



# WWURA NEWS

April 2018

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Serving Retired Faculty and Staff

## **WWURA Travelogue**

**Wednesday, April 18, 2018**

**6:30 p.m. socializing; 7:00 p.m. Presentation**

Squalicum Yacht Club, 2633 South Harbor Loop Rd.

**Presenters: Rich and Stephanie Bowers**

### **“Bears of Alaska and British Columbia”**

Last year in October, Rich and Steph traveled out of Bella Bella and into the Great Bear Rainforest and the Fiordland Conservancy aboard the 70 ft. sailboat the Achiever. The Achiever is the working sloop of the Raincoast Conservation Foundation, a nonprofit dedicated to protecting wildlife and eliminating trophy hunting in the 21-million-acre wilderness sometimes referred to as the Amazon of the North. The purpose of the trip was to buy out hunting licenses, replacing guns with cameras. Soon after this trip (Nov. 30, 2017), trophy hunting for grizzly was eliminated in all of British Columbia and all hunting of grizzlies was stopped in the Great Bear Rainforest. Unfortunately it is still legal to hunt black bear and wolves (fuel for yet another trip?).

Travel with Rich and Steph as they showcase the phenomenal habitat, wildlife and scenery of Vancouver Island's Wild West Coast, Bella Coola, Bella Bella, and Stewart, Hyder, Admiralty Inlet, Anchorage, Denali, Fairbanks, and the capital of the Yukon, Whitehorse, located on the Alaskan Highway and the largest city in Northern Canada. In addition to bears, you will see wolf tracks on the sand, spawning salmon, owls and other birds of prey, caribou, whales, northern lights, and valleys, mountains and vistas of unsurpassed grandeur.

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.

## **WWURA's**

### **Spring Luncheon**

**Friday, April 13, 2018**

**Northwood Hall, 11:30 a.m.**

**3240 Northwest Avenue**

### **Speakers- Ambassador and Mrs. John Koenig**

For all good reasons, Bellingham often attracts distinguished retirees who continue their notable work in this community. This is especially true in the case of Ambassador and Mrs. John Koenig, who came to Bellingham in 2015 and bring an interesting and important background in the U.S. Foreign Service.

The Koenigs met at the University of Washington, served in the diplomatic service in the Philippines, East Berlin, Washington DC, Indonesia, Cypress, and Athens, and speak the language of most of those places.

Prior to his work as Ambassador to Cypress, Mr. Koenig also served as Head of the Military Office in Greece, Deputy Chief of NATO under George Bush, and Acting Ambassador and Chief of Mission in Berlin.

At the WWURA Spring Luncheon, April 13, the Koenigs will share some anecdotes and observations about their careers in the foreign service and reflect on the U.S. involvement overseas.

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A variety of “detoxification” (“detox”) diets and regimens, also termed cleanses or flushes, are suggested as ways by which people can remove toxins from their bodies. They are also suggested as a way for losing weight. The theory behind cleanses is that by eliminating solid foods or specific food groups, toxins are eliminated. Supposedly this gives the digestive system a break and allows it to heal. There is no conclusive medical evidence that the digestive tract will heal from skipping solid foods (this does not hold true for those with a digestive disorder such as celiac disease or Crohn’s disease. A most important fact that is that the body naturally de-tox’s itself through its own **digestive tract, liver, kidneys and skin**. These organs are responsible for breaking down toxins for elimination through urine, stool or sweat. The body is meant to detox itself.

Detox programs involve a variety of approaches such as:

- Fasting: “a willing abstinence or reduction from some or all food, drink, or both, for a certain period of time. An absolute fast or dry fast is normally defined as abstinence from all food and liquid for a defined period, usually 24 hours.” Water fasting is drinking water but nothing else.
- Consuming only juices or other liquids for several days.
- Eating a very restricted selection of foods that often involve omitting protein and dairy.
- Using various dietary supplements or other commercial products.
- Cleansing the colon (lower intestinal tract) with enemas, laxatives, or colon hydrotherapy, also called “colonic irrigation” or “colonics”).

