



WWURA NEWS

September 2017

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note

Summer is almost over and our WWURA year is beginning. I hope you had a lovely summer and are ready to join in on all the fun activities WWURA has to offer this year. When you read this **Donna Moore** and I will be just returning from Africa. We will be back in time for the September Travelogue and look forward to seeing **George Kriz's** presentation on New England Lighthouses and socializing with our WWURA friends. **Suzanne Krogh**, Travelogue Chair, and her committee has done a great job gathering speakers for the year and we have some excellent presentations coming up. Our luncheon speakers have also been chosen and **Sam Porter**, Program Chair, is working to finalize the lineup. I think you will be pleased with the results. Be sure to save-the-date, 10/20, for our October luncheon.

At the summer retreat the board decided to increase our scholarship to \$2,500 this year. We also discussed adding to our WWU Foundation endowment. Please consider donating to the scholarship fund, it is one of the ways we give back to the University.

Ron Ward, Lynne Masland, Evelyn Ames and I met with **President Randhawa** and discussed a variety of topics. He suggested we have our WWURA Website linked to WWU's home page to give us more visibility. We also talked about help with funding our newsletter and asked for \$1,500. We should know by the September board meeting if our request has been granted. Perhaps we can use the funds saved from the newsletter to increase our endowment.

I have updated our listing in the on-line Campus Directory and am having our mail held at Mail Services to make it easier to retrieve. If you have any suggestions for ways we can improve WWURA please send them to me. I look forward to hearing from you.

See you in September,

-Peggy Loudon

WWURA Travelogue

“A Lighthouse Tour of New England (History Included)”

Wednesday, September 20, 2017

6:30 pm Socializing—7:00 p.m. Presentation
 Squaticum Yacht Club
 2633 South Harbor Loop Rd



George Kriz, retired Chemistry faculty member, will speak about his recent road trip to visit many of the lighthouses in Rhode Island, Massachusetts, New Hampshire, and Maine. Along the way he will offer some glimpses into the history of American lighthouses.

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.

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

Inside :

Health Notes	p. 2
Interest Groups	p. 3
Mark your Calendar	p. 3
Renewed your Membership Yet?	p. 3
Poetry Corner	p. 4
Jingle Bell Walk/Run	p. 4
WWURA Calendar	p. 4
Membership Renewal Form	p. 5
Informal Dining	p. 5
WWURA Board & Committee Roster	p. 6
Book Review	p. 7

Health Notes by Evelyn Ames

Shingles and Vaccination

Had chicken pox as a child or as an adult? Chickenpox is caused by varicella-zoster, a herpes virus that is a common childhood illness and one that is highly contagious. If an adult develops chickenpox, the illness may be more severe. After a person has had chickenpox, the varicella-zoster virus can remain inactive in the body for many years. Herpes zoster (shingles) occurs when the virus becomes active again. The risk of shingles and post-herpetic neuralgia (PHN) increases as one gets older. The Centers for Disease Control and Prevention (CDC) recommends that people 60 years old and older get shingles vaccine to prevent shingles and PHN. People should get the vaccine whether they recall having had chickenpox. Studies show that more than 99% of Americans aged 40 and older have had chickenpox, even if they don't remember getting the disease. There is no maximum age for getting shingles vaccine but there is a recommended minimum age.

Who Should Get Shingles Vaccine? People 60 years of age or older. Protection from shingles vaccine lasts about 5 years. CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. Adults vaccinated before they are 60 years should discuss the risks and benefits with a healthcare provider. Even if one has had shingles, a shingles vaccine can help prevent future occurrences of the disease. There is no specific length of time a person must wait after having shingles before receiving the shingles vaccine, but generally it is best to make sure the shingles rash has disappeared before getting vaccinated. The decision on when to get vaccinated should be made with one's healthcare provider. The risks of developing shingles as one gets older are greater as well as complications are greater.

Who Should Not Get Shingles Vaccine? People who have ever had a life-threatening or severe allergic reaction to gelatin, the antibiotic neomycin, or any other component of shingles vaccine; those with a weakened immune system because of HIV/AIDS or another disease that affects the immune system, treatment with drugs that affect the immune system, such as steroids, cancer treatment such as radiation or chemotherapy, or cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma; and women who are or might be pregnant.

The Shingles Vaccine Itself. Shingles vaccine has been used since 2006. Zostavax® is the only shingles vaccine currently approved for use in the United States. It reduces the risk of developing shingles by 51% and PHN by 67%. It is given in one dose as a shot and can be given in a doctor's office or pharmacy.

How to Pay for Shingles Vaccine? There are several ways shingles vaccine may be paid for: Medicare Part D plans cover the shingles vaccine, but there may be a cost depending on one's plan. There may be a copay, or one may need to pay in full then get reimbursed for a certain amount.

Medicare Part B does **not** cover the shingles vaccine.

Medicaid may or may not cover the vaccine. Contact insurer to find out.

