



WWURA NEWS



June 2012

www.wwu.edu/wwura

Serving Retired Faculty and Staff

Letter from the President



It would appear that summer continues to elude us. Never mind. This is the glorious Northwest! We have another abundant year planned for WWURA, including our upcoming July 11 picnic at Whatcom Falls Park, annual retreat at Lakewood in August, and our monthly travelogues from September through April. Do join us for our start-up travelogue September 19 to enjoy an intriguing perspective on “Belgium and the Netherlands” with Lynne Masland and Evelyn Ames.

Add to this our quarterly luncheons with engaging speakers, a celebratory holiday party in December, and our splendid Retirement Banquet in May, where we meet and greet all the incoming retirees. A special musical event for our May 2012 Retirement Banquet (sorry if you missed it) was Lou Lippman’s jazz group, The Prawns, and featuring the inimitable Johnny Barnes, a former Platters vocalist. Our gatherings are the perfect place to see old friends, and make new ones.

WWURA has its serious side as well. Along with a wealth of social opportunities, we sponsor two scholarships yearly, applicable for returning students. You can help sponsor a student by making a contribution along with your regular WWURA dues. Scholarship students invariably tell us they could never have achieved their academic goals without the WWURA financial aid.

You can keep up with events and happenings with our WWURA News that details our vibrant interest groups, including Book Group, Bridge Group, Informal Dining, Opera Group, Downhill Skiing and Writers’ Group. We even have a biking group for those ready for a real workout with Howard Evans. Evelyn Ames offers an outstanding column on health matters that are very relevant for those of us in our retirement years. You can also keep in touch with a wide range of travel opportuni-

ties, such as an October 2012 China, Tibet and Yangtze River tour, organized by intrepid travelers, Marty and Gail Haines, a Christmas 2012 Danube River trip, a superb adventure led by Kathy Whitmer and a proposed trip to Mongolia with Donna Rochon planned for 2013. Day and overnight trips are also on the agenda.

As a long-time WWURA member and supporter, I can tell you with utter confidence that this organization has been a highly rewarding and memorable experience I would love to share with all retirees. And that’s a special invitation to all you newly retired folks out there!

Come One. Come All. A Good Time Will Be Had By Everyone!

-Nanette Davis



Summer Picnic Slated for Whatcom Falls Park July 11, 11:00 a.m.

The annual summer picnic is scheduled at the big covered shelter at Whatcom Falls Park. Take the entrance closest to Bayview Cemetery on Lakeway.

This is a potluck so bring your favorite dish to share. WWURA will provide chicken and beverages and Charlie Way will provide his homemade ice cream. Also, **please bring your own table service.** The cost is \$2.00 or \$6.00 if you prefer not to bring something for the potluck.

In order to determine how much chicken to be purchased, we request that you make a reservation by telephoning Barb Evans at 650-9724 or by mailing the reservation form on **page 5** of this newsletter.

Food Additives: What? Why? Benefits/Risks? Part 1

In simple terms, food additives are any substances used in the production, processing, treatment, packaging, transportation or storage of food. The legal definition is “any substance the intended use which results or may reasonably result—directly or indirectly—in its becoming a component or otherwise affecting the characteristics of any food” (U.S. Food and Drug Administration). An additive listed as FDC means that it can be used with a food (F), a drug (D), and a cosmetic (C). Commonly used food additives include baking soda, salt, sugar, yeast, and vanilla.

Direct Additive: added to a food for a specific purpose in a food (e.g., aspartame added to diet drinks).

Indirect Additive: becomes part of a food in trace amounts due to its packaging, storage, or other handling (e.g., potato chip packages have antioxidants (e.g., BHT) in the packaging to prevent rancidity occurring in package. Food packaging manufacturers must prove to FDA that all materials coming in contact with food are safe before they are permitted for use in such a manner.

Five main reasons additives are used in foods:

Maintain product consistency. Emulsifiers give products a consistent texture and prevent them from separating; stabilizers and thickeners give smooth uniform texture; and anti-caking agents help substances such as salt flow freely (e.g., guar gum, lecithin, pectin, alginates, mono- and di-glycerides).

