



WWURA NEWS

May 2018

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note

Late spring in Bellingham...flowers a bursting out, the trees are emerging into various shades of green...and my lilacs seem to be blooming almost a month early. This time of year always bring me back to 1976 when I came to interview and was struck by the beauty of our little corner of the Northwest. Of course WWURA operates under the quarter system and we are winding down the various activities in anticipation of the upcoming summer. In many respects it has been an excellent year but there are also some troubling developments for the organization. There has been declining attendance at some of the luncheons, travelogues, and informal dinners...all programs that are central offerings of WWURA. I anticipate the Board will have extended discussions on these topics during the summer planning meeting.

This newsletter includes information on registration for attending the WWU Retirement Dinner on May 30th. I hope you will attend to support employees who are entering the "retirement stage" of life, which we have already attained.

Sally and I hosted an informal dinner last week and served Golumpkis (Polish stuffed cabbage) which people looked at a bit askance...but then they had second helping and eventually took some home for lunch the next day, so I'll count it a success; good food and spirited conversations.

Enjoy the calming weather and I'll see you at the Annual Meeting/Picnic on July 9th.

-Kevin Majkut

Western Washington University Retirement Banquet Thursday, May 30, 2019 Wilson Library Reading Room



Reception 5:30 p.m. Dinner at 6:30 p.m.

You are invited to join the Western community at a festive banquet honoring the faculty, staff, administrators who are retiring this year. Following the reception at 5:30 p.m., retirees will be recognized at 6:00 p.m. Dinner, which includes a salad course, an entree of your choice, dessert, rolls, water, and coffee, will be served at 6:30 p.m.

Entree Choices

- #1 Steak Oscar with Dungeness Crab, Asparagus tips, Yukon Gold Mashed Potatoes and Bearnaise
- #2 Artichoke and Wild Mushroom Lasagna Roll with Fire Tomato Sauce and Asparagus Tips (Vegetarian, DF) (GE upon request)

Cost is \$35 per person.

Use the Form on Page 6 to send in your reservation and your check (**made out to Western Washington University**). Mail to Claire Bowden, 1854 Rosewood Lane, Bellingham, WA 98225. **Deadline for receiving reservations is Friday, May 17th.**

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May 2019 Health Notes by Evelyn Ames

Obtaining Health Information Using Mobile apps

Mobile apps, software programs for cell phone and other mobile device, number in the thousands and continue to increase day by day. Percentage of users has also increased. In 2012, almost 20 percent of smartphone owners had at least one health app on their phones. In 2015, although a Pew survey found that 19% of mobile phone users had at least one health app, another survey found the rate to be significantly higher at 58.23%. Various findings suggest that younger persons and those with higher incomes and education are more likely to use a health app. Fitness and nutrition appear to be the most common categories of health apps.

With healthcare reform and more advanced data becoming available, mobile health apps will not only see a growing number of users, but studies suggest they will, for the first time, become people's preferred health resource over physicians. An ITOnline report found two-thirds of Americans have already shown a favor for digital health management. The study also showed 79 percent of Americans said they would be willing to use a wearable device to manage their health, whereas 45 percent wanted tracking of symptoms while 43 percent wanted it to manage a personal health issue or condition. A report in Forbes suggested that “women will trust their mobile health apps and communities more than their doctors.” Additionally, two-thirds of women said they would use a mobile app to manage health-related issues. As usage increases, here are some things to keep in mind when using a mobile health app:

- content of most apps isn't written or reviewed by medical experts; may be inaccurate and unsafe.
- information entered when using an app may not be secure.
- little research exists on the benefits, risks, and impact of health apps.
- not always easy to know what personal information an app will access or how it stores your data. Before downloading an app, find out if the store you get the app from says who created it.
- don't trust an app if contact or Web site information for creator isn't available.
- Note: Reasons for not downloading health apps include lack of interest, cost (and hidden cost), and concern about apps collecting personal data.

Two reliable governmental agencies health apps: [U.S. National Library of Medicine](#) and [Centers for Disease Control and Prevention](#).

