



WWURA NEWS

January 2018

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President Peggy Loudon's Note

Happy New Year from **Dave** and me to all our WWURA members. We wish you all good health and happiness in the New Year.

Our Holiday Party was a rousing success. 39 members attended the party and there was lots of good food and lovely entertainment by **Lou Lippman**. Thank you to all who came early, brought decorations, helped decorate the hall and helped with cleanup. We couldn't have done it without you.

Our next event is the Travelogue on January 17th. **Bob Coventry** and **Roy Clumpner** will show photos of their trip to Churchill, Manitoba. Should be an exciting presentation.

We had a busy board meeting this month. The Board voted to add **Kevin Majkut** as our President Elect and **Claire Bowden** as our Webmaster. Thank you both for stepping up and filling these very important positions. A big thank you to **Sally Majkut** who joined the Hospitality committee and will be in charge of sending cards to our members. If you know of anyone the Board should send a card to please contact Sally.

I read an article about how having friends to visit and staying active in the community helps with longevity. Hope our WWURA functions help you to stay active and involved.

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WWURA Travelogue

Wednesday, January 17, 2018

6:30 pm Socializing—7:00 pm Presentation
Squalicum Yacht Club
2633 South Harbor Loop Rd

“Experiencing the Northern Studies Research Centre at Churchill: The beluga and polar bear capital of Canada”



Bob and Roy in their bug proof hats



In July of 2015 **Bob Coventry** and **Roy Clumpner**, along with their intrepid wives, set out to explore the far north: Churchill, Manitoba. Over the years they had heard about the Northern Studies Research Centre and decided to join others with similar interest in a six-day educational excursion. The journey began in Vancouver, B.C. with an overnight exploring the city of Winnipeg, Manitoba before landing in Churchill.

The research centre focuses on beluga whales, polar bears, birds, tundra and the Northern Lights. Visitors are given an overview of the centre itself and the research currently being undertaken, along with expeditions and excursions including a guided tour of a Hudson Bay Company trading fort and a visit to the town of Churchill. In addition we were exposed to an indigenous Dene elder who described what life was like for her ancestors before the Europeans appeared and life for the Dene afterwards. The highlight of the trip, however, was to learn and kayak among 40,000 beluga whales.

This presentation will provide an overview of the trip and what was learned and experienced.

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..

January 2018 Health Notes by Evelyn Ames

Surviving the Cold Season and Influenza: What's Useful! What's Not!

How much do you know about the common cold? (CDC quiz)

Question 1: Antibiotics will help you recover from common cold? True or False

Question 2: Rhinoviruses are the most common causes of colds. True or False

Question 3: Colds are never serious for anyone. True or False

Question 4: Colds are most common winter and spring. True or False

Question 5: You can get a cold from someone by shaking their hand. True or False

Answers: 1: **False:** Antibiotics do not work against viruses; may make it harder for body to fight future bacterial infections if taken unnecessarily. To feel better with a cold, get lots of rest and drink plenty of water.

2: True: Many different viruses can cause the common cold; rhinoviruses are the most common. Other viruses include respiratory syncytial virus, human parainfluenza viruses, and human metapneumovirus. **3: False:** Young children with symptoms such as temperature higher than 100.4F, symptoms lasting more than 10 days, or symptoms that are severe or unusual. Most people recover from colds within about 7-10 days. People with weakened immune systems, asthma, or conditions that affect the lungs and breathing passages may develop serious illness, such as pneumonia. **4: True:** Most people get colds in the winter and spring, but it's possible to get a cold any time of the year. **5: True:** Viruses that cause colds can spread from infected people to others through the air and close personal contact such as shaking hands with someone who has a cold after they have sneezed or coughed into their hands, or touching a doorknob or phone that has viruses on it, then touching eyes, mouth, or nose.

Note about Rhinoviruses: derived from the Greek for "nose", are the most common infective virus to cause the common cold in humans. There are about 100 identified rhinoviruses that cause the common cold. Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Other symptoms include runny nose, sore throat, and congestion. These symptoms may be accompanied by headache, muscle ache, muscle weakness, malaise and loss of appetite. Most people recover in about 7-10 days. Adults have an average of 2-3 colds per year, and children have even more. Older adults usually have fewer colds since they have already been infected and built some immunity to the 100 or so rhinoviruses.