The *National Center for Complementary and Integrative Health* reports no convincing evidence that detox or cleansing programs actually remove toxins in a person’s body or that they improve one’s health. Weight loss on a detox diet probably occurs because these diets are often very low in calories. Some products and procedures used in detox/cleansing programs may be harmful to one’s health and recommend avoiding them.

- The U.S. Food and Drug Administration ([FDA](#)) and Federal Trade Commission have taken action against several companies selling detox/cleansing products because they contained illegal, potentially harmful ingredients; were marketed using false claims that they could treat serious diseases; or (in the case of medical devices used for colon cleansing) were marketed for unapproved uses.
- Juices that haven’t been pasteurized or treated in other ways to kill harmful bacteria can make people sick. The illnesses can be serious in children, elderly people, and those with weakened immune systems.
- Drinking large quantities of juice may be risky for people with kidney disease because some juices are high in oxalate, which can worsen kidney problems.
- People with diabetes should follow the eating plan recommended by their health care team. Diabetics are encouraged to consult their health care provider before making major changes in eating habits, such as going on a detox diet.
- Diets that severely restrict calories or the types of food that one usually eats don’t lead to lasting weight loss and may not provide all the nutrients needed.
- Colon cleansing procedures may have side effects, some of which can be serious. Harmful effects are more likely in people with a history of gastrointestinal disease, colon surgery, kidney disease, or heart disease.
- Detoxification programs often include laxatives, which can cause diarrhea severe enough to lead to dehydration and electrolyte imbalances and many trips to the bathroom.
- Fasting can cause headaches, fainting, weakness, dehydration, and hunger pangs.

## Health Notes, cont'd

Major thought: allow your body's own "natural" processes to take care of elimination.

Resources: <https://nccih.nih.gov/health/detoxes-cleanses>  
<https://health.clevelandclinic.org/are-you-planning-a-cleanse-or-detox-read-this-first/>  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/detox-diets/faq-20058040>

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### President's Note

Weather has been terrible lately, snow, rain, cold, typical spring weather. Since I just got back from Texas where it was in the 80's, I'm freezing. Hope we have good weather for the Skagit Valley Tulip Festival, one of my favorite events.

Don't forget to vote in the election this month. We have some excellent members who have stepped up to serve and they need your support. April also brings a travelogue and luncheon, a very busy month. Please be sure to register early for the luncheon, I expect it will be a well-attended event and I wouldn't want anyone to miss it because they waited too long to register.

Happy April showers to you all, can't wait for all the flowers the rain will bring.

**-Peggy Loudon**

### WWURA Calendar 2018

#### April

3—Board Meeting

13—WWURA Lunch

Speaker—**Ambassador John Koenig**

18—Travelogue—"Bears of Alaska & British Columbia"

Presenters -**Rich & Stephanie Bowers**

#### May

1—Board Meeting

#### June

5—Board Meeting

#### July

3—Picnic-Annual Meeting

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### Reservation Form—WWURA Spring Luncheon

11:30 a.m., Friday, April 13, 2018

Northwood Hall, 3240 Northwest Avenue

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

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

Amount Enclosed \_\_\_\_\_ (\$17 member \$19 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 10th**

## Book Review

### *How Democracies Die* by Steven Levitsky and Daniel Ziblatt: A Review

This important book taking as its task the defense of our democracy will please opponents of President Trump—until the final chapter. I'll get to that. First, I need to tell you that the authors—both professors of political science at Harvard whose specialty is the lives and deaths of democracies—identify President Trump as a danger to the survival of democracy in the US.