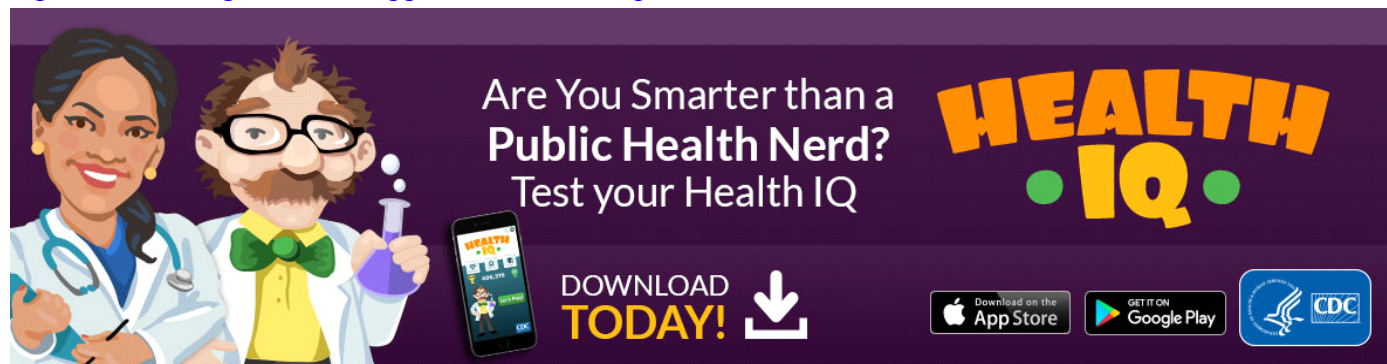
<https://www.cdc.gov/mobile/applications/cdcgeneral/promos/cdcmobileapp.html>.

Automatic updates whenever device is online and ensures the most up-to-date health news and information.

CDC videos on internet: <https://www.youtube.com/user/CDCStreamingHealth/videos>

CDC's Health IQ App: Challenge your Health IQ

<https://www.cdc.gov/mobile/applications/healthiq/index.htm>



Are You Smarter than a Public Health Nerd? Test your Health IQ

HEALTH IQ

DOWNLOAD TODAY! ↓

Download on the App Store GET IT ON Google Play

CDC

<https://www.forbes.com/sites/jenniferelias/2015/12/31/in-2016-users-will-trust-health-apps-more-than-their-doctors/#5bc429227eb6>

<https://medcitynews.com/2018/04/healthcare-apps-patients/> <https://medlineplus.gov/webeval/webeval.html>

Book Review

Working by Robert A. Caro: a Review

This slender 207 page book is huge in its implications. Political power—how it is acquired, how it is exercised, how it improves the lives of ordinary people, how it destroys them—is Caro’s constant topic. In these few pages he writes eloquently about how he works at his craft and profession, biography. He discloses much about how he works—reading archives, getting to know important places, interviewing, writing-- and rewards his readers with riveting examples.

A little background: in 1974 Caro published his first book, *The Power Broker*, which he had been working on for at least five years. Caro revealed that Robert Moses, executive in more than 13 public facility authorities, had more power than any mayor of New York City or governor of New York state—or both together--had not been elected to any office, wielded his power autocratically, built magnificent infrastructure—over 600 miles of freeway in and around New York City, many brilliant bridges, etc., etc.—and destroyed neighborhoods and the lives of ordinary people. This unlikely book was a bestseller and earned Caro a number of prizes, including a Pulitzer.

Caro’s next subject for explicating political power is Lyndon Johnson. Four volumes have already been published. Many of us are breathlessly awaiting the fifth volume, the one on Johnson’s presidency. To research the first volume on Johnson’s youth, Caro and his wife Ina moved to the Hill Country of Texas and lived there for three years. Caro’s devotion to working assiduously is displayed when he tracks down and interviews the man who helped Johnson steal his first election to the Senate, the fellow who, several days after the close of the polls and when the number of votes needed to win were known, reported 202 late votes, with 200 of them for Johnson. Respecting the title of the book we learn about Caro’s near obsessive reading of everything he can, of heroic efforts in obtaining interviews, and then eliciting the most astonishing information. . . . The last volume on Johnson is next. Then Caro, 85, is planning a memoir. I want to read them both.

Bob McDonnell

Informal Dining *“It’s a great way to get better acquainted with fellow members of WWURA.”*



Here’s how it works. Groups of 7 or 8, chosen randomly, meet for an informal dinner each month. There is a different hostess/host each month and generally most people do not need to be a hostess/host more than once during the season (which runs between October 2019 and April 2020).

The hostess/host (who usually provides the entree) canvasses members of the group to select a convenient date and finds out what side dish (think appetizers, salad, dessert, bread, wine) he/she would like to bring. If you are single and don't have space to seat 8 people, it is possible to serve as a co-host where another informal diner provides the house and table settings and you provide the entree and carry out the other hostess duties.

