



WWURA NEWS



September 2012

www.wwu.edu/wwura

Serving Retired Faculty and Staff

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WWURA President Nanette Davis is currently on vacation. Look for her column in the October newsletter.

Tidbits... from the Board

At their last Board meeting, the Board voted to move George Gerhold to the faculty position vacated by Bob Christman and to appoint Alice Healy to fill the director -at- large position previously held by George. Margaret Woll was recognized as the editor of WWURA News.

Reserve Now!

WWURA Fall Luncheon
October 12, 2012
Speaker: Kelli Linville
Reservation Form, Page 7

WWURA Travelogue

Revisiting New England

Presented by Gail & Marty Haines

Wednesday, September 19, 2012

Squalicum Yacht Club

6:30 for socializing, 7:15 presentation

Join Gail and Marty Haines as they explore New England this past June.

Gail introduces Marty to her former life prior to coming to Bellingham in 1975. The journey starts with Gail's 50th Reunion at Smith College in Western Massachusetts and then proceeds to the saltwater sights in Mystic Seaport, Newport, Cape Cod and Cape Anne before concluding with a three day walking tour of Boston.

Marty, a Northwest native has some interesting impressions to share after his first visit and observation of the early history of this area with its more settled way of life.

Gail, now a confirmed Northwesterner, enjoyed showing Marty her olde haunts as well as discovering some areas of New England which were new to her.



If your name begins with A through K, please bring a dessert to share. WWURA provides coffee and tea; some members bring wine. Please contact one of the board members if you need a ride.

Interest Groups

It's September and time for our interest groups to start meeting again. Our interest groups and the contact people are listed below. If you are interested in a group, please call or email the contact person.

BOOK GROUP - Donna Rochon, 360-647-2301 or <djrochon1@comcast.net>

Meets the 2nd Tuesday of the month at 2:30 p.m. at Barbara Davidson's, 806 17th St.

September's book is *Sarah's Key* by Tatiana DeRosay; October's book is *Broken For You* by Stephanie Kallos; November's book is *Between the Woods and the Water* by Patrick Leighemor.

BRIDGE GROUP - Nicholas Bullat, 360-676-1156 or <gmbmaestro@gmail.net>

Meets the 4th Tuesday of the month at a member's home. September's meeting will be at Janet Berg's home, 1029 16th St.

INFORMAL DINING - Janet Berg, 360-733-4654 or <janetlila@hotmail.com> or Barb Evans, 360-650-9724 or <barbandhoward@comcast.net>.

Meets once a month at members' homes for dinner. People are divided into groups of 8 with each group having a host or hostess who contacts the others in the group with a date to meet and a choice of food to bring. We do our best to make the groupings different each month so you will have a chance to have dinner with different people. Meetings will start in October.

OPERA GROUP - Evelyn Ames, 360-734-3184 or <Evelyn.ames@wwu.edu>

This group usually attends the operas independently or in small groups. Call Evelyn if you need a ride. Information about venues is listed below.

Metropolitan HD Series for 2012-2013 (check this website for cast and dates of encores: <http://www.metoperafamily.org/metopera/liveinhd/LiveinHD.aspx> In the left corner is Participating Theaters (click on United States and/or Canada for listing). There are 12 HD showings this season. Running times of each opera are listed at main web site. Radio broadcasts (98.1 (ET), 105.7 (CBC Radio 2 at delayed times) and French Canadian station 90.9) begin December 8 with "Un Ballo in Maschera" of Verdi.

<u>Donizetti's <i>L'Elisir d'Amore</i>—New Production</u>	<u>October 13, 2012, 12:55 pm ET</u>
<u>Verdi's <i>Otello</i></u>	<u>October 27, 2012, 12:55 pm ET</u>

Other Theaters: Lincoln Theater in Mt. Vernon: <http://www.lincoltheatre.org/welcome> (click on calendar) Check the Pickford Film Center for European opera showings: <http://pickfordfilmcenter.org/>

McIntyre Theater in Mt. Vernon will be the venue for Skagit Opera's **live** production of "Pagliacci" on September 21, 23, 28 and 30th. Call 360-416-7727 for tickets.

PBS KCTS (channel 9): September: Wagner's Ring Cycle (Metropolitan Opera) Documentary film on 10th (9 pm). Das Rheingold (16th at 1 pm). Die Walküre (23 at 1pm). Siegfried (30th at 1pm). Götterdämmerung (Oct. 7 at 1pm)

SKIING - Charlie Way, 360-734-0649 or <cbway@aol.com>

Skiing usually starts in January, but depends on the weather.

