



# WWURA NEWS

January 2019

www.wvu.edu/wwura

Serving Retired Faculty and Staff

## President's Note—Kevin Majkut

The winter holiday season is reaching its end with the experiences and memories already starting to fade...although Sally and I are a bit old-fashioned in keeping the Christmas tree up and decorated until the Epiphany, so there are still bright lights burning in our house (and I hope in yours).

On December 19<sup>th</sup> many of us gathered at the Squalicum Yacht Club for the annual holiday party. I thought it was an excellent event; bring people together sharing food, great music and conversation. At the end of the night when the dishes were gone, tables and chairs put away, and the floor swept, I was thinking about the many hands that worked together to put this event on...the people who freely give their time and talents throughout the year to organize and produce the various activities of WWURA. Please take a moment to thank the volunteers when you see them at WWURA activities.

Although 2019 has begun for WWURA we just reached the halfway point of our operating year. Over the next 6 months there will continue to be travelogues, luncheons, informal dining, interest groups and the newsletter, which helps keep everyone informed about upcoming opportunities.

The January Board meeting marks the beginning of the search for members to step forward into volunteer opportunities on the Board, working on activities, or organizing special interest groups. I hope you will take the opportunity to get involved. Finally we are coming to the time where the Board will need to decide on the details of the WWURA scholarship(s) for 2019-2020.

*-President's Note cont'd on page 3*

## Cruise Venice to Malta Travelogue

**January 16, 2019, Squalicum Yacht Club**  
2633 South Harbor Loop Rd.  
6:30 p.m. (social) 7:00 p.m. (travelogue)

Come and join the nine WWURA members and friends who had a wonderful adventure cruise (50 passenger small boat) from Venice down the east coast of Italy to Sicily and Malta. Join us as we revisit Venice during the highest water level in twenty years; visit Ravenna (fifth century seat of the Roman Empire); experience San Marino (a tiny independent republic), the walled city of Mdina, Hagar Qim (older than Stonehenge and the Pyramids). This trip had all the scenic wonders – castles, fortresses, mountains, sea, olive oil, **Alberobello's cone shaped houses**, gorgeous honey colored limestone fortresses on Sicily and Malta.

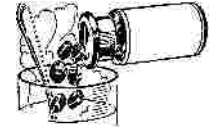


Members whose **last name** begins with **A thru L** bring a dessert to share. WWURA will provide coffee and tea; some members like to bring wine.

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

### Inside :

Health Notes	p. 2
Book Review	p. 3
Interest Groups	p. 4
Worthy Non-Profit	p. 4
Poetry Corner	p. 5
WWURA Calendar	p. 6
Save the Date	p. 6
Scenes from Holiday Party	p. 6



## January 2019 Health Notes by Evelyn Ames

### *Health Concerns about Use of Dietary Supplements*

There is considerable publicity about potential benefits of dietary supplements but there is less awareness of their possible harmful effects. Today's dietary supplements are not only vitamins and minerals but include other less-familiar substances such as herbals, botanicals, amino acids, enzymes, and animal extracts. They are marketed as tablets, capsules, softgels, gelcaps, powders, and liquids. Our WWURA members have heard of them, may have used them or recommended them to friends and family. Some supplements have been well researched; others have not. The list of highly marketed supplements keeps growing without scientific evidence to support they are healthful.

Unlike prescription and over-the-counter drugs, supplements are not permitted by federal law to be marketed for the purpose of treating, diagnosing, preventing, or curing diseases. Supplements should not make disease claims such as “treats heart disease,” “lowers blood pressure and cholesterol,” or “prevents cancer.” If you read such claims, note that these are not legal and have no research to support the claims. There is no safety testing or FDA approval required before a new supplement goes on the market. Also, there are no requirements that dietary supplement packaging lists potential adverse effects, nor are there standards for maximum pill size (dosage), a clear risk especially for older adults.

