



WWURA NEWS

December 2016

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note From Ron Ward

I'm writing this note on Pearl Harbor Day in Bellingham where it is fairly cold with a forecast high of 34 degrees F and a low tonight of just 21. No snow here in the City but plenty up on Mount Baker – 76 inches at the Ski Area base and 105 inches at the summit. So, winter is not far off.

Yesterday, your Board met to plan the Holiday Party which will fall on the Winter Solstice this year. Please come and help us celebrate the holidays together, whichever ones you prefer: Advent, Hanukkah, the Solstice, Christmas, Boxing Day, Kwanzaa, New Year's Eve or Festivus, among others.

December is a time for attending concerts and plays, dancing at holiday balls, participating in the Jingle Bell Run (Yes, WWURA has a team), and traveling to visit family and friends. And all WWURA members are invited to gather at the Squalicum Yacht Club on Wednesday evening, December 21, for our annual party where we'll share some festive cheer, a pot-luck dinner, and the background music of keyboardist **Lou Lippman**. WWURA provides the meat, coffee, tea and cider, and our wonderful members bring side dishes, salads and desserts to share. It's a joyous occasion to be sure.

But as we enjoy this special season of the year, one of our Past Presidents, **Lynne Masland**, reminds us: "Let's not forget those less fortunate, tucking a bit into the Salvation Army kettle or putting a few extra cans and boxes of food into the Food Bank cart." You might also contribute Toys for Tots or, if you prefer, donate to your favorite charities as the year winds down.

As 2016 draws to a close, let me wish you good health, rewarding friendships and exciting adventures in the New Year.

Annual Holiday Party Wednesday, December 21, 2016

Squalicum Yacht Club
2633 South Harbor Loop Rd.

"Celebrate the holidays with friends, good food and lovely music"

- Social gathering—6 p.m.
- Potluck dinner begins at 6:30 p.m. There will be turkey, ham, coffee, cider & tea plus potluck items as assigned below.
- Bring your own wine or soft drink, if you wish.
- Music by keyboardist Lou Lippman
- Bring your own plates and flatware.
- Cost is \$7 per person.
- Please bring a dish (to share) as listed below.
- Last names beginning with **A-G** bring a **hot dish** (such as a vegetable, potato/yam, or bean dish); **H-Q** bring a **salad**, and **R-Z** bring a **dessert**.

The \$7 fee per person covers the cost of the hall, music, and some food.

Deadline for reservations is Friday, December 16. Mail your check and reservation form (*found on page 5*) to **Chris Gerhold, 829 Racine St. Bellingham, WA 98229.** Questions? Call Chris at **733-9265**.

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December 2016 Health Notes by Evelyn Ames

Preventing Food Poisoning in the Kitchen!

What a person does in cleaning and preparing food and cleaning countertops, sinks, and hand towels in the kitchen affects the odds of contracting a foodborne illness. Foodborne illness is a common, costly—yet preventable—public health problem. Centers for Disease Control and Prevention (CDC) estimates that 1 in 6 Americans get sick from contaminated foods or beverages and 3,000 die each year. The U.S. Department of Agriculture (USDA) estimates that foodborne illnesses cost \$15.6 billion each year. Over 250 different foodborne diseases, caused by bacteria, viruses, and parasites, are described in the public health literature. The microbes enter through the gastrointestinal tract with the first common symptoms being nausea, vomiting, abdominal cramps and diarrhea. Sometimes people say they have the “stomach flu” but more likely it is a foodborne illness.

The majority (75%) of identified foodborne illnesses are of bacterial origin with the three most common pathogens being Staphylococcus food poisoning, Clostridium perfringens poisoning, and Salmonella poisoning. Incubation periods and symptoms help distinguish among these three.

<u>Illness</u>	<u>Incubation Period</u>	<u>Fever</u>	<u>Vomiting</u>	<u>Diarrhea</u>	<u>Duration</u>
Staphylococcal poisoning	1-6 hr	no	yes	yes/no	24-48 hr
Clostridium perfringens	6-24 hr	no	no	yes	24 hrs
Salmonella infection	12-72 hr	yes	yes/no	yes	4-7 days

Frequently incriminated foods for above common pathogens:

- Staphylococcus: meat and meat products, poultry and egg products, salads (egg, tuna, chicken, potato, macaroni), bakery products (cream-filled pies), and milk and dairy products.
- Clostridium: temperature abuse of prepared foods, meats and meat products, and gravy.
- Salmonella: raw meats, poultry, eggs, milk and dairy products, fish, shrimp, frog legs, yeast, coconut, sauces and salad dressings, cake mixes, peanut butter, cocoa and chocolate, and cream-filled desserts and toppings.

