



WWURA NEWS

October 2016

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note for October

We've reached that time of year when festivals, pancake breakfasts at area granges, fall colors of red, orange, burgundy and yellow all abound; when crisp morning air motivates us to get up and do what needs to be done. When our Canadian neighbors to the North are celebrating Thanksgiving, and we're getting pumpkins, apples and costumes ready for Halloween. Some are even preparing for fall fishing and hunting. And the square dancers are back in action. It's an exciting time of year!

WWURA is getting off to an exciting beginning as well. We had a good turnout for our September Travelogue with **George Kriz** at which he gave an illustrated presentation on his travels through the Czech Republic. And we're all looking forward to our Fall Luncheon on October 21 with our speaker, **University President Sabah Randhawa**. He has indicated that he will open the floor for questions from our membership, so be sure to bring such queries along with you. As always, Northwood Hall will do a wonderful job of providing our lunch. So, make sure you mail in your reservation form by the October 17 deadline.

WWURA will also be sponsoring a scholarship for a Western student again this year. So, we continue to welcome contributions to our Scholarship Fund from our members. Make your check payable to WWURA, designate it for scholarships, and mail it to **Barbara Evans** at 715 N. Garden St. #502, Bellingham, WA 98225.

If you would like to help with our many activities and events this year, we welcome you to join any of our standing committees: *Hospitality, Membership, Program, or Travelogue*. WWURA is an all-volunteer organization. It has no staff support from the University. If you're interested in serving, please contact me via e-mail at ron.ward740@gmail.com or via the postal service to: Ron Ward/ PO Box 30802/ Bellingham, WA 98228.

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WWURA Fall Luncheon

Friday October 21, 2016

Northwood Hall, 11:30 a.m.
3240 Northwest Avenue



We welcome **Dr. Sabah Randhawa**, Western's new president. President Randhawa will speak for about ten minutes highlighting Western's key achievements and then talk about the University's vision for the year ahead. Questions and answers will follow.

President Randhawa came to Western after serving as Provost and Executive Vice President at Oregon State University. During that time he played an integral role in guiding OSU to significant achievements in research and scholarship, expansions in domestic and international student enrollment, and increased diversity among faculty and students.

Previous to becoming OSU's provost, Randhawa was vice provost for academic affairs and international programs at OSU from 2001 to 2004. He was interim dean of OSU's College of Business from 2001 to 2002. Prior to that, he was associate dean for operations in the OSU College of Engineering from 1999 to 2000 and department head of Industrial and Manufacturing Engineering from 1993 to 1999.

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Cruise down the aisles of various grocery/supplement stores and notice the variety of colors of the numerous products shelved under “sports/energy/power” drinks. Select from the rainbow of colors to match your mood: purple, pink, blue, rose, red, yellow, chartreuse, orange, or green. Pick up a bottle and check the list of ingredients. Substances such as sodium chloride, citric acid, phosphates, several sugars (sucrose, fructose, glucose), vitamins and minerals, maybe a protein, and natural or artificial colors. The primary purpose of the colors is to make the drinks more appealing to the buyer.

Using Gatorade as an example to illustrate the host of ingredients in a typical sports drink, the following identifies and highlights the typical ingredients:

- Sodium: potassium chloride improves taste by regulating body’s fluid balance.
- Sucralose: alternative to sugar (not easily broken down, excreted through urine)
- Citric acid: natural acid from lemons and limes and is preservative; gives tangy/tart taste (part II to cover effect of acid on teeth).
- Filtered water
- Natural flavors, not from fruit juice or spices, but improve taste of drink.
- Sodium citrate: food additive with salty and citric taste and used to enhance flavors.
- Sucrose syrup: made from liquefied table sugar or sweeteners. High in empty calories. 8 oz. Gatorade has 14 g of sugar (= to 3.3 tsp of table sugar).
- Artificial colors: check the dye color and note which FD&C is included.
- Brominated vegetable oil: obtained from soybean and purpose is to hinder rise of oils in drink from rising to surface; also stabilizes the flavors.
- High Fructose Corn syrup: source for glucose, sucrose and fructose in sports drinks.
- Monopotassium Phosphate: added as a phosphate.
- Glycerol ester of wood rosin: harvested from pine stumps; used to float oils in products containing citric acid oils.

Note: A 12 oz. serving of Gatorade’s Thirst Quencher contains 21 grams of sugar. A regular bottle of Gatorade contains 32 oz., which actually translates to 56 grams of sugar.