A schedule for the season will soon be under construction and *we would like to include you*. **Call Jan Berg by June 1st** (360-733-4654) or email her at <janetlila@hotmail.com> to talk to her about being part of Informal Dining this next season.

Poetry Corner

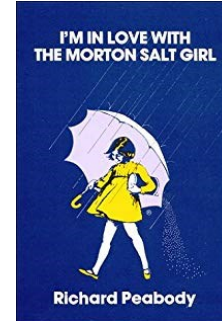
SPRINKLING SOME “THINKLES,” PERHAPS WORTH THEIR SALT

Troy Faith Ward

When it rains it pours.

The Morton salt company connected the phrase indelibly
--and who knows for how many generations hence--
with the Umbrella Girl.

Salt: healing compound,
purifying agent,
brine turns to spirit, giving itself up to the sun
Salt still there, now solid
each molecule with its zillions of companion grains,
ready to perform its primary duty



Sustaining life
invisibly, catalytically regulating the tasks of each living cell.

Salt, the merest sprinkle enhancing
the flavor of life

Life created, in the first place, for the joy of it.

Joy, pouring into life
during sunshine and rain.

Salt.

Worthy Non-Profit

An Unusual Worthy Non-profit: The WWU Symphony Orchestra, under the baton of **Dr. Brian Dudenbostol**, is planning a European tour in June 2020—and needs our help. The nearly 50 member orchestra will give concerts in Prague and Vienna. It will tour the Czech Republic. In Vienna, it will celebrate the 250th birthday of Beethoven by presenting a festival concert in the Musik Verein Concert Hall. It is a bold and expensive undertaking, with wonderful benefits to our participating students. The orchestra has established a website for receiving contributions. You can find it by entering into Google “WWU Symphony Orchestra 2020 European Tour.” If you do, you will see and hear Dr. Dudenbostol and several of his students explaining the tour and their excitement. This is an especially worthy cause.

Mark Your Calendar

Our **Summer Picnic/Annual Meeting** will be held Tuesday, July 9th, 2019 at Fairhaven Park. Note the change of venue from previous locations. We have reserved the **lower pavilion** for this event which will provide easier access to restrooms and a warmer environment. Details will be published in the June Newsletter.



MAY 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

We will meet on Tuesday at 2:00 pm May 21st at the home of Donna Moore
1200 Birch Falls Dr., 360-733-5769.

May's book is *Educated* by Tara Westover, discussion leader-Claire, treats-Chris.

June's book is *Buzz* by Thor Hanson, discussion leader-Evelyn, treats Lina

INFORMAL DINING -- Janet Berg, 360-733-4654, janetlila@hotmail.com

For more information about the upcoming season, see page 3

OPERA GROUP--Evelyn Ames, 360-734-3184, evelyn.ames@wwu.edu

Contact Evelyn for more information.

Met HD: May 11, *Dialogues des Carmelites*

Radio broadcasts: King FM-98.1 and CBC Radio 2 105.7

WRITER'S GROUP - Troy Faith Ward, 425-299-8710, 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

Happy hour will start again on Tuesday, May 21st from 3:30 - 5:00 at The Black Cat in Fairhaven.

Travelogue Committee

The WWURA Travelogue season for 2018-2019 has come an end. We look forward to new, interesting programs with your help! If you have had a travel experience you would like to share, or you know someone who has had one, please let us know. Do ask permission of a recommended presenter before advising us.

Looking forward to hearing about potential presentations!

Suzanne Krogh, Chair of Travelogue Committee (slkrogh@comcast.net)

WWURA Calendar 2019

May

30—Western's Retirement Dinner –Wilson Library Reading Room

June

4—Board Meeting

July

9—Picnic & Annual Meeting– 11:30 a.m. Fairhaven Park, Lower Pavilion

August

6—Board Planning Session

**Reservation Form for WWU Retirement Banquet
Thursday, May 30, 2019
Wilson Library Reading Room**

Please mail this form with your check to Claire Bowden, 1854 Rosewood Lane, Bellingham, WA 98225. Deadline for reservations to be received by Claire is Friday, May 17, 2019.

Name(s) _____

Phone or email address _____

Number of reservations _____ at \$35 per person.

Dinner choices:

_____ Steak Oscar with Dungeness Crab, Asparagus tips, Yukon Gold Mashed Potatoes and Bearnaise

OR

_____ Artichoke and Wild Mushroom Lasagna Roll with Fire Roasted Tomato Sauce and Asparagus
Tips (Vegetarian, DF) (GF upon request)

Amount Enclosed _____ Please make checks payable to Western Washington University.

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