Food Safety Tips for the Home:

- Store cooked food in wide, shallow containers and refrigerate as soon as possible.
- Wash hands and under fingernails thoroughly with soap and water before handling and preparing food.
- Do not prepare food if ill.
- If you have wounds or infections on your hands or wrists, wear gloves while preparing food.
- Keep kitchens and food serving areas clean. Do not use the same hand towel for wiping/drying hands as the one used to dry dishes. The towel for drying dishes should not be used to wipe counters and table tops.
- If food is to be stored longer than two hours, keep hot foods hot (warmer than 140°F) and cold foods cold (40°F



or colder).

CLEAN: Wash hands and surfaces often. Rinse fresh fruits and vegetables under running water.

SEPARATE: Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, unless kept separate.

COOK: Cook to the [right temperature](#). Use a food thermometer to ensure foods are cooked to a safe internal temperature: 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or consuming), 160°F for ground meats, and 165°F for all poultry.

CHILL: Keep refrigerator below 40°F and refrigerate foods properly.

Sanitizing kitchen sponges using microwave or dishwasher: Michigan State University Extension suggests the following steps for using the microwave: (consider doing this once a week)

- Sponges that have metallic scrub pads should not be disinfected/sanitized in the microwave, but can be placed in a dishwasher for cleaning and sanitizing.
- Make sure the sponge is completely wet. Being wet is essential, otherwise the sponge could catch fire in the microwave.

December 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 at 12:30 p.m., Dec. 20th at the home of Pat Clarke, 222 Highland Drive. This meeting is our holiday party.

January's book is *The Oregon Trail* by Rinker Buck. Discussion leader is Evelyn Ames; treats, Jan Berg.

BRIDGE GROUP—The bridge group will not meet this month. Place for next month will be announced later.

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

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

Web site for The MET HD: <https://www.metopera.org/Season/InCinemas/>.

December 10, *L'Amour de Loin*, Finnish composer, Kaija Saarsiaho.

Locations for MET HD: Barkley Film Center and Lincoln Theater in Mt. Vernon. Skagit Opera is at McIntyre Hall in Mt. Vernon. At various times the Pickford Film Center offers opera, ballet, and theater productions from Europe venues.

The Skagit Opera (now called Pacific Northwest Opera): <http://skagitopera.org/performances>

PLAY READING - Barb Evans, 360-650-9724 <barbandhoward@comcast.net>

Let Barb know if you are interested. The first meeting will be in January, 2017.

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

WRITER'S GROUP -Lynne Masland, 360-676-9821 <lmasland@comcast.net> Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

Health Notes, cont'd

- Put the wet sponge in the microwave for one minute on high. One minute of microwaving is sufficient to kill bacteria.
- Be careful when removing the sponge from the microwave because it will be hot. Set a timer for 10-15 minutes and then take the sponge out of the microwave when it has cooled.

Sanitizing sponges using the dishwasher: use the hottest and longest cycle on dishwasher plus the dry cycle. According to the United State Department of Agriculture (USDA), microwaving sponges kills 99.99999 percent of bacteria present on them, while dishwashing kills 99.9998 percent of bacteria. The bad smell in sponges and dishcloths means bacteria are lurking in them!

Sanitizing sponges using concentrated bleach: use 8.25 percent sodium hypochlorite per quart of warm water and soak for one minute. Another suggestion: use clean paper towels to wipe up raw juices from meats, discard towels and then clean counters with chlorine bleach and let dry.

Resources to consider: <http://www.cdc.gov/foodsafety/foodborne-germs.html> <http://www.cdc.gov/foodsafety/diseases/staphylococcal.html> http://msue.anr.msu.edu/news/sanitizing_kitchen_sponges www.goodhousekeeping.com/home/cleaning/a18731/how-to-clean-a-HYPERLINK "http://www.goodhousekeeping.com/home/cleaning/a18731/how-to-clean-a-sponge/"spongeHYPERLINK "http://www.goodhousekeeping.com/home/cleaning/a18731/how-to-clean-a-sponge/" <https://www.foodsafety.gov/keep/index.html>

Book Review

Atlas Obscura by Joshua Foer, Dylan Thuroso, and Ellen Morton: a Review of a website.

In “The Talk of the Town” of the November 21 issue, *The New Yorker* has a brief article on this book, the website from which it is derived, and the founders of the website, Foer and Thuroso. Third author Ella Morton joined the website a bit later. The book and the website are really huge compendia of oddities—a bit like Robert Ripley’s “Believe It or Not,” with which we all grew up. The authors insist that the criterion is an ability to inspire wonder. Almost all the scores of entries I have looked at fill the bill nicely. Amazingly, the website has ten thousand of them; the book has seven hundred.

In Seattle, for example, *Atlas Obscura* the book lists, among other attractions, a sound garden in Warren G. Magnuson Park and a cement troll beneath the Aurora bridge. A drawing adorns the entry for the sound garden, and a photo authenticates the existence of the troll. For both, a brief paragraph sort of explains the phenomenon, followed by location or address—and the latitude and longitude co-ordinates. We also learn about and see a photo of—on Vashon Island—a child’s bicycle embedded in (half swallowed by?) a Douglas fir. Nothing from north of Seattle.

