



WWURA NEWS

May 2018

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note

April showers bring May flowers and we have been blessed with a profusion of blooms. My tulips are in full bloom and the dogwood trees are popping out. Sun is shining and all is good. Hope you have had time to enjoy our wonderful spring weather.

This month we look forward to joining WWU in hosting the annual Retirement Dinner. It's a fun evening of music by the Prawns and dinner and a chance for WWURA members to welcome new WWU retirees into the fold. See full information inside.

Congratulations to our new Board members **Kevin Majkut, Claire Bowden and Suzanne Krogh**. They have been valuable committee members and I look forward to working with them on the Board. Congratulations also to our members, we had the largest voter turnout ever!

I'm off to Peru and Ecuador so will miss the June meeting and Retirement Dinner but will see you all at the Annual Meeting and Picnic in July.

- Peggy Loudon

WWURA Calendar

May 2018

- 1— Board Meeting
- 31— WWU President's Reception & Banquet

June 2018

- 5— Board Meeting

July 2018

- 3— **Picnic /Annual Meeting**, Fairhaven Park

August 2018

- 7— Planning Session at Lakewood

Western Washington University Retirement Banquet Thursday, May 31, 2018 Wilson Library Reading Room



Reception 5:30 p.m. Dinner at 6:30 p.m.

You are invited to join the Western community at a festive banquet honoring the faculty, staff, administrators who are retiring this year. Following the reception at 5:30 p.m., retirees will be recognized at 6:00 p.m. Dinner, which includes a salad course, an entree of your choice, dessert, rolls, water, and coffee, will be served at 6:30 p.m.

Entree Choices

#1 Petite Beef Filet with Dungeness Crab Cake, Yukon Mashed Potatoes, Char-Grilled Zucchini, Red Peppers and Cilantro Chimichurri

#2 Vegan Crab Cakes (Hearts of Palm), with Roasted Red Pepper Coulis, Chili Spiced Red Cabbage and Grilled Asparagus

Cost is \$35 per person.

Use the Form on Page 6 to send in your reservation and your check. Mail to Barbara Evans, 715 N. Garden St., #502, Bellingham, WA 98225.

Deadline for receiving reservations is Friday, May 18th.

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2018 May Health Notes by Evelyn Ames

CDC and FDA Advice to Consumers about Romaine Lettuce

The Food and Drug Administration and Centers for Disease Prevention and Control are required by law to issue warnings about food safety. The latest media blitz is about romaine lettuce and bacterial contamination (E-coli). **Information collected to date indicates that romaine lettuce from the Yuma, Arizona growing region could be contaminated with *E. coli* O157:H7.** This particular strain can produce a Shiga toxin and severely damage the kidneys. Several cases of illness have been reported. In an update last week, the CDC said that 53 people have been affected by the E. coli outbreak across 16 different states (Washington, Idaho, Missouri, Illinois, Ohio, Pennsylvania, Virginia, New York, New Jersey, Connecticut, Michigan, Arizona, Alaska, California, Louisiana and Montana). "Most people reported eating a salad at a restaurant, and romaine lettuce was the only common ingredient identified among the salads eaten," the FDA reports. The restaurants reported using bagged, chopped romaine lettuce to make salads. "The most recent information collected by FDA, in conjunction with federal, state, and local partners, indicates that the romaine lettuce that ill people ate was likely grown or originated from the winter growing areas in Yuma, Arizona. No specific grower, supplier, distributor, or brand has been identified at this time."

CDC advises restaurants and retailers not to serve or sell any romaine lettuce. This includes whole heads and hearts of romaine, chopped romaine, and salads and salad mixes containing romaine lettuce.

CDC's advice to consumers:

- Do not buy or eat romaine lettuce at a store or restaurant unless you can confirm it is not romaine lettuce from the Yuma, Arizona, growing region. Product labels often do not identify growing regions; so, throw out any romaine lettuce if you're uncertain about where it was grown.
- Unless the source of the product is known, consumers anywhere in the United States who have any store-bought romaine lettuce at home should not eat it and should throw it away, even if some of it was eaten and no one has gotten sick. **This includes whole heads and hearts of romaine, chopped romaine, and salads and salad mixes containing romaine lettuce.** If you do not know if the lettuce is romaine, do not eat it and throw it away.
- Wash and sanitize drawers or shelves in refrigerators where romaine lettuce was stored. Follow these steps to clean refrigerator: items needed (sealed bags, warm, soapy water, clean towels, and optional water + bleach). Step 1- throw out recalled food and any food it touched. Step 2- empty refrigerator. Step 3 - wash removable parts. Step 4 – clean and sanitize inside refrigerator. Full explanation is found at <https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>
- Take action if you have symptoms of an *E. coli* infection: Talk to your healthcare provider. Write down what you ate in the week before you started to get sick. Report your illness to the health department. Assist public health investigators by answering questions about your illness.