Colors and dyes. The primary purpose of color (dye) is to make the drinks more appealing to the buyer. Most are artificial and they do have FDA approval. Artificial colors contain various chemicals and are commonly derived from petroleum products. Conveniently, they are available in various forms, including liquids, powders, gels, and pastes. In the U.S., all food and drink labels must list the artificial colors they contain. Labeling FD& C means the dye is safe for use in foods, drugs, and cosmetics. The seven artificial colors approved for use in food are FD&C Blue No. 1 Brilliant Blue, FD&C Blue No. 2 Indigotine, FD&C Green No. 3 Fast Green, FD&C Red No. 40 Allura Red, FD&C Red No. 3 Erythrosine, FD&C Yellow No. 5 Tartrazine, and FD&C Yellow No. 6 Sunset Yellow.

Safety Concerns of artificial colors: Although artificial colors have been linked to allergic reactions and other health concerns, including behavioral changes in children, the FDA continues to allow them to be used in food. One of the most problematic dyes is Yellow #5, E102, tartrazine, used to color soft drinks and energy drink. Tartrazine has already been banned in Norway, Austria and Finland.

Natural Food Colors, **exempt from certification, are derived from** natural sources (e.g., Annatto - a reddish-orange dye made from a South American shrub, Paprika, Saffron, Lycopene from tomatoes, Beta-carotene, and Carmine, derived from the cochineal insect).

Part II of Sports drinks will focus on effectiveness and risks/benefits, including the effects of acids on teeth and stomach.

Resources: <http://www.health.harvard.edu/blog/trade-sports-drinks-for-water-201207305079>; FDA and NIH sites. <http://sciencenetlinks.com/science-news/science-updates/sports-drinks/> <http://www.healthline.com/health/food-nutrition/is-gatorade-bad-for-you>

President's Note, cont'd

Enjoy the features of this newsletter such as Health Notes by **Evelyn Ames** and a Book Review by **Bob McDonnell**. And try to get involved with one of our many October **Interest Groups** if you are able and have the time. Western encourages "Active Minds Changing Lives." As retirees we should remain no less active and engaged in our "Golden Years."

-Ron Ward

WWURA Calendar –2016

October

4—Board Meeting
21—WWURA Lunch –Northwood Hall

November

1—Board Meeting
16—Travelogue –Squalicum Yacht Club

December

6—Board Meeting
21—Holiday Party –Squalicum Yacht Club

Writer's Group

The Genealogy Road Trip On the Trail of the McFarlands and the Farrars by Suzanne Krogh

As soon as my sister said the words "road trip", I was ready to go. Although not much interested in the trip's designated genealogy theme, I was happy to help with the family research Leslie had begun. Recently she had stumbled on evidence of our ancestors' arrivals in the eastern United States. So one cold spring day in 2000, I found myself on the way from Washington, D. C. to Washington, Pennsylvania with Leslie and our mother.

At the town library's well-known genealogy room, a search of late 18th century shipping records turned up no evidence of McFarland or Farrar arrivals. However, county courthouse records from 1804 and 1814 showed farmland purchased by Samuel McFarland: "Beginning at a chestnut tree on Joseph Phillie line running thence wit said line south eighty degrees west seventy perches to a white-oak thence north fifty seven degrees west..." and so on, extensively and in detail. Despite the archaic language, the plat was well enough defined that we were able to find "our" property: simple, unfenced grassland, bordered by the creek on one side and, yes, a white oak on the other.

Yet, what we most hoped to find were the family graves, concrete evidence of our family's arrival. For this we paid a visit to the small Presbyterian church and cemetery where a McFarland ancestor had once been pastor. Recently some teenagers had knocked over, then redistributed, many of the tombstones. Nevertheless, Leslie and I searched every row, while Mom waited patiently in the car. We found nothing.

We decided that at least we could take a picture, randomly choosing a few tombstones for me to stand in front of. Leslie aimed the camera. Then she stopped and simply gaped. "What?" I asked. She said nothing. Again I asked, "What?!" Still nothing. At last she managed to squeak, "Look behind you." I gasped, because there they all were. McFarlands and Farrars alike on tombstones large and small.

Then we remembered Mom waiting in the car and went to get her. Her legs weren't treating her well that day, but she held on to us and carefully made her way to the stones. She observed them silently, her eyes welling with tears. Then she said quietly, "We never knew why Dad's middle name was McFarland. And here he is. The man my dad was named for."