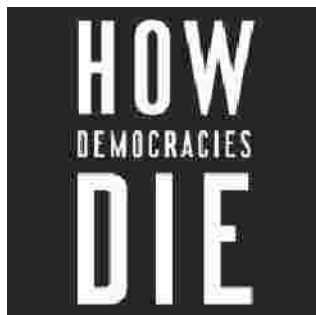
On the basis of their knowledge of history, Levitsky and Ziblatt identify four characteristics of authoritarianism: “rejection of (or weak commitment to) democratic rules of the game, denial of the political legitimacy of political opponents, toleration or encouragement of violence, readiness to curtail liberties of opponents, including media.” They find that President Trump scores on all four categories.

They identify several shifts from democracy to authoritarian regimes through democratic process: Nazi Germany, Fascist Italy, the Philippines under Marcos, Turkey under Erdogan, and others. The possibility of such a shift, they say, is greatly enhanced by political polarization, instancing especially Hitler's rise to power when the political right and left could not form a coalition government, leaving President Paul Hindenburg at a loss for naming a chancellor who could form a government and finally turning to Hitler, whom the right and left politicians were confident they could control. The rest is history.

Of course they note our current political polarization. But they do not despair. They instance several times when political opponents moderated their actions to avoid polarization and promoted democracy. For me, their most powerful example is Germany after World War II, with the result that Germany is a bastion of democracy and of the European Union.

The moral and political lesson Levitsky and Ziblatt draw in their final chapter is that we must begin the arduous labor of healing our polarization. If we are loathe to speak with people whose politics we abhor, that's the sign of how imperative this labor is.

- Bob McDonnell



## **The Palapa Foundation, Todos Santos, Mexico**

### **A Worthy Non-Profit identified by Suzanne Krogh**

In early February, a visit to Todos Santos introduced me to a newly established private school for local children. It began in fall, 2017 with just two classes – a seventh and an eighth grade. Each year a new grade will be added until both middle and high school grades will be included. The primary goal of the school is to educate local children who will become community leaders. Currently, about 80% of the students have been provided scholarships.

The Palapa Foundation has been active in the area for about 15 years, originating with an American woman who was asked to teach a few local children to speak English. Since that time, there has been a growing interest in learning English by both adults and children. In addition, a lending library has been established and summer programs for local children have been added. The Foundation has also been active in post-hurricane repair of Todos Santos homes. It was an ex-pat couple that provided funds to build the new school and library, while its design and engineering were overseen by local people who had received some of their education with the help of the Foundation.

As of now, the primary need of the Palapa Foundation is books in Spanish for the library. Most especially needed are young adult books for the middle school students. In addition, books in both Spanish and English by well-known Latin American and Mexican authors, as well as graphic novels, would be welcome.

Monetary contributions as well as the books themselves are appreciated. Please contact me for more information or to contribute: [Suzanne.Krogh@wwu.edu](mailto:Suzanne.Krogh@wwu.edu). To learn more about the Foundation and school, see [Palapasociety.org](http://Palapasociety.org).

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### **Writers' Group**

Having no original pieces short enough for our usual "corner," the writers' group offers you a collection of some favorite quotes about springtime. Enjoy the increasing light and warmth and color.

"Is the spring coming?" he said. "What is it like?"...

"It is the sun shining on the rain and the rain falling on the sunshine..."

? [Frances Hodgson Burnett, \*The Secret Garden\*](#)

"...a southern mountain spring....a radiant, productive, newborn world alive with the zip of insects and the fussy twitter of birds - a world bursting with fresh wholesome air and that rich, velvety, lung-filling smell of chlorophyll you get when you push through low, leafy branches. Above all, there would be wildflowers in dazzling profusion...." --Bill Bryson, *A Walk in the Woods*

"April's air stirs in

Willow-leaves...a butterfly

Floats and balances" ? [Matsuo Basho, \*Japanese Haiku\*](#)

"The first day of spring was once the time for taking the young virgins into the fields, there in dalliance to set an example in fertility for nature to follow. Now we just set the clocks an hour ahead and change the oil in the crankcase." ? [E.B. White, \*One Man's Meat\*](#)

"It always amazes me to look at the little, wrinkled brown seeds and think of the rainbows in 'em," said Captain Jim. "When I ponder on them seeds I don't find it nowise hard to believe that we've got souls that'll live in other worlds. You couldn't hardly believe there was life in them tiny things, some no bigger than grains of dust, let alone colour and scent, if you hadn't seen the miracle, could you?"

