



# WWURA NEWS

October 2017

www.wwu.edu/wwura

Serving Retired Faculty and Staff

## President's Note



What a beautiful fall we are having. Leaves are changing and temperatures are dropping. Hope you have had a chance to get out and see the beautiful fall foliage.

We have our Fall Luncheon coming up on October 20<sup>th</sup>. Our speaker will be **Robert Fix**, Executive Director, Port of Bellingham. We'll have a chance to learn about what is happening at the Port. Be sure to read the article with full particulars and send in your reservation form (see page 5).

We were able to fix our old speaker system for a nominal fee so we won't have to buy a new one. Thanks, **Lina Zeine**, for your work on this and thanks to **Sam Porter** for investigating the purchase of a new system so we have a backup plan should our system fail again.

We have printed more of our lovely WWURA brochures and will have copies at the Luncheons and Travelogues. It is a great way to promote WWURA and answer questions a person interested in joining might have. Be sure and pick up a few copies.

I also wanted to let our members know that it is my understanding all WWU retirees can get a free yearly parking pass. Call the Parking Office to see if you are eligible.

See you all at the Luncheon,

**-Peggy Loudon**

## WWURA's Fall Luncheon Friday, October 20, 2017 Northwood Hall, 11:30 a.m. 3240 Northwest Avenue

**Speaker, Robert Fix, Executive Director,  
Port of Bellingham**



The October luncheon will provide answers to questions all of us in Bellingham frequently ask:

- What is all that activity on the waterfront—the ships, boats, log acquisition, and many activities one observes?
- And what is the current status of WWU's involvement?

Mr. Fix will give a presentation on the scope and mission of the Port and answer questions about the past, present and future of this important agency.

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## **2017 October Health Notes by Evelyn Ames Balance Disorders - *Vertigo!***

Vertigo? What does it mean? Whose vulnerable? What are treatments for balance disorders? October's notes are not about Hitchcock's famous film "Vertigo" with Jimmy Stewart and Kim Novak but why people of our age are experiencing this health issue. "Vertigo refers to a sense of dizziness. It is a symptom of a range of conditions. It can happen when there is a problem with the ear, brain, or sensory nerve pathway."

What is a balance disorder? It is a condition that makes one feel unsteady or dizzy. Whether standing, sitting, or lying down, a person might feel a moving, spinning or floating sensation. If walking, one might suddenly feel like tipping over. The estimate is that four of 10 Americans experience will experience an episode of dizziness. Balance disorders can impact daily activities and lead to psychological or emotional issues.

Symptoms: staggering or teetering when walking or falling when trying to stand up. Other symptoms: spinning sensation, feeling as if one is going to fall, lightheadedness, faintness, floating sensation, blurred vision, or disorientation. Other symptoms may include nausea/vomiting, fear/anxiety/panic, and changes in blood pressure and heart rate. Symptoms may come and go or last a long time.

Causes: medications, ear infections, head injury, buildup of ear wax, or other issues affecting the inner ear or brain. Low blood pressure may cause one to feel dizzy when standing up too soon. Eye muscle imbalance or arthritis can be causes. Just getting older affects balance! Many balance disorders start suddenly with no obvious cause!

Benign paroxysmal positional vertigo (BPPV): the vestibular labyrinth (tiny organ in the ear) includes three semicircular canals that contain fluid and fine, hair-like sensors that monitor the rotation of the head. The otolith organs in the ear monitor movements (up and down, right and left, back and forth) of the head's position to gravity. Otolith organs contain crystals that make one sensitive to gravity. Sometimes these crystals become dislodged and move into one of the semicircular canals, causing a person to feel dizzy with head position changes. Symptoms commonly last less than one minute. Episodes of BPPV can disappear and then recur. Episodes generally are brought about by a change in one's head position. BPPV is more common in people 50 and older and in women. If experiencing dizziness associated with benign paroxysmal positional vertigo (BPPV), consider these tips: Be aware of the possibility of losing balance; sit down immediately when feeling dizzy; use good lighting if getting up at night; walk with a cane for stability if at risk of falling; and work closely with health care provider to manage symptoms effectively.

When to seek medical help. NIDCD (National Institute on Deafness and Other Communication Disorders) suggests people seek help if they answer yes to any of the following questions: Do I feel unsteady? Do I feel as if the room is spinning around me? Do I feel as if I'm moving when I know I'm sitting or standing still? Do I lose my balance and fall? Do I feel as if I'm falling? Do I feel lightheaded or as if I might faint? Do I have blurred vision? Do I ever feel disoriented—losing my sense of time or location?

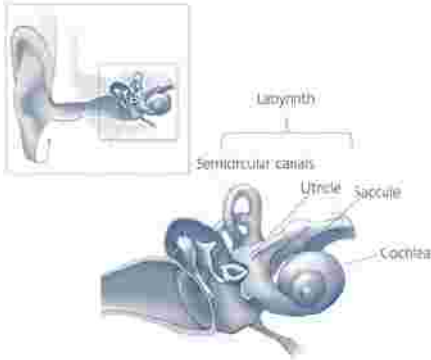
What is happening in research: studies are using mice to look at the molecular mechanism that regulates the development of the inner ear. Researchers are testing vestibular prostheses (miniature devices similar to cochlear implants) to regulate function of balance organs in the inner ear. Additional studies are looking at the effectiveness of different types of exercises (e.g., canalith repositioning) to treat balance disorders. Virtual reality technology is another study with human subjects.

