas of the body especially at risk include the immune system, cardio-vascular system, the skin, and body balance.

Immune System: We spend more time inside (homes, stores, restaurants) and in close contact with others, making us vulnerable to the common cold (caused by over 100 different rhino viruses), influenza, bronchitis, sinus infections and other upper respiratory illnesses. The best suggestions for reducing the chance of acquiring such infections is to wash hands frequently with soap and water, cover cough and sneeze in the crook of one's elbow, get a flu shot, and get some fresh air!

Cardio-vascular system (the heart): Cold weather acts as a vasoconstrictor and narrows blood vessels. The body reduces circulation to the extremities and skin surface (peripheral vasoconstriction). This concentrates a greater volume of blood in the body core, which in turn increases arterial blood pressure. Suggestions for reducing the heart risk are to dress warmly (hat, gloves, coat, layering clothing) and forego strenuous outdoor activity. The American Heart Association recommends avoiding sudden exertion like lifting a heavy shovel full of snow or walking through heavy, wet snow/snow drifts. Give oneself a break from outdoor physical activity and avoid drinking alcohol before and immediately after shoveling. Why? Alcohol increases a person's sensation of warmth and leads to underestimating the extra strain when doing physical activity in the cold. **Heart attacks** increase in frequency during the winter months, usually affecting those who already have an underlying health problem. A drop in temperature increases blood pressure. This places more strain on the heart, with the body working harder to generate additional heat when it is cold.

Temperature: Older adults are at risk for hypothermia. Cold temperatures, high winds, snow and rain can steal body heat. At 30 degrees Fahrenheit in a 30-mile per hour wind, the cooling effect is equal to 15 degrees Fahrenheit. Hypothermia means the body temperature has fallen below 35 degrees Celsius or about 95 degrees Fahrenheit. This occurs when the body can't produce enough energy to keep the internal body temperature warm enough. The body lets one know this is happening with plenty of warning from shivering, numb extremities, reduced dexterity and just feeling miserably cold. Symptoms include lack of coordination, mental confusion, slowed reactions, shivering and sleepiness. Elderly people who have a lower subcutaneous fat level may have a diminished ability to sense temperature, meaning they can suffer hypothermia without knowing they're in danger. Keep warm by wearing layers of clothing. This traps air between layers, forming a protective insulation. Keep hands and feet warm, as they tend to lose heat rapidly. Heat can be lost through the head so wear a hat or head scarf. Ears are especially prone to frostbite.

Balance: Sidewalks, parking lots, steps and stairs can be icy and very slippery. One of the most important preventive acts is to wear shoes or boots that are meant to be worn in snow/icy conditions. Take the time to change shoes when going outside to take out garbage or pick up newspaper. Enjoy walking in snow in icy conditions? Consider wearing Yaktrax Pro.

Skin: Dry winter air can suck the moisture from your skin. Suggestions for caring for skin: use a moisturizer with an oil base to block evaporation. Shower in lukewarm—not hot—water. Use a humidifier to replenish moisture to the skin's top layer.

On the flip side of risks, there are benefits of cold weather: no pollen from plants and no biting insects. More calories are burned to keep warm. Suggestions for coping with cold weather: eat hearty stews and soups and comfort foods to give you the fuel to cope with cold weather. This is not summer time and salad weather!

<http://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>
Amer Heart Assn http://www.heart.org/HEARTORG/General/Cold-Weather-and-Cardiovascular-Disease_UCM_315615_Article.jsp#

<http://www.coolantarctica.com/Antarctica%20fact%20file/science/cold-weather-health.php>

<http://www.nytimes.com/column/personal-health> (Brody, Dec. 19, 2016)



JANUARY 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 at 2:30 at Donna Moore's home, 1200 Birch Falls Dr.

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

February's book is *Thomas Jefferson and the Tripoli Pirates* by Kilmeade and Yeager. Discussion leader is Barbara Davidson; treats-Mary Jo Lewis.

BRIDGE GROUP—The bridge group will meet January 24th at 1:30. 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/>.

January 11 - *Nabucco*, an encore starting at 6:30 p.m.

January 21 - *Romeo and Juliet*

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.

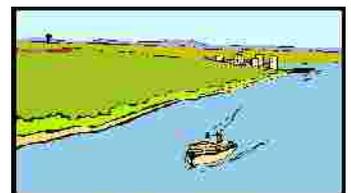
The Skagit Opera (now called Pacific Northwest Opera): <http://skagitopera.org/performances/>

PLAY READING - Barb Evans, 360-650-9724 <barbandhoward@comcast.net> . The first meeting will be in January 2017—date and place to be announced.

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

WRITER'S GROUP -Lynne Masland, 360-676-9821 <lmassland@comcast.net> Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

Possible Travel Opportunities Suzanne Krogh Chair, Travelogue Committee



The November WWURA travelogue was an interesting presentation by **Frank Zurline**, owner of Bellingham Travel. In addition to providing information about what travel agents have to offer travelers, Frank shared tour experiences he had participated in recently. Not long ago, he and I discussed potential travel opportunities for WWURA members and their families and friends. In particular, we thought that an interesting trip for a group of like-minded friends might be a river cruise. Two examples, in this case from Ama Waterways, are a “Blue Danube Discovery” trip and another to “Provence and Spain”, each about 13 days.

At this point, we simply want to learn if any WWURA members might find such a group trip attractive and would be interested in organizing it. If you think you might like to help organize such a trip with Bellingham Travel, [please email me at slkrogh@comcast.net](mailto:slkrogh@comcast.net).