Foods: baked goods, cake mixes, salad dressings, ice cream, process cheese, coconut, table salt.

Improve/maintain nutritional value. Vitamins and minerals (Vitamins A and D, Thiamine, Niacin, Riboflavin, Pyridoxine, Folic Acid, Ascorbic Acid, Calcium Carbonate, Zinc Oxide, and Iron) are added to many foods such as milk, flour, cereal and margarine to make up for those likely to be lacking in a person’s diet or lost in processing. All products containing added nutrients must be labeled appropriately.

Foods: flour, bread, biscuits, breakfast cereals, pasta, margarine, milk, iodized salt, gelatin desserts.

Maintain palatability and wholesomeness. Preservatives are used to retard spoilage caused by mold, air, bacteria, fungi, or yeast, whereas antioxidants are preservatives that prevent fats and oils in baked goods, and other foods, from becoming rancid or developing an off-flavor (e.g., propionic acid, ascorbic acid, citric acid, butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT).

Foods: bread, cheese, crackers, frozen & dried fruit, margarine, lard, potato chips, cake mixes, meat.

Provide leavening or control acidity/alkalinity. Leavening agents that release acids when heated can react with baking soda to help cakes, biscuits and other baked goods rise during baking. Other additives help modify the acidity and alkalinity of foods for proper flavor, taste, and color (e.g., yeast, sodium bicarbonate, citric acid, fumaric acid, phosphoric acid, lactic acid, and tartrates).

Foods: cakes, cookies, quick breads, crackers, butter, chocolates, soft drinks.

Enhance flavor or impart desired color. Many spices and natural and artificial flavors enhance the taste of food. Colors enhance the appearance of certain foods to meet consumer expectations (e.g., spices, caramel, tumeric, aspartame and saccharin and other artificial sweeteners, cloves, ginger, fructose, FD&C Red No.40, monosodium glutamate, annatto, and limonene).

Foods: spice cake, gingerbread, soft drinks, yogurt, soup, confections, baked goods, cheeses, jams, and chewing gum.

Source for reasons for use in foods. <http://www.nlm.nih.gov/medlineplus/ency/article/002435.htm>

What is a color additive? It is any dye, pigment, or substance that can impart color when added or applied to a food, drug, or cosmetic, or to the human body. Colors may be used in foods, drugs, cosmetics, and certain medical devices such as contact lenses. Colors are added in foods to offset color loss due to storage or processing of foods and to correct natural variations in food color (e.g., FD&C Yellow #6 is used

in cereals, bakery goods, snack foods). Colors for use in foods are classified as certified or exempt from certification. Certified colors are human-made, with each batch tested by the manufacturer and FDA to ensure they meet strict specifications for purity. There are 9 certified colors approved for use in the U.S. FD&C Blue No. 1; FD&C Blue No. 2; FD&C Green No. 3; Orange B (restricted for use in hot dog and sausage casings); Citrus Red No. 2; FD&C Red No. 3; FD&C Red No. 40; FD&C Yellow No. 5; FD&C Yellow No. 6. Colors exempt from certification include pigments derived from natural sources such as vegetables, minerals, or animals (e.g., caramel color (heating sugar and other carbohydrates), beet powder (red colors); most colors exempt from certification must meet certain legal criteria for specifications and purity. Source: http://ecfr.gpoaccess.gov/cgi/t/text/textidx?c=ecfr&sid=3f6c9146ba54b1b84f17046e27197926&tpl=/ecfrbrowse/Title21/21cfr74_main_02.tpl

Artificial Sweeteners: “Artificial sweeteners are synthetic sugar substitutes but may be derived from naturally occurring substances, including herbs or sugar itself. Artificial sweeteners are also known as intense sweeteners because they are many times sweeter than regular sugar.” “Some manufacturers call their sweeteners "natural" even though they're processed or refined, as is the case with stevia preparations. And some artificial sweeteners are derived from naturally occurring substances — sucralose comes from sugar” (<http://www.mayoclinic.com/health/artificial-sweeteners/MY00073>). The FDA currently approves Acesulfame potassium (Sunett, Sweet One), Aspartame (Equal, NutraSweet), Neotame, Saccharin (SugarTwin, Sweet'N Low), and Sucralose (Splenda). Possible health benefits and health concerns are reported at the mayoclinic site.