*(cont'd next page)*

## Health Notes, cont'd

Sources: <https://www.nidcd.nih.gov/health/balance-disorders>  
<http://www.mayoclinic.org/diseases-conditions/vertigo/basics/definition/con-20028216>  
<http://www.medicalnewstoday.com/knowledge/160900/vertigo-causes-symptoms-treatments>

Structures of balance system inside  
inner ear (NIH Medical Arts)



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## Book Review

### *Americanah* by Chimamanda Ngozi Adichie: A Review

This marvelous novel slipped by us. Four years ago it was a best seller and award winner. Our author, Adichie, is a Nigerian woman, a MacArthur Fellow, and recipient of other honors, who lives in Nigeria and the US. The title of her novel is a nickname give to Nigerians who take on American affectations. It names Ifemelu, the heroine (if I may use that word) of *Americanah*.

Adichie structures her novel so that she can record her astute, sometimes piercing observations about society in Nigeria, Britain, and especially America. By having the central couple, Ifemelu and Obinze, fall into lasting love in high school and then travel to America and Britain, respectively. Both are children of middle class parents, whip smart, highly principled, and enamored of America.

In America, Ifemelu discovers that she is black—that is, she is surprised to learn that the color of her skin is regarded as one of the most important things about her. After struggling to find her way financially, Ifemelu establishes herself almost by accident. She starts a blog commenting about race in America. She explains race to non-American blacks and the experience of black people to non-black Americans. It is wildly successful and garners Ifemelu an income, a career as a public lecturer, and ultimately a Princeton fellowship. Her observations—and I assume, Adichie’s—are trenchant, accurate, never mean-spirited. Here’s a brief example: “Imagine Obama, skin the color of a toasted almond, hair kinky, saying to a census worker—I’m kind of white. Sure you are, she’ll say.”

After fifteen years here, Ifemelu returns to Nigeria and follows a similar trajectory, first struggling, then succeeding. And she earns and gets her nickname. Obinze appears, married. The resolution is not an easy one.

Adiche and Efemelu express their comments about the societies they experience are closely observed, piercing, sometimes amused, sometimes critical, but like Ifemelu’s blog never, ever mean-spirited. Like Ifemelu, Adichie sees America with clarity and loves us anyway. The writing is beautiful. I was sorry to see this wonderful novel come to an end.

**-Bob McDonnell**

## OCTOBER 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](mailto:dfmoore12@gmail.com)

We will meet October 17th at 2:30 pm at the home of Donna Moore 1200 Birch Falls Dr.

October's book is *The Soul of an Octopus* by Sy Montgomery, discussion leader and treats - Donna Moore

November's book is *Thank You for Being Late: An Optimists Guide to Thriving in the Age of Acceleration* by Thomas Friedman

**BRIDGE GROUP**—The bridge group will meet Tuesday, October 24th at the home of Caryl Hinckley, 1804 Taylor St., 360-739-1036, [carylhinckley@hotmail.com](mailto:carylhinckley@hotmail.com)

We are looking for a few more bridge players. If you would like to join our friendly, fun bridge group, please call Caryl and let her know.

**INFORMAL DINING** -- Janet Berg, 360-733-4654, [janetlila@hotmail.com](mailto:janetlila@hotmail.com)

Informal dining starts again this month! Check you email for the roster and schedule.

**OPERA GROUP**--Evelyn Ames, 360-734-3184, [evelyn.ames@wwu.edu](mailto:evelyn.ames@wwu.edu)

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

Met HD: Oct. 7, Norma; Oct. 14

Seattle Opera: Oct. 14-28 Barber of Seville

Pacific Northwest Opera: Oct. 27-Nov.5 Tales of Hoffman

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

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

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

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

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

**PLAY READING**—Margaret Woll, 360-734-8427, [mhildeb408@aol.com](mailto:mhildeb408@aol.com) we will meet Monday, Oct. 23rd, 2017 at the home of Margaret & John Woll, 208 Highland Dr.

We will finish reading *The Importance of Being Ernest* by Oscar Wilde.

**WRITER'S GROUP** -Lynne Masland, 360-676-9821 [lmassland@comcast.net](mailto:lmassland@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!!

WWURA's November travelogue will be held **November 15th at 6:30 p.m.** The topic, an exciting one, is "Zambia Adventures with World Bicycle Relief and a Lion-filled Safari!" As usual, it will be held at the Squaticum Yacht Club and dessert will precede the 7:00 presentation.



## WWURA Calendar –2017

### October

20—WWURA Lunch –Northwood Hall  
Speaker, Robert Fix—Port of Bellingham

### November

7—Board Meeting  
15—Travelogue –Squalicum Yacht Club  
Matt Krogh -Zambia Adventures

### December

5—Board Meeting  
9—Arthritis Foundation Jingle Bell Run/Walk  
20—Holiday Party –Squalicum Yacht Club

## WWURA's Jingle Bell Team

Join in the fun as Bellingham celebrates its 30<sup>th</sup> year in the Arthritis Foundation's Jingle Bell Run/Walk (second Saturday in December). *Bellingham was 5<sup>th</sup> in the nation last year.* You can walk, run, or jingle at home in your jammies.

Check the website at Bellingham JBR and find WWURA's team to register. All monies raised go to finding a cure for arthritic diseases.

**- Evelyn Ames, Team Captain**  
(360) 734-3184



Visiting in the Buffet Line—2017 Summer Picnic/Annual Meeting



Outgoing President Ron Ward Receiving Gift

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## Reservation Form WWURA Fall Luncheon 11:30 a.m., October 20, 2017 Northwood Hall, 3240 Northwest Avenue

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

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

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

### Reservation Deadline is Monday Oct 16, 2017

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

**Western Washington University**  
**Retirement Assoc. ( WWURA )**  
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