



WWURA NEWS

September 2018

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Note

Last night I was sitting outside on the patio about 7 p.m. reading Haruki Murakami's book of conversations with Seiji Ozawa on music. The weather was mild and quiet with no wind or ash in the air. It was a beautiful early fall night in Bellingham. Once again we are on the cusp of the day when Western's population changes by 15,000 students in just a few hours. Each fall the University arises from its summer lull and kicks into gear...the same can be said for the WWURA.

September brings new programs, travelogues, and special interest group meetings as our organization becomes more active. It's also the time where new retirees begin their involvement in our activities. When you see new faces, or old faces revisited, please take a moment to welcome them to our group.

On the business side...remember to send in your dues for the upcoming year (if you haven't already done so). Renew your campus-parking permit to avoid those awkward discussions about why after many years you are still getting campus-parking tickets. Hopefully you will be on campus for the President's breakfast and fall convocation. And I encourage you to spend some time walking on campus during the early days of the student's return. The energy in the air is always a reminder of the unique position Western has within the community.

- Kevin Majkut

Please Note!!!

This month's travelogue is on **THURSDAY the 20th** rather than on the usual Wednesday.

WWURA Travelogue

"A Lighthouse Tour of New England (History Included) "

Thursday, September 20, 2018

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 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 **A thru L** 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.

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September 2018 Health Notes by Evelyn Ames

Hearing Loss: World-wide Increase-Risks-Protection

The World Health Organization in March on World Hearing Day warned that “one in 10 people globally, or more than 900 million, are at risk of disabling hearing loss by 2050 unless preventive action is taken now.” This is a 93 percent increase from the current number. The annual cost in direct health services and lost productivity as a result of disabling hearing loss is estimated at \$750 billion. Problems resulting from hearing loss are expected to rise because of a growing and aging population - a population that is expected to reach 9 billion by 2050.

What’s behind the increase? The majority of those with hearing loss are older adults, a growing population. Other hearing-harming culprits include exposure to loud sounds from personal audio devices (e.g., smartphones and iPods), rock concerts, loud bars, noisy workplaces, ear infections, side effects of certain medications, and the persistence worldwide illnesses such as measles, mumps, and rubella. Research studies are investigating the effect of hearing loss and cognitive decline in older adults as a factor that may increase the risk of depression and possible dementia.

The Centers for Disease Control and Prevention suggest that loud bursts of noise over time, even sounds that may seem innocuous, such as the constant hum of a loud window air conditioner or refrigerator, can cause damage. CDC organizes the causes under the categories: **everyday activities, events, and tools and more**. Everyday activities include music from listening devices (particularly when volume is set close to maximum), fitness classes, and children’s toys. Events include concerts, restaurants and bars, sporting events, motorized sporting events, and movie theaters. Tools and more include power tools, gas-powered lawnmowers and leaf blowers, sirens, firearms, and firecrackers.



Protecting one’s hearing. **Know what is risky.** “Experts generally agree that sounds exceeding 100 dBA—a level that can easily be surpassed by rock concerts, sporting events, movie theaters, gas lawn mowers and snow blowers, some MP3 players played at maximum volume, and fireworks displays—can be hazardous even in short bursts.” Suggestion: if a movie theater sound is too loud, talk with an attendant and ask for sound to be lowered. **Block out loud sounds** with earplugs or shield safety adjustable earmuffs. Using over-the-ear headphones—especially the noise-canceling kind—instead of earbuds may help prevent damage when using personal listening devices. **Make sure ears are clear** and are not blocked with impacted earwax. Wax buildup is more common in those who wear hearing aids due to lack of ventilation in the ear canals. Eating a nutritious diet may help protect against hearing loss by keeping blood vessels that supply nutrients and oxygen to the inner ear healthy.

Consider establishing a baseline of your hearing. Western Washington University’s Department of Communication Sciences and Disorders Speech-Language-Hearing Clinic is a donation-based community clinic. Contact phone number is 360-650-3881. Costco offers free hearing tests.

Resources: https://www.cdc.gov/nceh/hearing_loss/what_noises_cause_hearing_loss.html
<https://www.consumerreports.org/hearing-ear-care/tips-for-preventing-hearing-loss/>
<https://www.voanews.com/a/world-health-organization-hearing-loss/4278903.html>

Book Review

So You Want to Talk about Race by Ijeoma Oluo: A Review

If you are a white person and think or know that you do not harbor any unconscious racism, this is a book for you. It is for me. I approached it fairly confident that nothing in it would surprise me. Reading it surprised me.

Ijeoma Oluo, the daughter of a Nigerian man and a white woman from Kansas, lives in Seattle, earns her living blogging and writing about race, and received a bachelor's degree in political science from Western Washington University in 2008. She writes about race in our society beautifully and without rancor, while telling us that she is angry.

The title of each chapter is a question to which she responds. Some samples: Is it really about race? What is racism? Is police brutality really about race? Why can't I say the "N" word? Why can't I touch your hair? But what if I hate Al Sharpton? And at last, Talking is great, but what else can I do?