Book Review

Commonwealth by Ann Patchett: A Review

Wow! This is my first Ann Patchett novel. It won't be the last. In this complicated, forthright novel, Patchett explores the complexity and the deep humanity of family, complicated and pure. It starts at a christening party with a married man, an uninvited guest, stealing a kiss from the beautiful mother of the christened child, and finding it returned. It's love at first sight between two people married to other spouses—and the decades long human reverberations.

Much later, the child christened at that event, Franny, now an English major and a law school dropout, working as a cocktail waitress, serves Leon Posen, a legendary major novelist whose work she has read and admired. Despite the three decades separating them, they become lovers, and over time Franny tells Posen about her fractured and united family, the product of that not quite stolen kiss. There are Franny and her sister Caroline and her four half-siblings: Cal, Holly, Jeanette, Albie. They spend summers together in Virginia, the rest of the year apart, in Virginia and California. Tragedy strikes when Albie dies needlessly in anaphalactic shock.

Over time Franny tells Leon about her complicated, fraught family life. And, artist that he is, he turns it into another wildly successful novel with the title **Commonwealth**. Franny, among others, is outraged that Leon would turn such private, unresolved, and confidential family information into public material. But seeing their story objectified allows Franny and her sister and half-siblings to come to some resolution. Patchett's novel spans five decades. The story is rich with moments of great beauty and insight about the twists and turns of family relationships. In addition, Patchett's writing is a marvel of straight-forward prose laced with delicate nuance.

- Bob McDonnell

WWURA's Jingle Bell Run/Walk Team

Come jingle with WWURA's Bellingham Jingle Bell Run/Walk team. Walk/run or jingle at home in your jammies! Our registered team so far is Barbara and Mel Davidson, Pat Clarke, Charlie Way, Julie Gorrell, Ingeborg Paulus, Roy Potter, and Evelyn Ames. It's fun to walk with our friends and enjoy seeing various fun-like costumes that other teams sport! All the money we raise goes to local programs, to research to find cures for arthritic diseases and to support a fellowship for a physician to focus on juvenile rheumatoid arthritis. Here is how to register online for the WWURA team. If you do not want to register online, contact Evelyn Ames (evelyn.ames@wwu.edu) to obtain a paper form for registering.



Steps for registering online for WWURA Jingle Bell Team for December 10, 2016.

- <https://www.kintera.org/faf/home/default.asp?ievent=1139054>
- Under get involved (left side), click on registration
- Click on “agree” under waiver
- Follow instructions under first category: register one person with credit card
- Click on join a team and scroll down to find WWURA
- Follow instructions for registering in one of three ways and complete requested information.

Reservation Form
WWURA Spring Luncheon
11:30 a.m., October 21, 2016
Northwood Hall, 3240 Northwest Avenue

Name (s) _____

Address or Phone Number _____

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

Reservation Deadline is Monday Oct 17, 2016

Make your check payable to **WWURA** and mail with this form to **Chris Gerhold, 829 Racine, Bellingham, WA, 98229**. Questions ? Call Chris at 733-9265.

Need a ride? Check here _____ Phone Number _____

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OCTOBER 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 2:30 Tuesday, Oct. 18th at the home of Donna Moore, 1200 Birch Falls Dr.,

October's book is *Give Us the Ballot* by Ari Berman. Discussion leader, Mary Jo; treats, Evelyn Wright.

November's book is *The Wright Brothers* by David McCullough. Discussion leader, Barb Evans; treats, Inge.

BRIDGE GROUP--Nicholas Bullat, 360-770-7270 <gnb.maestro@q.com>

The Bridge Group will meet at 1:30 pm, Tuesday, October 25th. Place to be announced.

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/>.

October 22, *Don Giovanni*

Locations for MET HD: Barkley Film Center and Lincoln Theater in Mt. Vernon. Pacific Northwest Opera 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 announced soon.

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

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.

Travel– Lapland and the Norwegian Coast—May-June 2017

There are several cabins left on our tour to Lapland and the Norwegian Coast with a pre-trip extension to Stockholm and a post trip extension to Copenhagen. The tour is through Grand Circle Small Ship Travel.

Dates are 5/31/2017 to 6/23/2017 including extensions.

Base price is \$4,695.00 plus airfare

Stockholm extension is \$1,095.00

Copenhagen extension is \$1,195.00

For information call **Margaret Loudon 733-6052** or call Donna Moore 733-5769.

I am looking for a roommate for the tour.

Margaret (Peggy) Loudon

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