What are sulfites? “Sulfites are a group of sulfur-based compounds that may occur naturally or may be added to food as an enhancer and preservative. The FDA estimates that one out of 100 people is sensitive to the compounds. A person can develop sensitivity to sulfites at any time in life, and the trigger for the sensitivity is unknown. For a person who is sensitive to sulfites, a reaction can be mild or life threatening.” In 1986, the FDA banned the use of sulfites on [fruits and vegetables](#) that are eaten raw, such as lettuce or apples. Regulations also require manufacturers who use sulfites in their processed products to list the compounds on their product labels. Although sulfites are no longer used on most fresh foods, they still can be found in a variety of cooked and processed foods. They also occur naturally in the process of making wine and beer.” <http://www.webmd.com/allergies/guide/sulfite-sensitivity>. If concerned about allergy to sulfites, look on food labels for sulfur dioxide, potassium bisulfite or potassium metabisulfite, and sodium bisulfite, sodium metabisulfite or sodium sulfite.

Additional sources that provide comments and opinions about food additives:

<http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodIngredientandPackaging/ucm061846.htm>

<http://www.fda.gov/Food/FoodIngredientsPackaging/GenerallyRecognizedasSafeGRAS/GRASSubstancesSCOGSDatabase/ucm084142.htm> (pertains to the GRAS list—generally recognized as safe)

<http://www.fda.gov/Food/FoodIngredientsPackaging/FoodAdditives/FoodAdditiveListings/ucm091048.htm>

<http://www.who.int/foodsafety/chem/en/> (World Health Organization)

Discussion of various food additives (e.g., BHT, BHA, high fructose corn syrup, guar gum, cellulose, MSG, and artificial flavors, and those relating to meat and poultry) continues in the September 2012 WWURA Newsletter.



Book Column Lynne Masland

Summertime suggests light reading – what we used to call “beach reads” before we stopped indulging in long hours sitting in the sunshine. A friend recently recommended the mysteries of Canadian writer Louise Penny, whose eight books feature Inspector Arman Gamache of the Sûreté du Québec and are set in the province of Québec. In *A Trick of the Light*, named one of the best crime novels of 2011 by the *New York Times*, a murder in the sleepy village of Three Pines shatters Clara Morrow’s anticipation of her solo art show at Montreal’s Musée. Set in Québec City in deep winter, *Bury Your Dead* involves the murder of a man in an old library where the English citizens of Québec safeguard their history. *A Beautiful Mystery*, Penny’s latest book, due out in late August, centers around a murder in a remote monastery in Québec where cloistered monks, who have taken vows of silence, have nonetheless become world famous for their glorious voices.

The Hare with the Amber Eyes, by Edmund de Waal, is an extraordinarily moving family memoir revolving around a collection of 264 Japanese netsuke, all that remains of his Ephrussi family’s great wealth and 19th century banking empire. De Waal is a world famous ceramicist and descendent of the family fortune’s founder, Charles Joachim Ephrussi, born in a shtetl, who becomes a successful grain merchant in Odessa. Embarking on a detective search, De Waal traces five generations through Odessa, Vienna, post-War Japan and England, and the literary and art worlds of Paris, using the netsuke as a lodestone. Simply, yet elegantly, written, this book is a masterpiece and well worth reading

WWURA MEMBERSHIP BENEFITS

WWURA membership brings you many special benefits.