<https://www.cdc.gov/foodsafety/index.html>

Web page that provides links to recently posted food recalls. (<https://www.fda.gov/food/recallsoutbreaksemergencies/recalls/default.htm>)

Book Review

Educated: A Memoir by Tara Westover: A Review

This inspiring,, beautifully written memoir of a young woman just took my breath away. In a brief look into a part of American life that few of us has experienced, Tara Westover astonishes the reader with the fierceness of her struggle to find her own way in the world and the sensitivity with which she renders it. She is the youngest of seven children of a fundamentalist Mormon couple, survivalist also, for whom the local Mormon church is a little suspect, the government is anathema, the public school system is an evil indoctrination establishment, and modern medicine is a tool of Satan. None, none of the seven go to public school. Their home schooling is nominal at best.

Tara's father, brilliant and uneducated, keeps aloof from "The System" by running a junk yard on a cash basis and building barns and sheds locally, also on a cash basis. His beautiful, smart, subservient wife is a midwife with no formal training and a highly successful herbalist. As a helper in her father's work, Tara becomes adept at operating such medium heavy equipment as a forklift, a loader, a pea picker. Her maternal grandmother saves the day by advocating for college.

When Tara starts down the road toward college, she home studies herself for the ACT, passing with results that qualify her to enter Brigham Young University. She is almost totally un-socialized for BYU, indeed for any college. Examples: she doesn't know about the Holocaust, has never heard of Napoleon, needs to be told to wash her hands on leaving the bathroom, to read her textbooks. Her raw intelligence and fierce effort propel her to success so great that after graduating from BYU, Cambridge University offers an all-expense scholarship through graduate school, where she also triumphs, getting a PhD in history.

At a cost. She misses the Indian Princess, the mountain in Idaho on whose side her family lives. Her attachment to its power and beauty is very nearly religious, whose qualities she sings in luminous prose. She struggles to reconcile the realities of her family (an older brother is alternately caring and physically abusive; her father refuses to recognize the abuse or to protect her from it)) and her attachment to the outside world she has come to know and value. In this effort, her success is partial. In her family of seven siblings, three of them have PhD's.

This an extraordinary book, extraordinarily well written, that takes us through a part of our culture that is opaque to most of us. I couldn't put it down. Also, for me, it has been a sadly needed education. But perhaps I can now say, as Tara Westover does of herself in her last sentence, that I am now educated.

- Bob McDonnell

Worthy Non-Profit—Lighthouse Mission

The Lighthouse Mission is a Christian non-profit that does a lot of the heavy lifting serving the homeless people in our midst. According to its website, It serves 300 meals a day to people who otherwise would go hungry. It has 40 beds for homeless men, 6 beds for people who are committed in an advanced way to remedying their homelessness, 9 beds for special needs people, 1 small apartment for a single parent, and 2 beds for people referred by St. Joseph's Hospital. The Mission also provides case management, mental health counseling, clothing distribution, laundry facilities, WTA passes, pastoral counseling. It maintains a Drop In Center that is always open. It is a vital resource providing vital assistance to the truly needy. Its website provides details and an opportunity to contribute. Google provides a pathway.

MAY 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 on Tuesday at 2:30 pm May 15, at the home of Suzanne Krogh, 402 Boulevard, #103, 360-647-2028.

May's book is *You Don't Have to Say You Love Me* by Sherman Alexi; discussion leader-Barb E, snacks Suzanne.

June's book is *Hillbilly Elegy* by J. Jance; discussion leader-Inge Paulus, snacks-Inge.

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

The bridge group will not meet over the summer months. 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

Informal dining will start meeting again in October. Let Jan Berg know if you are interested in joining.

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.

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/>

Aida by Verdi, May 6-19.

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

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

Play Reading will not meet over the summer months.

WRITER'S GROUP - Troy Faith Ward, 425-299-8710, troyfaithward@gmail.com.

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

HAPPY HOUR—Claire Bowden, 206-419-6628 clairebowden14@gmail.com

This is a new group and will meet on Wednesday, May 23rd, time to be announced.

If you are interested, please call or email Claire.

Mark Your Calendar

Our **Summer Picnic/Annual Meeting** will be held Tuesday, July 3rd, 2018 at Fairhaven Park. Note the change of venue from previous locations. We have reserved the upper pavilion for this event which will provide easier access to restrooms and a warmer environment. Details will be published in the June Newsletter.



Reservation Form for WWU Retirement Banquet

Thursday, May 31, 2018

Wilson Library Reading Room

Please mail this form with your check to Barbara Evans, 715 N. Garden St. #502, Bellingham, WA 98225. Deadline for reservations to be received by Barbara is Friday, May 18, 2018.

Name(s) _____

Phone or email address _____

Number of reservations _____ at \$35 per person.

Dinner choices:

_____ Petite Beef Filet with Dungeness Crab Cake, Yukon Mashed Potatoes, Char-Grilled Zucchini,
Red Peppers and Cilantro Chimichurri

OR

_____ Vegan Crab Cakes (Hearts of Palm) with Roasted Red Pepper Coulis, Chili Spiced Red Cabbage
and Grilled Asparagus

Amount Enclosed _____ Please make checks payable to Western Washington University.

Western Washington University
Retirement Assoc. (WWURA)
516 High Street
Bellingham, WA 98225-9020