



WWURA NEWS

February 2018

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note by Peggy Loudon

Happy Valentine's Day to all of our members. Hope it has stopped raining by the time you receive this newsletter. I'm ready for some sun. I've got pruning to do and need to weed the flowerbeds.

I hope you are looking forward to our February 16th Winter Luncheon. **Sam Porter** has been working hard to find interesting speakers for all four of our luncheons and I'm sure you will enjoy this month's selection.

Thanks to Sam we have a new microphone for our travelogues and it worked well at our January presentation on Churchill, Manitoba. Our next travelogue is March 14th.

February is when the Nominating Committee prepares a slate of nominees for the Board of Directors which will be voted on in April. If you would like to nominate someone to be on the Board and have their permission to do so, contact **Evelyn Ames**, 360-734-3184 or email <evelyn.ames@wwu.edu>.

Our newest interest group - Happy Hour -had their first get together this month. If you are interested in joining this group contact **Claire Bowden** (206-419-6628). If you have any suggestions for new interest groups or ways to improve WWURA please send me an e-mail. If you need a new directory they should be available at the February luncheon.

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WWURA's Winter Luncheon

Friday, February 16, 2018

Northwood Hall, 11:30 a.m.

3240 Northwest Avenue



Few retired faculty can match the legacy for WWU and the whole NW area than **Professor Bert Webber**. In his career as a member of the Huxley faculty, Prof. Webber realized confusion in the

naming of the Puget Sound, the North Puget Sound, the Straights of Georgia and Juan de Fuca, and suggested that collectively it be renamed "The Salish Sea" - a more useful title for the collective watershed. The renaming process required approval from local, provincial, and federal governments of BC and Canada, as well as the US agencies responsible for geographical naming and mapping. Moreover, the approval and support of First Nation tribes on both sides of the border was approached for approval. The name stuck, the and the American Name Society declared the Salish Sea as its "Name of the Year" in 2009. The Washington State Ferry system named a vessel the M/V Salish.

In 1994, Webber and his wife Sue, also a marine biologist who taught at Whatcom Community College, bought the 63 ft. steel vessel, the Snow Goose, and started a marine biology program which reached 25,000 students through educational tours and cruises.

Webber retired from Huxley in 2004, but is still active in issues involving water resources, and is a founding fellow at the Salish Seas Studies Institute at WWU for students, agencies, tribes, First Nations, and other parties concerned about the future of the inland sea – now known as the Salish Sea.

2018 February Health Notes by Evelyn Ames

Comments on the “Water Consciousness Movement”

Public health officials suggest that the trend toward drinking “raw water” (unfiltered, untreated, unsterilized spring water, costing from \$15 to \$35 a gallon) puts the nut in health nut! They are concerned about the dubious claims (benefits of unsterilized water versus dangers of tap water) made by companies selling “raw” water.

“Naturally probiotic. Perfected by nature,” [boasts](#) Live Water, which sells raw water sourced from Opal Spring near Madras, Oregon. The company claims their spring water is free of industrial toxins and rich in healthy microbes because it is not processed. In actuality, Live Water sources from the same monitored spring that feeds the municipal tap in Madras, Oregon. Live Water webpage advertises “Sodium, potassium, magnesium and calcium are the four primary electrolytes that maintain the body’s fluid balance. LIVE WATER is abundant in each. There is even trace amounts of lithium and copper. Our naturally alkaline water is ideal for everyday use at a ph of 8. Our [Probiotic Report](#) shows four raw water exclusive probiotics that aren't found in any other food source.” Ironically, in this report, the following contaminant was reported: *Pseudomonas oleovorans*, a “Gram-negative, methylotrophic bacterium that was first isolated in water-oil emulsions used as lubricants and cooling agents for cutting metals.” Does this seem healthy? Live Water advertisements suggest that filtered and bottled spring waters are sterilized with UV light, ozone gas and filtration systems similar in the way juice and dairy products are pasteurized for shelf stability. The company suggests sterilization destroys beneficial sources of minerals and probiotics, whereas “living spring water is the key to unlocking a perfect microbiome balance.”

The measure of cleanliness of drinking water is what one cannot see. In relation to mountain streams, herds of deer, elk, cougars or other animals or people have relieved themselves in the streams. Has the groundwater been contaminated from naturally occurring elements such as radon, uranium, and arsenic? Have pesticides and other chemicals flowed into the water? When hiking in the mountains, the CDC strongly recommends boiling, filtering or disinfecting water from streams and river before drinking it and calls the modern water treatment techniques “One of the Ten Greatest Public Health Achievements of the 20th Century.” The longevity of Americans increased dramatically following public water filtration systems in the early 1900’s.