(cont'd on page 5)

Health Notes by Evelyn Ames—Discussion of Various Food Additives

Regulation of food additives has come a long way since the early 1900's when copper sulfate was added to make pickles green. As long term epidemiological population studies continue on additives and colors used in food/meat/poultry/drugs/cosmetics, safety and risk issues are resolved or heightened.

Comparing BHA and BHT: Butylated hydroxyanisole (BHA) and the related compound butylated hydroxytoluene (BHT) are phenolic compounds and are often added to foods to preserve fats. BHA acts as an antioxidant and is used to keep fats from becoming rancid. It is found in butter, meats, cereals, chewing gum, baked goods, snack foods, dehydrated potatoes, and beer. BHT prevents oxidative rancidity of fats and is used to preserve food odor, color, and flavor. Many packaging materials (e.g., ice cream cartons and potato chip bags) use BHT. It is directly added to shortening, cereals, and other foods containing fats and oils. (<http://chemistry.about.com/od/foodcookingchemistry/a/bha-bht-preservatives.htm>) The Center for Science in the Public Interest suggests caution in the use of BHT and avoidance in use of BHA. (<http://www.cspinet.org/reports/chemcuisine.htm>) The *Berkeley Wellness Newsletter* reports that there is “ongoing controversy, however, about the safety of BHA and BHT. Most research has been in animals and test tubes, not in people. The FDA categorizes these food additives as GRAS (generally recognized as safe), which means they are widely considered safe for their intended use in specified amounts, but did not have to undergo pre-market review. A subsequent review by an independent committee supported their general safety, but concluded that “uncertainties exist, requiring that additional studies be conducted” (http://www.berkeleywellnessalerts.com/alerts/healthy_eating/BHA-BHT-preservatives384-1.html).

Cellulose: According to the Mayo Clinic more food manufacturers have “added fiber, such as cellulose, because most people aren't eating enough foods that are naturally high in fiber — namely vegetables, fruits and whole grains. Manufacturers are also adding cellulose because it means they can use less fat and sugar without losing the desired mouthfeel or moistness. The rising cost of flour, sugar and oil may be another reason for this trend” <http://www.mayoclinic.com/health/cellulose/MY01762>. Various forms of cellulose are on the GRAS list.

Monosodium Glutamate: MSG is a flavor enhancer commonly added to Chinese food, canned vegetables, soups and processed meats. The Food and Drug Administration classifies MSG as a food ingredient that's "generally recognized as safe," but the use of MSG remains controversial. “For this reason, when MSG is added to food, the FDA requires that it be listed on the label.” Anecdotal reports include such symptoms as headache, flushing, heart attack type symptoms (chest pain, rapid/fluttering heartbeats, sweating), numbness, tingling, nausea and weakness but there is “no definitive evidence of a link” to MSG. <http://www.mayoclinic.com/health/monosodium-glutamate/AN01251>.

Flavor enhancers include MSG, Ribonucleotides, Disodium Inosinate, and Disodium Guanylate; they add a salty, savory taste to foods. Some people may be allergic to these or want to cut down on salt intake.

High Fructose Corn Syrup: According to information at the Mayo Clinic's health information site, “High-fructose corn syrup, sometimes called corn sugar, has become a popular ingredient in sodas and fruit-flavored drinks. ... Research studies have yielded mixed results about the possible adverse effects of consuming high-fructose corn syrup. Although high-fructose corn syrup is chemically similar to table sugar (sucrose), concerns have been raised because of how high-fructose corn syrup is processed. ... Some research studies have linked consumption of large amounts of any type of added sugar — not just high-fructose corn syrup — to such health problems as weight gain, dental cavities, poor nutrition, and increased triglyceride levels, which can boost your heart attack risk. But there is insufficient evidence to say that high-fructose corn syrup is less healthy than are other types of added sweeteners. ... Recommendations from the American Heart Association — not a part of official U.S. dietary guidelines — say that most American

Health Notes, cont'd

women should consume no more than 100 calories a day from added sugar from any source, and that most American men should consume no more than 150 calories a day from added sugar. ... That's about 6 teaspoons of added sugar for women and 9 for men" (<http://www.mayoclinic.com/health/high-fructose-corn-syrup/AN01588>).

Sodium Nitrate and Sodium Nitrite: S. Nitrate has antimicrobial properties when used as a food preservative. It is found naturally in leafy green vegetables. Whereas, S. Nitrite prevents growth of bacteria (e.g., Clostridium botulinum which causes botulism) and it is used to alter the color of preserved fish and meats. A major concern that has been researched for many years is that sodium nitrite reacts with amino acids in the presence of heat (e.g., high heat in cooking bacon) and forms N-nitrosamines, which are carcinogenic. For some people, migraine headaches may be triggered by eating foods processed with sodium nitrite. On the other hand, S. Nitrite has been used as a vasodilator (increasing blood flow).