? [L.M. Montgomery, \*Anne's House of Dreams\*](#)

## APRIL 2018 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 on Tuesday, Mar. 20 at the home of Donna Moore, 1200 Birch Falls Dr.

April's book is *The Last Bus to Wisdom* by Ivan Doig; discussion leader-Chris, snacks-Barb Evans

May's book is *You Don't Have to Say You Love Me* by Sherman Alexi; discussion leader-Barb E, snacks Suzanne Krogh

**BRIDGE GROUP**—Caryl Hinckley, 360-739-1036, [carylhinckley@hotmail.com](mailto:carylhinckley@hotmail.com)

The bridge group will meet on Tuesday, April 24, at 1:30 place TBD.

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)

**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.

April 14— *Lusia Miller* (Verdi) 9:30 am

April 28— *Cendrillion* (Massenet) 9:55 am

Pacific Northwest Opera's next opera is *Turandot*.

Friday's, April 6 & 13 at 7:30 p.m.

Sundays, April 8 & 15 at 2:00 p.m.

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)

Play Reading will meet Monday, April 23, at the home of Margaret and John Woll, 208 Highland Dr. We will continue reading plays from the website we used in January.

**WRITER'S GROUP** - Troy Faith Ward, 425-299-8710, [troyfaithward@gmail.com](mailto:troyfaithward@gmail.com).

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

**HAPPY HOUR**—Claire Bowden, 360-206-419-6628 [clairebowden14@gmail.com](mailto:clairebowden14@gmail.com)

This is a new group and will meet on Wednesday April 25, time to be announced.

If you are interested, please call or email Claire.

## Get Acquainted with the Candidates

**Claire Bowden** grew up in New York City. She got a BA from Gettysburg College majoring in math and physics, and an MS from Lehigh University in math/computer science. In 1981, she moved to Seattle to work for Boeing and worked as an Artificial Intelligence Specialist. After 20 years at Boeing, Claire retired and did consulting for 12 years creating projects for Continental Airlines, Toyota, National Cash Register, Hanford Insurance and many banks. She moved to Bellingham 2 years ago, and enjoys the beautiful parks with her little dog. Claire has 3 grown children and 5 grandchildren.

**Kevin Majkut** arrived at Western Washington State College on September 7, 1976 from the University of Tennessee-Knoxville. Until his retirement 38 years later in June of 2014, he worked as an administrator in the Viking Union ending his employment as the Director of Student Activities. His primary responsibility over those years was to develop and maintain a diverse set of programs for Western students providing opportunities for recreation, cultural enrichment, personal skill development, and serving as a “learning lab” in support of academic learning. Some specific responsibilities include the Outdoor Center, KUGS, Ethnic Student Center, Associated Student's Board, the Women’s Center, and student clubs. Among more general WWU responsibilities Kevin accepted a “1 year” appointment to provided administrative support for the Student Academic Grievance and Academic Dishonesty Appeals processes that lasted over 10 years.

**Suzanne Krogh**—In 2011, I retired from Western where I had taught early childhood education since 1990. Just last year I agreed to fill an unexpected vacancy on the WWURA board. I have enjoyed being a member, particularly while serving as chair of the travelogue committee. In that capacity, I have been busy finding presenters for the year while coordinating other requirements of the committee. I would be happy to continue in this task as well as in the more general work of the board, including carrying out other responsibilities as they arise.

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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 20, 2018 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"/> Claire Bowden	Write in <input type="checkbox"/> _____
Staff/Administration	<input type="checkbox"/> Kevin Majkut	Write In <input type="checkbox"/> _____
Faculty	<input type="checkbox"/> Suzanne Krogh	Write In <input type="checkbox"/> _____



Tulips in Skagit County

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