Private health insurance plans: most cover the vaccine for people 60 years or older.

Vaccine assistance programs: some pharmaceutical companies provide vaccines to those who cannot afford them. Information is available at "patient assistance program" at companies that include Zostavax or check <https://vaccinefinder.org/>.

References:

<https://www.cdc.gov/vaccines/vpd/shingles/public/index.html>

<http://www.mayoclinic.org/diseases-conditions/shingles/expert-answers/shingles-vaccine/faq-20057859>

<http://health.mo.gov/living/healthcondiseases/communicable/chickenpox.php>

September 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 Sept. 19 at 2:30 pm at the home of Barb Evans, 715 N Garden St. #502, 360-650-9724.

September's book is *Fifth Chinese Daughter* by Jade Wong, discussion leader and treats- Pat Clarke

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

BRIDGE GROUP—The bridge group will meet Tuesday, Sept. 26 at 1:30. Place to be announced.

Watch your email!

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

Informal dining will start again in October 2017. Watch your email!

OPERA GROUP--Evelyn Ames, 360-734-3184, <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> we will

meet September 25, 2017 at the home of Margaret & John Woll, 208 Highland Dr.

SKIING: Charlie, Mel and Howard have hung up their skies! Does anyone want to ski this winter? Downhill or cross country?

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.



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 over-due*.

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

Mark your Calendar

For the WWURA Luncheon
October 20th at Northwood Hall
Speaker: **Jill McIntyre Witt** -
WWU Peace Crops Representative .

Poetry Corner

Early Morning Sarajevo, 2007

How it usually goes:

The melodic whine of a crone in her rags,
 begging for coins,
The rhythmic chant from a mother too young,
 rocking her infant
The arrogant demands made by pubescent boys
 hovering too close.
Different? No, much the same...
Just pleas for dinner or pay for the boss
 who'd never stoop to beg.

But a sameness in their hands...
Arm outstretched and palm to the sky,
fingers curled up in a letter "C"
but almost never silently.
Mysterious words in a Roma tone
a practiced, insistent, perpetual drone.

But not today.

As I step on the footbridge I see her
 coming toward me with purposeful step.
Head covered, skirt long, but no rags
 that would surely give her away.
I smile, unsuspecting.
She smiles back, surprised.
But her fingers, with a mind of their own,
 emerge from her skirt in a "C".
My smile fades and she hides them quickly,
 once she sees their effect on me.
"Dobro jutro," she whispers shyly.
"Dobro jutro," I say, and I smile.

We are, you know, just two women on a bridge
 wishing each other good morning.
Much too early for commerce, although for her
 my smile has come at a price.

-Suzanne Krogh, 2017

[Jump to Toolbar](#)

2017 December Bellingham Jingle Bell Walk/Run:



It is not too early to get prepared for our event (always the second Saturday in December). The local web site is up and running, meaning registration is open. Look for WWURA team. Contact Evelyn Ames, team captain if you need information. You can jingle in your jammies for registration fee of \$30 which does not increase.

(<http://www.jbr.org/faf/home/default.asp?ievent=1173468>) For others, the fee schedule is:

1 mile/5k Registration Increases \$5.00	9/1/2017
Kids Run & 1 mile/5k Registration Increases \$5.00	11/1/2017
Jingle Bell Express Pass Registration Closes	11/15/2017
Online Registration Closes. Price Increases for Day-of Event Registration.	12/1/2017

WWURA Calendar –2017

September

20—Travelogue—Squalicum Yacht Club
George Kriz-New England Lighthouses

October

3—Board Meeting
20—WWURA Lunch –Northwood Hall
Speaker -**Jill McIntyre Witt**-Peace Corps

November

7—Board Meeting
15—Travelogue –Squalicum Yacht Club
Shirley Osterhaus, Thailand

December

5—Board Meeting
TBA—Holiday Party –Squalicum Yacht Club

WWURA Membership Application or Renewal Form 2017-2018

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.)

Informal Dining *"It's a great way to get better acquainted with fellow members of WWURA."*



Here's how it works. Groups of 7 or 8, chosen randomly, meet for an informal dinner each month. There is a different hostess/host each month and generally most people do not need to be a hostess/host more than once during the season.

The hostess/host (who usually provides the entree) canvasses members of the group to select a convenient date and finds out what side dish (think appetizers, salad, dessert, bread, wine) he/she would like to bring. If you are single and don't have space to seat 8 people, it is possible to serve as a co-host where another informal diner provides the house and table settings and you provide the entree and carry out the other hostess duties.

A schedule for the season (starting in October and running through April) is now under construction and we would like to include up to eight more people. **Call Jan Berg by September 14th** (360-733-4654) or email her at <janetlila@hotmail.com> to talk to her about being part of Informal Dining.