Carrageenan: This is a seaweed derivative that is used as a thickener and stabilizer in ice cream to prevent ice crystals from forming. Questions currently are being asked about safety of carrageenan, gum guar and other similar compounds. For members wanting information about carrageenan, check <http://www.webmd.com/vitamins-supplements/ingredientmono-710-CARRAGEENAN.aspx?activeIngredientId=710&activeIngredientName=CARRAGEENAN>

When Were Color Additives Addressed? “The 1960 Color Additives Amendment brought all colors, natural and synthetic, under the Food, Drug, and Cosmetic Act. Color additives may not be used to deceive consumers or to conceal blemishes or inferiorities in food products. Colors used in foods, drugs, and cosmetics must be approved by the FDA before they can be marketed. The Food Additives Amendment and the Color Additives Amendments include the Delaney Clause, which prohibits the approval of an additive "if it is found to induce cancer when ingested by" people or animals, or "if it is found, after tests which are appropriate for the evaluation of the safety of food additives, to induce cancer in" people or animals. Any substance found to cause cancer is regulated under the general safety provisions of these laws, as well as by the Delaney Clause.” http://www.fsis.usda.gov/Factsheets/Additives_in_Meat_&_Poultry_Products/index.asp “Color additives must be declared by their common or usual names on labels, e.g., FD&C Yellow 5, or annatto extract, not collectively as colorings. These labeling requirements help consumers make choices about the foods they eat.” With pressure by manufacturers and other groups to lessen controls over food additives, it is imperative that wise consumers read labels and look for foods with few or no additives. But the caveat is that some foods need added preservatives to keep them from spoilage or to prevent bacterial growth which causes illness.

A summary of types of food ingredients (why they are used and examples of names) can be found at: <http://www.fda.gov/Food/FoodIngredientsPackaging/ucm094211.htm>. The FDA's Food additive status list: <http://www.fda.gov/Food/FoodIngredientsPackaging/FoodAdditives/FoodAdditiveListings/ucm091048.htm>

Greater detail about the GRAS list: <http://www.fda.gov/Food/FoodIngredientsPackaging/GenerallyRecognizedasSafeGRAS/GRASSubstancesSCOGSDatabase/ucm261264.htm>

Chart of common food additives: http://chemistry.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=chemistry&cdn=education&tm=1545&gps=227_186_1221_748&f=00&su=p284.13.342.ip_&tt=2&bt=1&bts=1&st=25&zu=http%3A//www.cnn.com/HEALTH/indepth.food/additives/table.html

Members who want clarification about health insurance, may wish to consider checking with the Senior Activity Center on Halleck Street to ask when a volunteer for SHEBA (Statewide Health Insurance Benefits Advisors) is at the Center. (Currently it is Thursday 12-2)

Interest Groups, *cont'd from page 2*

WRITER'S GROUP - Lynne Masland, 360-676-9821 or <lmassland@comcast.net>

Meets twice monthly and has six members, the optimal number for everyone's writing to receive a reading and commentary. We're working on a variety of projects: memoirs or family histories, poetry, essays and longer works. Nanette Davis' new book is reviewed in this month's Book Corner; one of Evelyn Wright's poems appears on the right..

Writers Group members would be willing to advise others about starting a new group. Contact Evelyn Wright at 676-0227.

Book and Film Corner

Lynne Masland

WWURA President Nanette Davis' book, *Caregiving Our Loved Ones: Stories and Strategies That Will Change Your Life*, has just been published. A professional sociologist, she offers stories and ideas sensitively drawn from her own and others' experiences with caregiving for a loved one. Her strategies will provide inspiration, affirmation and practical help to caregivers as they learn to adapt and change through the process of caring for an aging spouse, friend or parent. A second guide, *The ABCs of Caregiving: Words to Inspire You*, is in the final pre-publication stage.

Set in a small Turkish village during the waning days of the Ottoman Empire, *Birds Without Wings* by British novelist Louis de Bernieres, author of *Captain Corelli's Mandolin*, is a love story between two young people, the Greek girl, Philothei, and Turkish boy, Ibrahim. Intertwined with the portrait of a village in which Christian Greeks, Muslim Turks, Armenians and Jews live side-by-side until World War I and the rise of nationalism spell an end to tolerance, is the story of the career of Mustafa Kemal Attaturk, father of modern Turkey. The author has a gift for creating compelling characters and chronicling the senseless cultural losses of war.

Poetry Corner

"March Idleness"
Evelyn Wright

The doe is out on the terrace again,
A regular stop on her route to the bay.
She bends to graze on soft tender grass
Then stretches for shoots on the old apple tree.
Her coat is rough and reddish brown,
And marked with gray. Her belly swells
With this year's fawn.