Water treatment is intended to remove harmful bacteria such as *E.coli*, *Salmonella* and *Giardia*, a common parasite that causes a diarrheal illness called giardiasis and can be contracted by drinking “untreated or improperly treated water from lakes, streams, or wells”. The [HYPERLINK "https://www.epa.gov/sdwa/overview-safe-drinking-water-act"](https://www.epa.gov/sdwa/overview-safe-drinking-water-act) [Safe Drinking Water Act \(SDWA\)](#) requires the Environmental Protection Agency to put in place certain standards to ensure tap water is safe to drink. The Food and Drug Administration regulates water that is bottled and sold to consumers. The water molecule is the same whether the water is pulled from a spring or comes out of the tap. The difference is what else is in the water!

For the International Traveler, here are CDC guidelines on “What’s Safer: Food and Beverage Safety.” Unclean food and water can cause travelers' diarrhea and other diseases. Travelers to developing countries are especially at risk. In otherwise healthy adults, diarrhea is rarely serious or life-threatening, but it can certainly make for an unpleasant trip. Steps to keep in mind when traveling!

What’s Safer: Pasteurized dairy products like milk; "Dry" food like bread or crackers; Water, sodas, or sports drinks that are bottled and sealed (carbonated is safer); Hot coffee or tea; Hard-cooked eggs; Food that is cooked and served hot; Meat that is cooked all the way through; Food from a factory sealed package or container; Fruit and vegetables you have washed in clean water or peeled.

Health Notes, *cont'd*

What's Not: Fountain drinks; Water or ice made from the tap or a well Flavored ice pop; Unpasteurized dairy products; Food from street vendors; Bushmeat (monkeys, bats, or other wild game); Food served at room temperature; Raw or undercooked (rare) meat or fish; Raw or soft-cooked (runny) eggs; Unwashed or unpeeled raw fruits and vegetables; Salads.

Extra: In the past few years, cautions have been made about drinking coffee and tea served on airplanes, especially international travel. Concern is about how clean water is when siphoned into airplanes. Bottled water is no problem. Travelers might wish to take their own hot coffee/tea (after passing through inspection).

Sources: <http://www.myajc.com/lifestyles/food--cooking/raw-water-trend-all-wet-cdc-says-drinking-untreated-water-health-risk/fizzxgKzmrEoogvVtrwZP/>
https://www.washingtonpost.com/news/to-your-health/wp/2018/01/03/raw-water-is-the-latest-health-craze-heres-why-drinking-it-may-be-a-bad-idea/?utm_term=.e8ba112c9955
<https://wwwnc.cdc.gov/travel/page/infographic-food-water-whats-s.afer>
<https://www.epa.gov/dwstandardsregulations>
<https://www.cdc.gov/healthywater/drinking/bottled/index.html>

Book Review

Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming by Naomi Oreskes and Erik M. Conway—A Review

The authors are significant historians of science. The general arc of the story they tell begins when the major tobacco companies banded together and hired a powerful PR company to help them deal with the rising possibility that the federal government was about to regulate tobacco and thus negatively affect their profits. They hired Hill and Knowlton; John Hill advised them to sell doubt about the scientific findings.

They did so and found several eminent scientists willing to carry their banner. Fred Seitz was an atomic scientist who as a young man worked on the Manhattan Project and helped develop the atom bomb. Another eminent physicist eagerly helping was Edward Teller, often called “the father of the hydrogen bomb.” There were others. One issue that united them all was a Cold War fierce anti-communism which saw any move toward government regulation as a huge step toward the loss of capitalism and thus of personal freedom.

The effort was wide and deep and long-lasting. Think tanks were funded, national committees formed, research funded. All of this effort was to promote doubt about the scientific evidence indicting smoking tobacco as addictive and carcinogenic. And it was successful. The tobacco industry knew, *from its own research*, about the dangers of smoking, and its representatives continued to lie and to sow doubt.

The strategies and tactics that worked for so long were soon adopted by industries and political groups to cast doubt about scientific evidence for the dangers of acid rain, asbestos, the hole in the ozone layer, second hand smoke, and now global warming. And many of the culprits are the same. This important, thoroughly researched, and well-written book deserves your full attention.

-Bob McDonnell

Writer's Group

My Life Now In a Series of Senryu* Suzanne Krogh

The Scale Monday Morning

Are those numbers right?
It's true I haven't tried but
I say it's fake news

At the Dog Bar

Sasha's head swivels
There's way too much to choose from!
Ball chase! Ear scratch! Treats!

Tai Chi Class

"Practice ev'ry day"
The teacher's ignored mantra
I stumble along

At the Piano

It's a trick keyboard
Though I try to play pop tunes
It just allows Bach

Boarding the Plane

Unwieldy suitcase
Can I still lift it that high?
Uhm, excuse me sir...

**Senryu are similar to Japanese haiku, with the exception that they are typically focused on human foibles rather than on observances of nature. The syllabic requirement of 5-7-5 remains the same. Since I haven't found a rule against it, I've taken the liberty of giving them titles.*

FEBRUARY 2018 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 Tuesday, Feb. 20 at the home of Donna Moore, 1200 Birch Falls Dr.