Book Review

Hillbilly Elegy: A Memoir of Family and Culture in Crisis by J. D. Vance—A Review

For those of us still puzzling over the recent presidential election, this memoir is reputed to provide some insight and understanding. Published in June 1916, it was clearly not intended as an explanation of that election. But many pundits have decided to regard it in just that light. J. D. Vance, a self-described hillbilly, grew up mostly in Middletown, Ohio. I say “mostly” because his family and he maintained very close connections with their home town and home culture in the hills and hollers of Kentucky.

Vance writes with grace about his growing up with a drug-addicted mother who went through a series of men as partners/husbands, none of whom managed to be a father to young J. D. The family found itself in a small industrial city in Ohio because J. D.’s grandfather was recruited from Kentucky to work in an industrial plant. So were a lot of their friends and neighbors. According to Vance, that is how many burgeoning industries throughout the Midwest and western Pennsylvania populated their factories. The result was a wholesale transplanting northward of hillbilly culture from the hills of Appalachia. While those industries thrived, the transplanted population thrived also—bought nice homes, purchased good cars, enjoyed vacations in their Appalachian homeland. And they clung to their culture, which Vance tells us was and is centered fiercely on the family, with an equally fierce patriotism and some propensity for violence, and a disdain for education.

Consequently the hollowing out of the industrial belt, turning it into the Rust Belt, left the hillbilly families unable to cope, with family instability and drugs filling the void.

Vance himself survived his addicted mother, who went through a series of men, offering Vance little nurturing and no role model. He was raised and saved by Mawmaw, his smart, gun-toting, tough-minded, foul-mouthed, caring grandmother, who insisted, against the values of her hillbilly culture, that he go to college. An enlistment in the Marines instilled a sense of purpose and discipline: then Vance attended first Ohio State University, then Yale Law School. He made it out of the economic and cultural trap of unemployment, drugs, social instability.

Many of Vance’s readers believe that the anger experienced by the hillbillies left behind by the economy and the mainstream culture is what powered the rejection that surfaced in the recent election. Vance clearly loves his hillbilly culture even as he details some of its toxicity. I am not sure how much *Hillbilly Culture* explains the recent election. I am sure that it succeeds beautifully in sympathetically delineating a group of Americans who are hurting and angry. I recommend the book.

- Bob McDonnell

Nominations Committee

The Nominations Committee is looking for qualified candidates to serve as Directors on the 2017 WWURA Board. We have 4 positions to fill: one from classified staff/administrative exempt, one faculty, and two at-large. We invite all members to consider serving on the board. If you would like to serve or have a suggestion for a qualified candidate, please contact a member of the Nominations Committee.



Margaret Loudon, chair
733-6052

Donna Moore
733-5769

Evelyn Ames
734-3184

Lynne Masland
676-9821

Peggylou99@gmail.com

dfmoore12@gmail.com

evelyn.ames@wwu.edu

lmassland@comcast.net

Poetry Corner

New Year's at Lopez Island, 2017 Lynne Masland

A soggy, foggy New Year's Eve
The threat of snow hanging
In the sky.

A lowering, gloomy, foreboding day,
A fierce wind rushing down the Fraser River Valley.
Matching our heavy unease,
The dread of January's Inauguration Day.

Still, we walked to Shark Reef on New Year's Day,
As is our custom, to watch the seals
Lay about on rocks.

On New Year's Day, the sun was bright;
The sky ice blue; the north wind sharp.
Few seals that day on Shark Reef rocks;

Instead vast sky, blue-green waters rushing out the Strait
Toward the great Pacific Ocean.
Green grass on rocky boulders clung,
As westering sun glittered on the waves.

Next year the salmon would continue to swim,
The seals would lay about.
The old gnarled firs would stand against the sky,
Shaped by the wind, but still alive.

That night a sliver crescent moon,
Followed by the evening star,
Set in the west.



Save the Date !

for our luncheon on February 17th
when Jeff Carroll will speak on
Huntington's Disease.



**We have an up-
dated Website!!!**

Thanks to **David Voye**
and **Max Bronsema** of

WWU's Web Communications Technol-
ogy we have a newly designed website. In
addition to containing back issues of our
Newsletters and Health Notes, you will
find a list of Board Members, our Consti-
tution, By-Laws, Membership Form, and a
greatly expanded Calendar.

Click on the Calendar and it will show you
the WWURA events which are happening
that month. Click on an event and it will
give you a description of what, when,
where, it is taking place. There is even a
link to a map showing the event's location.

Check it out!

www.wwu.edu/wwura

WWURA 2016 Jingle Bell Team

We had 21 register for our team and raised
\$765. As of December, Bellingham Arthri-
tis Foundation raised \$174,480. I'll learn
the final count at the January AF board
meeting.

Many thanks to the following who walked,
jingled in jammies, or whatever: **Barbara
and Mel Davidson, Howard and Barb
Evans, Chris and George Gerhold, Linda
and George Mariz, Margaret Woll, Julie
Gorrell, Mary Hawk, Roy Potter, Inge-
borg Paulus, Pat Clarke, Charlie Way,
Lynne Masland, Lina Zeine, Troy Faith
and Ron Ward, and Katrina Hebert.**

Thank you!!

- Evelyn Ames

WWURA Calendar 2017

January

18—Travelogue –Ted Stannard on China
Squalicum Yacht Club

February

7—Board Meeting
17—WWURA Lunch—Northwood Hall
Speaker, Jeff Carroll - Huntington's Disease

March

7—Board Meeting
15—Travelogue—Gail Adele on Papua New Guinea

April

4—Board Meeting
19—Travelogue—Peggy Loudon on Spain and Portugal
21—WWURA Lunch—Northwood Hall
Speaker, Melissa Rice

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