**Western Washington University Retirement Association
Board of Directors—2017-2018**

Officers

President	Margaret Loudon	360-733-6052	peggylou99@gmail.com
Past President	Evelyn Ames	360-734-3184	evelyn.ames@wwu.edu
President Elect	TBA		
Secretary	Donna Moore	360-733-5769	dfmoore12@gmail.com
Treasurer	Norm Lindquist	360-647-1428	norm@silverbeach.com

Board(end year)

2018)	Margaret Belzek	360-714-1156	frabelz@comcast.net
2018)	George Kriz	360-966-3646	gkriz4@comcast.net
2018)	Suzanne Krogh	360-733-5181	360-647-2028
2019)	Margaret Loudon	360-733-6052	peggylou99@gmail.com
2019)	Bob McDonnell	360-650-0626	bobmcdonnell1628@gmail.com
2019)	Lina Zeine	360-734-7408	lzeine@comcast.net
2020)	Chris Gerhold	360-733-9265	chrisandgeorge@comcast.net
2020)	Sam Porter	360-734-1310	snjort@gmail.com
2020)	Margaret Woll	360-734-8427	mhildeb408@aol.com

Committees

Chairs

Book and Film	Bob McDonnell	360-650-0626	bobmcdonnell1628@gmail.com
Health	Evelyn Ames	360-734-3184	evelyn.ames@wwu.edu
Hospitality	Christine Gerhold	360-733-9265	chrisandgeorge@comcast.net
	Margaret Belzek	360-714-1156	frabelz@comcast.net
Membership	Barbara Evans	360-650-9724	barbandhoward@comcast.net
Newsletter	Margaret Woll	360-734-8427	mhildeb408@aol.com
Program	Sam Porter	360-734-1310	snjort@gmail.com
Publicity	George Kriz	360-966-3646	gkriz4@comcast.net
Travelogue	Suzanne Krogh	360-647-2028	slkrogh@comcast.net
Web Page	TBA		
E-Mail	Barbara Evans	360-650-9724	barbandhoward@comcast.net
WWURA Mailing	WWU Retirement 516 High Street		Bellingham, WA 98225-9020

Interest Groups Contact Person

Book Group	Donna Moore	360-733-5769	dfmoore12@gmail.com
Bridge Group	TBA		
Informal Dining	Jan Berg	360-733-4654	janetlila@hotmail.com
Opera Group	Evelyn Ames	360-734-3184	evelyn.ames@wwu.edu
Play Reading Group	Margaret Woll	360-734-8427	mhildeb408@aol.com
Skiing	Charlie Way	360-734-0649	cybway@aol.com
Writers Group	Troy Faith Ward		ron.ward740@gmail.com
WWURA Mailing	516 High Street Bellingham, WA		98225-9020

Book Review

You Don't Have to Say You Love Me by Sherman Alexei: A Review

Alexei opens this powerful, disturbing, and moving memoir by telling us indirectly about the world he survived—about a New Year's Eve party his alcoholic parents gave at their home on the Spokane Indian Reservation in the early 70s. The guests were extended family, friends, tribal members. It was a noisy, exuberant affair. Among the guests were two men known to be guilty of murder, one man who later would kill someone, and a guest who had earlier sexually abused Sherman Alexie. He describes how he maintained during the party a wary knowledge of where that man was. At the time Alexei was 6 to 8 years old.

The party reveals some of the contradictory aspects of Alexei's world—alcoholism, sexual and physical violence, joyous celebration, close tribal ties. Additionally there is the grinding poverty on the reservation. As if that were not challenge enough, Alexei was born hydrocephalic, and thus underwent corrective surgery at age 2 months. He suffered seizures until he was 7 years old. As an adolescent he had disfiguring acne. He has perhaps not transcended but certainly triumphed over it all.

His greatest burden—and his greatest blessing—was, however, his mother. She was the greatest contradiction in his life. In another writing, Alexei describes her as “brilliant, funny, beautiful, generous, vindictive, deceitful, tender, manipulative, abusive, loving, and intimidating.” Much of the memoir is devoted to Sherman's painful relationship with her and to his struggle to make sense of it. Alexei makes clear that the struggle continues to this day.

A reader might well wonder how Alexei survived it all. During high school, he left the reservation to attend school in a small, mostly white town, and his talents were for the first time recognized. He was a star basketball player and president of his class. His academic performance earned him a scholarship to Gonzaga University, from which he transferred to Washington State University, dropping out just three units short of graduation.

You Don't Have to Say You Love Me reveals the extraordinary circumstances in which Alexei lived and somehow eventually thrived. One excruciating example: Alexei's mother's bewildering emotional nature may be explained partly by her having been raped and also being the result of a rape. So it is not surprising that Alexei expresses himself in strong language. Readers need to be prepared for Alexei's generous use of the f-bomb.

Alexei lives now in Seattle with his wife and two sons. Recently he cut short his book tour for this book—because he feels an appearance of his mother in a dream indicated he should do so. . . . Alexei's memoir will stay with me for a long time.

- Bob McDonnell

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