February's book is *A Gentleman in Moscow* by Amor Knowles, discussion leader and snacks, Claire Bowden.

March's book is *You Don't Have to Say You Love Me* by Sherman Alexie

BRIDGE GROUP—Caryl Hinckley, 360-739-1036, carylhinckley@hotmail.com

The bridge group will meet on Tuesday, February 27th at 1:30 place TBD.

We are looking for a few more bridge players. If you would like to join our friendly, fun bridge group, please call Caryl and let her know.

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

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

Contact Evelyn if you want information about scheduled dates and locations for the Metropolitan Opera and Skagit Opera.

February 10, *L'Elisir D'Amore* (Donizetti)

March 10, *Semiramide* (Rossini)

February 24, *La Boheme*

March 31, *Così fan Tutti*

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

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

Web site for Vancouver Opera: <https://www.vancouveropera.ca/>

Seattle Opera: <https://www.seattleopera.org/>

Pacific Opera Victoria: <http://www.pov.bc.ca/>

PLAY READING—Margaret Woll, 360-734-8427, mhildeb408@aol.com

Play Reading will meet Monday, February 26, 2018 at the home of Margaret and John Woll, 208 Highland Dr. We will continue reading *Murder at the Empress*.

WRITER'S GROUP - Troy Faith Ward, 425-299-4924, ron.ward740@gmail.com.

Meets twice a month. The groups are kept small so there is time for reading and critiquing each other's work.

Bellingham, WA. --- Living in the Shadow of an Active Volcano-Disaster Preparedness Forum

The Volunteer Mobilization Center (VMC) will host the 2nd Bi-Annual Disaster Preparedness Public Forum on March 24, 2018 at the Whatcom Middle School, 810 Halleck, Bellingham, WA. The Forum is from 10:00 AM to 12:00 PM. The doors will open at 9:00 AM.

Tickets are available from the website: www.eventbrite.com/e/living-in-the-shadow-of-an-active-volcano-tickets-42138923655

The Forum will encourage ongoing discussion about how our community can prepare for what may occur during a disaster. At this Forum, the VMC will bring together experts in the fields of geology and disaster preparedness to discuss conditions specific to Whatcom County and the types of disasters experienced here.

“Our county faces threats from multiple types of disasters, earthquake, forest fires, floods, tsunamis, and even volcanic eruption,” said Terri Temple, VMC Unit Leader. “By addressing the need for food, water, shelter, medical response and communications we can prepare ourselves and our community to address all of them.”

This year, speakers promoting County-wide resilience will include:

Seth Moran, Scientist in Charge, Cascades Volcano Observatory, US Geological Survey;

Jackie Caplan-Auerbach, Assistant Professor, Western Washington University’s Department of Geology and Assistant Dean, College of Science and Engineering;

Pete Stelling, Assistant Professor, Western Washington University’s Department of Geology, College of Science and Engineering; and

John Gargett, Deputy Director, Whatcom County Sheriff’s Office-Division of Emergency Management.

Our speakers will present information on the impacts of a Mt. Baker eruption, including landslides, lahars, flooding of the Nooksack and Skagit rivers and air and water quality, as well as results from a recent study of the financial impacts to the County.

Prior to the presentation, several community organizations will make disaster preparedness materials available for attendees to take home. Those organizations include the VMC, Community Emergency Response Team (CERT), and US Geological Survey.

Volunteer Mobilization Center Contact:

Terri Temple, Unit Leader

whatcomvmc@gmail.com

360-441-9017

Reservation Form WWURA Winter Luncheon 11:30 a.m., February 16, 2018 Northwood Hall, 3240 Northwest Avenue

Name (s) _____

Address or Phone Number _____

Amount Enclosed _____ (\$17 members, \$19 for non-member)

Reservation Deadline is Monday, February 12, 2018

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.

Doctors without Borders—a Worthy Non-Profit

Founded in 1971 during the Biafra conflict, this wonderful organization now has field missions in many countries where there is armed conflict, a natural disaster, or disease outbreak. In 1991 it was awarded the Nobel Peace Prize. It's core mission is to provide,-- world wide-- medical care, water, and sanitation free to all those who need it in areas affected by those conditions. Accordingly it has 30,000 personnel, mostly volunteers, and an annual budget of \$1.6 billion dollars, 90 percent donations. One small example: in the current Yemen conflict, a highly dangerous situation, Doctors without Borders operates 11 hospitals and assists in 18 additional hospitals. It's a great cause.

WWURA Calendar 2018

February

- 6—Board Meeting
- 16—WWURA Lunch—Bert Webber, Salish Sea

March

- 6—Board Meeting
- 21—Travelogue—Shirley Osterhaus, Africa

April

- 3—Board Meeting
- 13—Luncheon—Speaker, Ambassador John Koenig
- 18—Travelogue—Stephanie Bowers, West Side of Vancouver Island

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