



# WWURA NEWS

October 2018

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Serving Retired Faculty and Staff

## President's Note by Kevin Majkut

This morning the WWURA Board of Directors had its regular monthly meeting. The coffee was excellent (Thanks, Peggy), the snacks were delightful and refreshing while still healthy, (Thanks, Suzanne) and the discussion was spirited. The Board has been spending some time at recent meetings reviewing the WWURA Scholarship looking for ways to maximize our resources productively for WWU students.

Following the meeting I hopped into the car and headed toward Kalaloch on the Olympic Peninsula. Last year in the first week of October we saw over a hundred whales heading south and we are hoping for a similar experience this year. As I type these comments, although the sky is blue and sunny, the water is a bit rough and the MV Kennewick is being tossed around. Every few minutes there is an announcement about someone's car alarm going off from the bumpy ride.

I hope to be seeing you at the upcoming October lunch/presentation. We are looking for some people to get involved in publicity or with Board leadership as the President Elect. Let's talk if you have an interest in getting involved or getting re-involved again. Good food, a presentation on an interesting and relevant topic, and fellowship...how could this be anything but a great way to spend the early afternoon!

I took the opportunity to take up the invitation to attend the President's Faculty and Staff Convocation...and there was free breakfast. It was enjoyable to watch the "short" program of faculty and staff awards. I also enjoyed the President's speech which is available on his website for your review. For me the mix of aspirational language and facts was in a good balance.

*(cont'd on page 4)*

## WWURA's Fall Luncheon Friday, October 19, 2018 Northwood Hall, 11:30 a.m. 3240 Northwest Avenue

### "The Secret Life of Ocean Gases: Climate Change and New Ways of Observing Oceans"



#### Speaker - Dr. Roberta Hamme

Professor Roberta Hamme is an Assistant Professor of Chemical Oceanography, School of Earth and Ocean Sciences, University of Victoria. She is conducting important research on the chemistry of the ocean as it encounters global climate change.

Professor Hamme will explain new ways of observing ocean changes and using robots to measure oxygen, nutrient, and acidity levels. The presentation will explore some of the more pressing questions in understanding these changes and cycles. Professor Hamme is completing a textbook on these topics and is a popular speaker on the important issues which we encounter as the ocean chemistry changes.

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## Writer's Group

### My Life

Why?

This is my home.

This blue planet sailing around the sun.

I really like it here!

The older I get the harder I cling.

So many doctors and tests

Drinking enough water, exercising, eating little –  
but wisely (if only)

The blue planet supports me so far

My friends and relatives encourage me

But why?

Is my energy and love of life enough?

There are so many stories

Stories made up by humans who also like it here  
and don't want to leave

Unless where they will go afterwards is more  
beautiful and wonderful

Why am I here and where am I going?

“And dreaming through the twilight

That does not rise nor set,

Haply I may remember,

And haply may forget”

### “Song” by Christina Rossetti

When I am dead, my dearest,

Sing no sad songs for me

Plant thou no roses at my head,

Nor shady cypress tree:

Be the green grass above me

With showers and dewdrops wet:

And if thou wilt, remember,

And if thou wilt, forget.

I shall not see the shadows,

I shall not feel the rain;

I shall not hear the nightingale

Sing on as if in pain:

And dreaming through the twilight

That doth not rise nor set,

Haply I may remember,

And haply may forget. (written Dec. 12, 1848)

(Note: haply means perhaps)

**Pat Clarke**

July, 2018

## WWURA's Jingle Bell Team

December's 2018 Jingle Bell Run/Walk event supporting arthritis research: WWURA's Jingle Bell team is registered as a team. Go to the following site and either click on “register” or “donate” and follow instructions. Thanks. Also: I'll bring to the October WWURA luncheon a paper form to register if you do not wish to go online. Evelyn Ames. <https://events.arthritis.org/index.cfm?fuseaction=donordrive.team&teamID=8990>

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## Educational Session on Rheumatoid Arthritis

**November 1, 2018**

**6:00—8:00 p.m.**

**Four Points Sheraton**

Speaker is **Dr. Margaret Kinsella**, a certified rheumatologist. Topics: tips to communicate better with health care providers, setting and tracking personal goals, ways to get optimal treatments and outcomes, and successfully managing RA.

## October 2018 Health Notes by Evelyn Ames

### Cooking Enhances Nutritional Value of Several Vegetables

In a nut shell, so to speak, several vegetables are more nutritious when cooked compared to when eating them raw. Cooking is crucial to our diets as it helps us digest and soften food such as cellulose fiber. For example, cooking boosts the amount of cis-lycopene in tomatoes by about 30 plus percent. Heat breaks down the plants' thick cell walls and aids the body's uptake of some tomato nutrients that are bound to those cell walls. Intake of higher levels of lycopene (red pigment found predominantly in tomatoes and fruits such as red bell peppers, watermelon and papaya) has been suggested to lower the risk of cancer and heart attacks. Many of us like to nibble on raw carrots, especially as appetizers at our informal dining forays. But, cooked carrots, as well as cooked spinach, mushrooms, asparagus, cabbage, kale, and peppers supply more antioxidants, such as carotenoids and ferulic acid, to the body than they do when raw. The suggested method of cooking is boiling and steaming rather than frying. Boiling or steaming better preserves antioxidants, particularly carotenoid, in carrots, zucchini and broccoli.