The good and the highly questionable remedies for the common cold:

Good home remedies (what your granny used): For aches and fever: cool compress or sponge bath. For congestion: chicken soup, nasal irrigation with saltwater rinse, cool mist humidifiers, and steam inhalation (do **not** put anything such as Vick's in water as it contains oily molecules). For cough: honey (works as a demulcent) but avoid giving honey to infants and young children because of botulinum spores. Sore throat: gargling with warm salt water.

OTC drugs: For aches and fever: acetaminophen, ibuprofen, and naproxen (read directions for use and interactions and note contraindications such as the risk of bleeding with NSAIDs if one is prescribed a blood thinner. For congestion: Oxymetazoline nasal spray, phenylephrine, pseudoephedrine, camphor or eucalyptus/menthol rubs. Each carry risks such as skin irritation with rubs or worsening stuffiness if sprays used more than 3 days or if drugs raise blood pressure or worsen glaucoma. For cough: dextromethorphan (cough reflex), guaifenesin (expectorant), topical rubs, and lozenges. Risks include rash with topicals, nausea and sleepiness and rapid heartbeat with drug. Lozenges act as demulcents and increase salivation. Lozenges with zinc are not recommended. For runny nose and sneezing: Several antihistamines are available and promoted but they target allergies not rhinoviruses and are not recommended for common cold symptoms. For sore throat: benzocaine, dyclonine, menthol and chloraseptic sore throat spray. Medicated lozenges provide cooling sensation and may work longer than sprays; menthol drops may affect bleeding if one is on warfarin.

Health Notes, cont'd

Not so good/highly questionable remedies: As for supplements (e.g., echinacea, vitamin C, probiotics, zinc, garlic, homeopathic remedies) the best advice from National Institutes of Health (particularly the CDC), CRConsumer Reports, and the FDA is to save your money. Recall that supplements are not required to be proven safe and effective. Advertising claims such as maximum strength, non-drowsy, night-time, extra strength, and fast are not defined in the Federal Register of FDA. In consumer health, we often call these terms weasel words!

Influenza: Updated synopsis of information from CDC on influenza vaccinations this season: This season, only injectable flu vaccines (flu shots) are recommended. Some flu shots protect against three flu viruses and some protect against four flu viruses.

Options this season include:

[Standard dose flu shots](#). Most are given into the muscle (usually with a needle, but one can be given to some people with a jet injector). One is given [into the skin](#).

[High-dose shots](#) for older people.

[Shots made with adjuvant](#) for older people.

[Shots made with virus grown in cell culture](#).

Shots made using a vaccine production technology ([recombinant vaccine](#)) that does not require the use of flu virus.

[Live attenuated influenza vaccine](#) (LAIV) – or the nasal spray vaccine – is **not** recommended for use during the 2017-2018 season because of concerns about its effectiveness. Getting vaccinated later than October however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Couple of other points: Staying home when having a cold is a good idea but not as important as compared to the flu. Flu is a much more serious illness, especially for the young and older population groups. There is no evidence that antibiotic soaps work better than regular washing hands with soap and water. FDA ordered companies to stop using triclosan in all soaps back in 2017 but read label and look for another compound, chloroxylenol, that should be avoided.

Prevention Tips: Wash hands often with soap and water. Wash them for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer, although not as effective as hand washing. Cold viruses do stay on hands; regular hand washing can help protect people from getting sick.

<https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm#effectiveness>

<https://www.cdc.gov/flu/index.htm>



Poetry Corner

Devotions by Mary Oliver: A Review

I have wanted to review a book of poetry, but it has been difficult to find it. Fortunately Mary Oliver's book fulfills the two criteria I set: a clearly recognized major poet and, above all, accessibility to readers who are not ordinarily attracted to poetry. So, I looked at Seamus Heaney, Nobel laureate, and Billy Collins, one of America's leading and most popular poets. They did not fully pass the accessibility test. Then along comes Mary Oliver's *Devotions*.