One of Oluo's compelling and revealing stories is about the time her white mother, with whom she has a loving relationship, announced that she wanted to talk about race. Ijeoma wanted to avoid that conversation because she loves her mother, did not want to hurt her, and would need to point out the inescapable distance between them because Ijeoma is black and her mother is white—and no matter how close they are, their life experiences separate them. Her mother, she knows, has never been followed around a store to guard against her shoplifting something, has never been stopped by traffic police for no apparent reason, has never been subjected to the daily micro-aggressions that are common fare for Ijeoma.

I have two reservations about the book: Ijeoma is apparently deaf to the violence and misogyny that I hear in rap music. And an unbiased friend said, after reading the book, "She leaves me no way to do the right thing." Even so, read the book. Her answers to the questions she poses are closely reasoned, calmly expressed, based in experience and research. She knows whereof she writes. I strongly recommend this fine book.

- Bob McDonnell

WWURA Calendar –2018

September

20 —Travelogue, 6:30 p.m.—Squalicum Yacht Club
George Kriz-New England Lighthouses

October

2—Board Meeting, 10:30 a.m.
19—WWURA Lunch, 11:30 a.m. –Northwood Hall
Speaker—**Dr. Roberts Hamme**, "The Secret Life of
Ocean Gases: Climate Change and New Ways of
Observing the Oceans"

November

6—Board Meeting, 10:30 a.m.
14—Travelogue, 6:30 p.m.—Squalicum Yacht Club
Kathy Whitmer– North Korea



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 overdue*.

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

Poetry Corner

August Smoke Gets in Your Eyes by Nanette Davis

We sit entombed in airless houses, stuffy offices, chilled cars, windows and doors sealed against the outrage: the August smoke.

Denied the outdoors, we confront abandoned gardens, dull red sun rises in brown skies, eclipsed landscapes in drought-ridden, forest-burning, bird-silenced August.

The urgent presence of smoky skies, those summer-precious, cloudless, Northwest skies contaminated by runaway forest fires, condemns both sides of the border peoples to gasping breath, weeping eyes, throat constricting episodes—and no relief in sight.

The young, old and disabled take it hard: asthma, pneumonia, heart attacks, existing medical conditions worsening. Rare events now amped up to annual happenings, hearts racing as the smoke clogs our senses—a full eight cigarettes worth every day.

The earth is burning up. The earth is burning up.

Fire up the old, contaminated coal mines; get the pollution moving, let 1500 more people die yearly from the toxic waste; corporate deals come first.

Ignore greenhouse gasses; Invite the drought, the rainless skies yielding dried up grains and grasses; no feed for humans or animals. Agri-business will flourish—at a price.

The earth is burning up, no remedy imminent; the politicians turn their backs.

As we sit entombed, passive, but prayerful, yearning for the autumn rainfall to quell this man-made atrocity.

At least for the time being.

Thank You Letter from Scholarship Winner—Macey Crooks

Thank you for supporting my education through Western Washington University's Retirement Association Scholarship. I am incredibly touched to be receiving funds from the Retirement Association. Western has always been an incredible foundation for my personal and professional growth. My professors are here to help me truly learn and my colleagues are here to support me. This campus, its warmth and support, is incredibly unique. I can only hope to one day give back to it as you are.

As for my studies, the most meaningful classes to me have been those that center around mental health. Because I am just ending my sophomore year, most of these classes, which are specific to my major, are ahead of me. While I have gained a well rounded education with the general classes I have been taking, I am so excited to dive into clinical psychology and I feel blessed to have your support. In the fall, I will be taking several sciences to support my pre-medical tract and I will finally be able to apply to the Psychology major. I know the coming school year has so much growth and new experience in store for me.

Again, thank you for supporting my journey. When my brother was diagnosed with schizophrenia, I didn't fully understand the complexities of mental illness. In fact, I still don't. With the help of your gift, I will become a stronger ally for those who are mentally ill and I will be one step closer to creating change in a community that truly needs it.

Thank you.

Sincerely,
Macey Crooks

WWURA Membership Application or Renewal Form 2018-2019

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.)

SEPTEMBER 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 at 1:30 pm September 18 at the home of Donna Moore
1200 Birch Falls Dr., 360-733-5769 dfmoore12@gmail.com

September's book is *The Good Rain: Across Time and Terrain in the Pacific Northwest*
by Timothy Eagan: discussion leader - Chris Gerhold, treats - Gloria Craven

BRIDGE GROUP—Caryl Hinckley, 360-739-1036, 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

Informal dining will start meeting again in October. Watch your email for more information.

(cont'd next page)

Interest Groups, *cont'd*

OPERA GROUP--Evelyn Ames, 360-734-3184, 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. To be determined.

WRITER'S GROUP - Troy Faith Ward, 425-299-4924, 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

This is a new group and will meet on the 3rd Tuesday of the month 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 contact you about the place to meet.

Western Washington University

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