For three summers,
She's come to forage with her fawns,
Munching through the garden's bounty,
Roses in June, lettuce and sweet peas,
Beans in July, green apples in August,
Ripe ones in September.

She likes to doze
On the mossy terrace. She closes
Her eyes, relaxes her ears, and rests,
Neck slightly bent. She is still.
She'll drop her fawn in May.
Until then, she drowns in pale sunlight,
An old friend, while I drowse at the window,
Watching her. Sometimes she wakes,
Turns to watch me, with lustrous black eyes,
Blinks, nods off again.

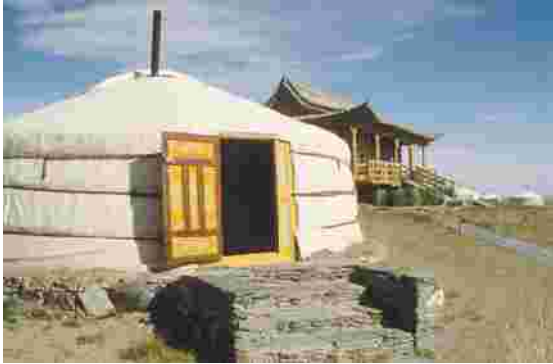
She and I value
Leisure and luxuriate in idleness,
Soaking up sunshine, like Eve
In paradise.



Fawn foraging

Mongolia and the Gobi Desert July 23, 2013 - August 9, 2013

Come with us for the trip of a life time! We fly to Beijing and from there to Ulaanbaatar where we will visit the Gandan Monastery. We then head across the steppes to a 16,000 acre preserve that is the habitat of the ibex, wolves, hawks, etc. Our lodgings will be Mongolian gers for three days. We will also explore Kharkhorin, the ancient capital of the Mongol Empire, which was established by Genghis Khan at the crossroads of the Silk Road. We then have three days at picturesque Khovsgol Lake which will give us the opportunity to meet families who herd reindeer and yaks. We finish the trip with three days at the **Three Camel Lodge in the Gobi desert.**



This is an Overseas Adventure Travel trip which means our group is limited to 10-16 participants. Please let Donna Rochon know if you are interested in the trip. (360-647-2301, djrochon1@comcast.net).

This trip is an opportunity to experience something quite different from our usual trips. It will be fascinating to see a different part of the world. You can view a detail itinerary at the OAT website.

Cost: \$6595 from Seattle: Land Tour only \$4495

Difficulty level: You must have good health and mobility and be able to walk 3 miles unassisted each day.

Website: www.oattravel.com

Danube Holiday Markets Trip 2012

It's not too late to join the Danube cruise. AmaWaterways has a few cabins still available in categories A and B for our December 2 - 12, 2012 trip. We'll depart from SEA-TAC, enjoy Prague for a couple of days, then cruise from Nuremberg, stopping at Regensburg, Passau, Salzburg, Linz, Melk, Vienna and Budapest.



Complete details are available from Kathy (734-7211) or Joyce (733-4703).

Give us a call if you'd like to join Kathy's final WWURA holiday markets trip.

AmaWaterways has just received another award from the travel industry - the 2012 Virtuoso Award for "Best River Cruise Line." It is well-deserved.

Rhine Trip Article in ITN Magazine

An article written by Kathy Whitmer about the 2011 Rhine Winter Voyage appeared in the August 2012 issue of International Travel News magazine. It highlights some of the many wonderful aspects of that AmaWaterways holiday markets cruise from Amsterdam to Basel and the land portion in Lucerne and Zurich. In appreciation Kathy received a thank you note and a bouquet of flowers from Mr. Rudi Schreiner, president of AmaWaterways.



Fall Luncheon
Friday, October 12, 2012
Northwood Hall, 11:30 a.m.

Kelli Linville, Mayor of the City of Bellingham, will be our speaker (more details in October newsletter).

Reservation Form

Name(s) _____

Address or Phone Number _____

Amount Enclosed _____ (\$15 member, \$18 for non-member)

Reservation Deadline is Monday, October 8, 2012

Mail with your check to Janet Berg, 1029 16th Street, Bellingham, WA 98225

A Hearty Welcome to Our Newest Members!

Edna & Eugene Arthurs, Alice & Robert Healy, Robert Keiper, H. Fritz & Suzanne Ponsen, and Ed & Carla Rutschman

Remember when...

We took the *Snowgoose* to
Yellow Island?



Or visited the Ostrich Farm on
Pole Road?



Or hiked at Hart's Pass?



These are but a few of the excursions WWURA has taken in the past.

Are there some trips that you might like to take? Or some activities you think our members would like to do? Or some speakers you would recommend for our luncheons?

Give one of our board members a call and pass along your ideas!

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