The risks in taking supplements. Supplements contain active ingredients which have biological effects in the body, making them unsafe in some situations. Combining supplements, using supplements with prescription and/or OTC medications, substituting supplements for prescription medications, or taking too much of a supplement (such as vitamin A and D, or iron or calcium) can have negative health consequences.

Unwanted side effects, such as elevated blood pressure, racing or irregular heartbeat, headache, dizziness, or digestive symptoms can occur and may be misdiagnosed by health care providers if they do not know the extent of patient usage of supplements. If choosing to use supplements, be a smart shopper.

- Using the internet? Select noncommercial sites (e.g., National Institutes of Health, Cleveland Clinic, Mayo Clinic, Harvard Newsletter, professional nutrition organizations).
- If claims sound too good to be true, they probably are. Be wary of words/claims such as “works better than,” “totally safe,” or “has no side effects.” Be aware that the term “natural” doesn’t necessarily mean “safe.”
- Ask health care provider, including the pharmacist, is the supplement safe and beneficial. Examples: Coumadin (a prescription blood thinning medicine), ginkgo biloba (an herbal supplement), aspirin, and vitamin E (a vitamin supplement) can each thin the blood. Taking any of these products alone or together can increase the potential for internal bleeding or stroke. St. John's wort may reduce the effectiveness of prescription drugs for heart disease, depression, seizures, certain cancers, or HIV.
- Planning surgery? Let doctors know if vitamins, minerals, herbals, or any other supplements are being taken.
- Remember: combined intake from all supplements (including multivitamins, single supplements, and combination products) plus fortified foods (some cereals and drinks), could cause health problems.

(<https://www.fda.gov/Food/DietarySupplements/UsingDietarySupplements/ucm109760.htm>)

Resources: <https://www.health.harvard.edu/blog/harmful-effects-of-supplements-can-send-you-to-the-emergency-department-201510158434> <https://www.nia.nih.gov/health/dietary-supplements#herbal>

## Book Review

### *A History by Norman Davies: A Review*

Please do not let the size of this huge tome daunt you. Norman Davies has written the only single volume of the history of Europe that I know of. With magisterial authority and wit, he has produced a work of 1136 pages of text and another 236 pages of notes, maps, tables, charts, index. Each page of the text held my interest; some extended passages were page turners.

Norman starts with a chapter defining Europe geographically and culturally, noting along the way that for us Westerners “Europe” almost automatically means or at least focuses on western Europe. Norman is a specialist in Polish history who lives in London and Warsaw; his history redresses the balance, educating me about the Balkans, the Baltic states, Russia and its satellites.

In addition to the vast sweeps of the centuries, Norman indulges himself and amuses and instructs his readers in some 300 brief “capsules” spread throughout the text on a wide variety of topics like sound recording, the condom, a horrendous one on Vlad the Impaler (Dracula), the Hanseatic League, the Katyn Massacres, Flamenco music and dancing—each one from one half page to two pages.

Norman’s “Europe” has been attacked for minor inaccuracies, defended by his colleagues for the major achievement of this comprehensive work. My two disappointments are his relegating the invention of printing to a capsule and his treating Voltaire in one page. Printing made possible the Reformation, the scientific revolution, and the Enlightenment. Voltaire was a main influence in Europe’s shift from bloody religious intolerance to some measure of religious toleration.

*History* was published in 1996, so Norman ends with a detailed consideration of the Cold War, the fall of the Berlin Wall, the collapse of the Soviet Union, and the freeing of Soviet dominated nations. I found this part particularly interesting. It’s a long read. It will repay your perseverance.

- Bob McDonnell

---

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

There has been significant research and discussion on options over the past months and I’m looking forward to determining our course for the near future.

As a last note...I was up early this morning listening to music while drinking coffee. I went to my wall of LPs and pulled down “Sounds of Silence” by Simon and Garfunkel. I put the Side One on the turntable...an incredible song, album and singing duo. It made me think about how blessed our generations have been with music. I hope you might take a moment to listen to this album sometime during January.