With many strange and wonderful places in Paris, London, almost anywhere in the world, including Antarctica, where we get to see the interior of Ernest Shackleton’s cabin, both book and website invite browsing. I have spent more time than I meant to, being drawn from one entry to another. *The New Yorker* informs us that the entries were crowd-sourced. Every entry whose accuracy I could verify checked out. Two more oddities/wonders, to whet your appetites. There is Kodinki, a village in Kerala, India, where women bear twins with wonderful frequency: in the world at large the odds of having twins is 1 in 250; in Kodinhi it’s mysteriously 1 in 80. And then there is the apartment on the top level of the Eiffel Tower that Eiffel built for himself.

In the book a well done categorical index aids in browsing. But watch out for Halstatt. The index says there is an entry on page 150. Not so. The entry for the fairly well known site of an ancient, deep salt mine is on the website only.

That’s a very minor blemish in a book I found fascinating. In this holiday season, the book can make a good unusual gift. I have my recipient already picked out.

- Bob McDonnell

Steve Mayo Print Exhibit at Old World Deli in December

A print exhibit of historical watercolors from the Age of Exploration by noted Pacific Northwest maritime artist **Steve Mayo** is on display during December at the Old World Deli, 1228 N. State Street, Bel-
lingham.

The collection illustrates the voyages of Captains Vancouver, Cook and Robert Gray to the Pacific Northwest in the late 18th century, a time when European and American ships were dispatched to the area in search of trading routes and furs.

The Old World Deli features home-made pates, European style meats and cheeses and a large selection of regional and European wines. Lunch, with home-made soups and sandwiches is served daily.

Writers Group

Christmas Eve, 1934 by Evelyn Wright

According to public records, Christmas in Sagola, a company town in the Upper Peninsula of Michigan, was cold and bleak in 1934. After the great fire in the lumber mill, there was no work in town. Hard times. Some single men headed south on passing freights. Most families stayed on in Sagola, trying to figure out where to go and what to do next. In these tough times, there was a Christmas Eve party at the Lutheran Church.

We headed off in late afternoon dusk, bundled up and weighted down in warm underwear, long stockings, wool skirts and sweaters, heavy wool snowsuits, mittens and scarves and caps. Our boots creaked on the snowy wooden sidewalks as we trudged along. Clambering over icy snow banks onto the dimly lit street, we puffed breathy fog through dampening scarves. Drops of ice froze on my scarf, chunks of ice clung to my mittens.

In the warm church basement, we unbundled and joined our noisy friends sitting on the floor around the Christmas tree. Mouths agape, we looked up at shiny tinsel and bright lights, listened to the story of the Wise Men following that star and then finding the baby in the manger. We sang "Away in a Manger," drank hot cocoa with marshmallows, and ate Christmas cookies. Each one of us got a little mesh bag of hard candy to take home. We bundled up again.

Outside, crunching over the cold, dry snow, candy in one mitt, my sister's hand in the other, looking up for the bright Christmas star, I saw millions of them, more stars than I could ever imagine. Radiant stars and pale ones, clouds of glittering stars stretched across the sky. There wasn't one bright star to follow — there were worlds and worlds of stars.

In starlight, the snow glistened. We walked home silently.



Reservation Form
Holiday Party
Wednesday, December 21, 2016
Squalicum Yacht Club
2633 South Harbor Loop Road



Name(s) _____ Phone Number _____

Enclosed is a check (payable to WWURA) for \$_____ for _____ people

Send your reservation(s) and **\$7 per person** (to cover the cost of the hall, music, and some food) to:

Chris Gerhold
829 Racine Street
Bellingham, WA 98229

Questions? Call Chris at 733-9265.

Deadline for reservations—December 16, 2016

WWURA Calendar 2016 - 2017

December 2016

- 6—Board Meeting
- 10—Jingle Bell Run/Walk
- 21—Holiday Party

January 2016

- 3—Board Meeting
- 18—Travelogue—Ted Stannard, China

February 2017

- 7—Board Meeting
- 17—WWURA Lunch—Jeff Carroll, Speaker

March 2017

- 7 –Board Meeting
- 15—Travelogue—Gail Adele, Papua New Guinea

April 2017

- 4—Board Meeting
- 19—Travelogue - Peggy Loudon, Spain & Portugal
- 21—WWURA Lunch—Melissa Rice, Speaker

Nominating Committee

The Nominating Committee is inviting suggestions from the membership for the names of people who might be good candidates for WWURA's Board of Directors . If you or anyone you know might be interested in serving on the Board, please give Peggy Loudon a call at 733-6052 or e-mail her at Peggylou99@gmail.com.

It's Party Time!

We'll be decorating the Squallcum Yacht Club at 2 p.m. on December 21st in preparation for our party that night. If you would like to be part of this fun event, please join us.



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