Three locally owned independent bookstores offer 10 percent discounts on purchases made using your current membership card for ID. They are:

- ***Eclipse Bookstore**, located in Fairhaven at 1104 11th Street
- ***Michael’s Books**, located in downtown Bellingham at 109 Grand Avenue, ww.michaelsbooks.com.
- ***Village Books**, located in Fairhaven at 1200 11th Street, www.villagebooks.com

You also receive:

- ***Faculty/staff rates on equipment rentals at Western’s Lakewood facility** on Lake Whatcom.
- ***Wilson Library** card for library privileges (show your WWURA card at the main checkout desk in Haggard Hall to apply).
- ***The WWURA newsletter** with listings of events, health news, and travel opportunities, as well as other items of interest to Western retirees.

Activities include:

- ***Fall, winter and spring luncheons**: a chance to get together with friend and hear a special speaker.
- ***Retirement Banquet**: our annual meeting (in May) where we honor all WWU retirees from the previous academic year.
- ***Summer picnic/potluck** : a social get-together at Whatcom Falls Park.
- ***Opportunities for travel**: local day and overnight trips, USA, overseas--the WWURA Travel Committee welcomes suggestions as well as volunteers who are willing to help with planning and organization. If you’ve got a travel vision, we can help you make it happen.
- ***Interest groups**: we have bicycling, book group, bridge, informal dining, opera, skiing, and a writer’s group. What do **you** want? If you have an interest, there are probably other Western retirees who would like to join you, Use the WWURA network to put your idea into action.
- ***Travelogue dessert/potlucks**: travel the world without even leaving Bellingham. This series offer everything: good food, good friends, entertainment and educational presentations.

WWURA Membership Renewal 2012-13

To become a member of WWURA, check the appropriate box(es) and fill out the form below.

Benefactor	\$100.00 plus
Contributing Membership	\$ 50.00 plus
Sustaining Membership	\$ 25.00 plus
Regular Membership	\$ 15.00
Pre-Retirement Membership	\$ 15.00
Surviving Spouse	\$ 6.00
Limited Income	\$ 6.00
New 2012-13 retiree	\$ 5.00
Contribution to WWURA Scholarship fund	\$ _____

A membership table will be at the picnic. If you renew your membership before the picnic, your membership card will be available at the picnic.

Please mail this application and check, made out to WWURA, to WWURA Membership, c/o **Kirsti Charlton**, 1410 Grant St, Bellingham WA 98225.

AMOUNT ENCLOSED _____ SIGNATURE _____ DATE _____

Biographical Information

NAME _____

NAME OF SPOUSE (if applicable) _____

PRESENT ADDRESS _____ CITY _____

EMAIL _____ YEAR RETIRED _____ YEARS OF SERVICE _____

RETIRED FROM WHAT DEPT OR OFFICE: _____

IF NOT WWU RETIREE, WHAT INSTITUTION: _____

Reservation for the Picnic

Name(s) _____ Number of reservations _____

Mail to Barb Evans, 722 Everglade Rd., Bellingham WA 98225
(You can also call - telephone Barb at 650-9724 or email at barbandhoward@comcast.net)

WWURA Calendar

July 11 Summer Picnic
Aug. TBA Board Meeting
Sept. 4 Board Meeting
Sept. 19 Travelogue
Oct. 1 China/Tibet/Yangtze
Trip
Dec. 2 Holiday Markets Trip



WWURA INTEREST GROUPS

WWURA'S Interest Groups are open to anyone. If you would like to join a group please call the contact person.

June's Interest Groups are listed below:

Biking Group - Call Howard Evans, 650-9724 or email him at <barbandhoward@comcast.net> if you interested.

Book Group - Donna Rochon, 647-2301
Meets at Barbara Davidson's, 806 17th St. at 2:30 p.m.
Tuesday, June 19th. The book for June is *In the Garden of Beasts: Love, Terror and an American Family in Hitler's Berlin* by Erik Larson
The book for July is *84 Charing Cross Road* by Helene Hanff

Bridge Group - Nicholas Bullat, 676-1156
The bridge group will meet on Tuesday, June 26th, at Carol Radke's, 508 Lyla Lane, 733-5876

Informal Dining - Informal Dining will meet in September.
Call Jan Berg, 733-4654 or Barb Evans, 650-9724 if you would like to be added to the list.,

Writer's Group - call Evelyn Wright for information, 676-0227

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