Mary Oliver's first volume of poetry was published in 1963. *Devotions* is a selection by the author from her many books of poetry since then. Born in Ohio, Oliver found Provincetown, Massachusetts, and lived a life of walks in nature, close observation, tender recording of her awestruck experiences of nature: pets, air and wind, birds, flowers, leaves, clouds. It seems as though each day must be an intimate revelation to her of how precious our existence is. One small example.

THE STORM

Now through the white orchard my little dog
romps, breaking the new snow
with wild feet.
Running here running there, excited,
Hardly able to stop, he leaps, he spins
until the white snow is written upon
in large exuberant letters,
a long sentence, expressing
the pleasures of the body in this world.
Oh, I could not have said it better myself.

- Bob McDonnell

Tidbit from the Board

Upon hearing a report that Laura Laffrado, award-winning Professor of English at Western, was collecting money to fund a sculpture (bust) of Ella Higginson to be displayed on Western's campus, the Board passed a motion to donate \$100 to this fund.

To learn more about Professor Laffrado's project, Google, "The Ella Higginson Recovery Project"

Worthy Non-Profit

The Bellingham Food Bank is a thriving non-profit that deserves enthusiastic support. According to its website, in 2016 it provided food to 165 THOUSAND clients! That's 1 in 5 households in our community. The Food Bank accepts food contributions and raises its own through its Victory Garden program. Its outreach program includes distribution of food at Christ the King Community Church and at Alderwood Elementary School; the Food Bank also supports the food banks at Blaine, Lynden, Point Roberts, and at other communities. For some of our families, it is of critical assistance. The Bellingham Food Bank also accepts cash contributions and volunteer help. To learn more, visit its website.

WWURA Calendar 2018

January

- 2—Board Meeting
- 17—Travelogue—Bob Coventry & Roy Clumpner, Churchill, Manitoba

February

- 6—Board Meeting
- 16—WWURA Lunch –Bert Webber, Salish Sea

March

- 6—Board Meeting
- 21—Travelogue—Shirley Osterhaus, Africa

April

- 3—Board Meeting
- 13—Luncheon—Ambassador John Koenig
- 18—Travelogue—Stephanie Bowers, West Side of Vancouver Island

May

- 1—Board Meeting

January 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

We will meet on Tuesday, January 16 at the home of Donna Moore, 1200 Birch Falls Dr.

January's book is *The Little Old Lady Who Broke All the Rules* by Engleman-Sunberg.

February's book is *A Gentleman in Moscow* by Amor Knowles.

BRIDGE GROUP— Caryl Hinckley 360-739-1036 carylchinckley@hotmail.com

The bridge group will meet on Tuesday, January 23 at 1:30 pm, 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

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: January 27, 2018 a new production of *Tosca*

February 10, *Electra* (Richard Strauss)

February 24, *La Boheme*

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

Play Reading will meet Monday, January 29, 2018 at the home of Margaret and John Woll, 208 Highland Drive. We will start reading *The Crucible* by Arthur Miller.

WRITER'S GROUP - Troy Faith Ward, 425-299-4924, ron.ward740@gmail.com Meets twice a month.

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

Mark Your Calendar . . .

For WWURA's luncheon on February 16th when **Professor Bert Webber** will



be speaking about "The Salish Sea".

Look for details in the February 2018 Newsletter.

Writer's Group

Time Passes

Time passes.

Sometimes he passes by quietly, unseen;

Often he marches in front me quickly

Waving his baton.

"Hurry up!"

Sometimes he's festive,

Dressed in red and white striped trousers,

A blue jacket,

A tall hat covered with stars,

Baton twirling.

When I'm asleep

He passes by silently;

I don't know he's around.

When I'm walking in the woods

Or watching a butterfly in the garden,

A hummingbird drinks from my flowers.

Then I think time has stopped.

But, no, time always passes.

They say he's related to the

Movement of the planets

And the earth spinning on its axis,

The planets going 'round the sun.

But that's too complicated for me.

All I know is time passes.

He's always with me

At no time does he stop,

That marching timekeeper of the universe.

As long as I am me

Time passes.

Lynne Masland, 2017

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