Some specifics from the USDA Nutrient Data Laboratory:

- Kale and spinach show an increase in certain nutrients when cooked. Cooked kale has 2.5 grams of protein, 0.52 grams of fat and 2.6 grams of fiber. Raw kale has similar protein and fat content but only half the fiber. Other nutrients that increase in cooked kale include vitamins A, K and beta-carotene.
- Spinach's protein content increases from 0.86 grams for 1 cup of raw spinach to 5.4 grams per cooked cup. Minerals that are more concentrated in cooked spinach include calcium, iron, magnesium and potassium, and vitamins that increase in cooked spinach include vitamin C, vitamin A, folate, beta-carotene and lutein.
- Zucchini, carrots and broccoli may provide more vital antioxidants when boiled or steamed. Cooked carrots contain more vitamin A, lutein and vitamin K than do raw carrots.



- One-cup serving of cooked broccoli has more lycopene, vitamin A and folate than raw broccoli and a cup of cooked zucchini provides more calcium, potassium, vitamin A, beta-carotene and vitamin K than raw zucchini does.
- Onions have an increase in some nutrients when cooked. One cup of cooked onions has 1 gram more protein than raw onions, a higher concentration of both calcium and selenium, and more choline, lutein and vitamin K than 1 cup of raw onions. Choline acts to help cell membranes move nutrients through the body and plays a role in reducing inflammation. Lutein, a phytochemical, aids vision and retina health.

Interesting fact about lycopene is that it is better absorbed with a little fat. When cooking with tomatoes, consider drizzling a little olive oil into or onto the tomatoes. Bon Appetit!



<https://www.scientificamerican.com/article/raw-veggies-are-healthier/> Journal of Agriculture and Food Chemistry US Dept. of Agriculture. <https://www.livestrong.com/article/536645-vegetables-that-should-be-cooked-to-maximize-their-nutrients> .

## OCTOBER 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 at 1:30 pm October 16 at the home of Donna Moore

1200 Birch Falls Dr., 360-733-5769 [dfmoore12@gmail.com](mailto:dfmoore12@gmail.com)

October's book is *The Known World* by Edward p. Jones; discussion leader, snacks- Jan Berg.

November's book is *Code Girls* by Liza Mundy; discussion leader-Gloria, snacks-Lina

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

The bridge group will be announced later. 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 will start meeting again in October. Watch your email for more information.

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

Contact Evelyn if you want information.

CBC Radio 2 broadcasts opera every Saturday starting at 1pm. MET radio broadcasts

start first Saturday of December. Pacific Northwest Opera (Skagit Opera): *La Boheme*

(Oct 26, Nov 2 (7:30 pm); (Oct 28, Nov 4 (3 pm); Pacific Opera Victoria: *Fidelio* Oct 11-21.

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/>

**PLAY READING**—Margaret Woll, 360-734-8427, [mhildeb408@aol.com](mailto:mhildeb408@aol.com) TBD

**WRITER'S GROUP** - Troy Faith Ward, 425-299-4924, [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, 360-540-2122 [clairebowden14@gmail.com](mailto:clairebowden14@gmail.com)

This is a new group and will meet on the Tuesday, October 16th at 4:00 p.m., place to be announced. If you are interested, please call or email Claire and let her know so she can let you know the location.

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### President's Note, *cont'd from page 1*

Finally if you haven't taken the time to visit campus yet this fall, I encourage you to visit and spend some time sitting in Red Square and watch the campus re-energize for the year.

We'll see you soon.

**Kevin Majkut**



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It's a great way to keep up with what's happening at Western !

**WWURA Calendar –2018**

**October**

19—WWURA Lunch –11:30 a.m. Northwood Hall  
Speaker, **Dr. Roberta Hamme**

**November**

6—Board Meeting. 10:30 am  
28—Travelogue – 6:30 pm Squalicum Yacht Club  
**Kathy Whitmer**, North Korea

**December**

4—Board Meeting, 10:30 am  
19—Holiday Party –Squalicum Yacht Club

**Save the Date!**

The next WWURA travelogue will be November 28th when **Kathryn Whitmer** will take us on an exciting trip to North Korea. While the date has been changed to avoid a Thanksgiving holiday conflict, the time and place will be the same: 6:30 pm at the Squalicum Yacht Club.

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**Reservation Form  
WWURA Fall Luncheon  
11:30 a.m., October 19, 2018  
Northwood Hall, 3240 Northwest Avenue**

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

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

Amount Enclosed \_\_\_\_\_ (\$17 members, \$19 for non-member)

**Reservation Deadline is Monday Oct 15, 2018**

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.

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