## JANUARY 2019 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)

The **January 15th** meeting will be at Suzanne Krogh's, 402 Boulevard #103

It will be a potluck tea—bring whatever you wish. Also bring suggestions for books—we will choose books for the remainder of 2019.

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

Is anyone interested in restarting the bridge group? Let Caryl or Barb Evans know.

**INFORMAL DINING** -- Janet Berg, 360-733-4654, [janetlila@hotmail.com](mailto:janetlila@hotmail.com)

Informal dining started in October. Schedules for January and February have been distributed.

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

Contact Evelyn for more information.

Met HD: January 12 - *Adrianna Lecouvreur* ; February 2 - *Carmen*

**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 Tuesday, January 15th at 4:00 pm, 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.

---

## Whatcom Center for Early Learning—a Worthy Nonprofit

Here's one to warm your heart. We learn through our senses. WCEL provides critical sensory experiences to children born with compromised sensory systems and education for their parents—for children from birth to three years old. WCEL's specially trained staff includes 3 physical therapists, 2 occupational therapists, 5 speech therapists, 3 early childhood education specialists. Because early intervention matters, WCEL offers an early intervention program for eligible children from birth to 3 years, including infant stimulation. With B'ham Parks and Recreation, WCEL offers weekly Sensational Toddlers for kids 18 months to 3 years. It has drop-in playgrounds in Ferndale and Lynden and provides socialization through Playgroups. WCEL was founded in 1973 by dearly remembered **Anne Brown**. The URL is [www.wcel.net](http://www.wcel.net).



## Poetry Corner

### Two Haibun by Suzanne Krogh

(Haibun is a Japanese literary form that combines an essay with a haiku.)

1. A day or so after my first ALL haiku class, I left for California well-armed with class notes, a book of haiku, and an assignment to write one haiku before the next session. A week later, I returned and, for the first time, remembered the assignment. Class was scheduled for the following day. So, early the next morning I curled up in my comfortable reading chair, opened the blinds to the emerging light of dawn, and hoped for inspiration. Before I could actually put pen to paper, I started to doze off. Suddenly, a sequence of words startled me awake: “a single slice of cheese.”

What?! I had no idea where these words came from but decided that such a bizarre awakening should be the centerpiece of the morning’s first haiku. The finished product was also inspired by a text message I’d received from my granddaughter the previous afternoon, as I drove home on a very crowded I-5: There is no food in the house, she said, so we probably ought to order take out for dinner.

you left no money  
I had no time  
a single slice of cheese

2. The next haiku wrote itself as I took a walk on the first day of 2019. It is more in the Japanese tradition of a focus on nature, using a 5-7-5 syllable structure.

battleship water  
beneath a tangerine sky  
New Year’s Day colors

---

## Scenes from the December 2018 Holiday Party



Do you know their names? Greet them at our next gathering.

**January 2019**

- 8—Board Meeting
- 16—Travelogue—6:30 p.m. Squaticum Yacht Club  
Evelyn Ames & WWURA Group on the Adriatic

**February 2019**

- 5—Board Meeting
- 15—WWURA Luncheon-11:30 Northwood Hall  
“The Environmental Degradation Ability of Plastics”

**March 2019**

- 5 –Board Meeting
- 20—Travelogue-6:30 p.m. Squaticum Yacht Club  
Lina Zeine on Lebanon

**April 2019**

- 2—Board Meeting
- 17—Travelogue—6:30 p.m. Squaticum Yacht Club  
Peace Corps
- 19—WWURA Luncheon-11:30 Northwood Hall

**May 2019**

- 7—Board Meeting
- 30—Retirement Dinner

***Save the Date***

February 15th  
for our luncheon at  
Northwood Hall.

**Mark Peyron** and  
**Marion Brodhagen** will  
summarize some of their  
findings on “The Environ-  
mental Degradation Abil-  
ity of Plastics”

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