



WWURA NEWS

April 2019

www.wwu.edu/wwura

Serving Retired Faculty and Staff

WWURA's Spring Luncheon Friday, April 19, 2019 Northwood Hall, 11:30 a.m. 3240 Northwest Avenue

Presentors:

Dr. Rieko Darling & Lesley Stephens



In April, our speakers are from Western's Communication Sciences and Disorders Department. **Dr Rieko**



Darling, Director of the Audiology Clinic, and **Lesley Stephens**, Director of the Speech and Language Clinic, will talk to us about hearing, speech and language disorders particular to adults and will explain the services available at the WWU Clinic.

Dr. Rieko M. Darling, is a professor in the Department of Communication Sciences and Disorders at Western Washington University. She earned her doctoral degree in Audiology from Florida State University in 1987 and served on faculty at the University of Hawaii, Auburn University, and Baylor College of Medicine prior to coming to Western in 1995.

Lesley Stephens earned her Masters at the University of Kansas. In addition to her administrative role as the Director of the Speech and Language Clinic, Lesley Stephens' clinical areas of expertise are: acquired communication disorders, group therapy for persons with neurogenic communication disorders, aging and communication, quality of life and communication for older adults, social and psychological aspects of disability, dysphagia, including biofeedback for feeding and swallowing disorders, and artificial nutrition and hydration impacting end of life decisions.

WWURA Travelogue

Friday, April 17, 2019

Squalicum Yacht Club
2633 South Harbor Loop Road

6:30 p.m. Dessert, 7:00 p.m. Presentation

Presenter: Jill MacIntyre Witt

Western's Peace Corps Campus Representative, **Jill MacIntyre Witt**, will be presenting at our April 17th travelogue on the current status of the Peace Corps and Western's involvement.

Peace Corps is currently 58 years old and Western sends many alumni abroad to serve. If you have been a Peace Corps Volunteer, we encourage you to attend as we will be recognizing returned Peace Corps volunteers for their service and learn what they found to be most impactful for their life.

Members whose **last name** begins with **A through L**, please bring a dessert to share. WWURA provides coffee and tea. Some members like to bring wine.

A small donation of \$3 per person is requested to cover room rental and beverages.

Inside:

Health Notes	p. 2
Book Review	p. 3
Worthy Non-Profit	p. 3
Interest Groups	p. 4
Rescheduled Winter Lunch	p. 4
President's Note	p. 5
Calendar	p. 5
Writers Group	p. 6
Luncheon Reservation Forms	p. 7
Ballot for Board of Directors	p. 7

April 2019 Health Notes by Evelyn Ames

Are You Savvy Choosing Web Sites for Health Information?

There is a plethora of health information available to consumers via magazines, TV, newspapers, and the Internet. Some information is reliable, up-to-date, and useful; some is not. As for the Internet, telling the good from the not so good requires web users to be astute. Clicking the first listed site in a search can be misleading and steer the user to commercial/fraudulent sites. Conducting a web search for information on particular health issues? Ask the following questions.

- Who runs or created the site? Is it a branch of the government (e.g., National Institutes of Health), a university, a professional health organization (e.g., American Public Health Association, American College of Sports Medicine), a hospital or clinic (e.g., Mayo or Cleveland)? Or is it a business designed to entice viewers? Focus on quality. Does the site have an editorial board? Can you determine if the information is reviewed before it is posted? Be skeptical. Things that sound too good to be true often are.
- What is the site promising or offering? Does the information use obscure, “scientific” sounding language or promise quick, miraculous results? Be aware of claims when a promoted remedy has a “secret” ingredient that will cure a variety of illnesses. Use caution if the writing style has lots of exclamation points. Web sites for health consumers should use simple language, not technical jargon.
- When was its information written or reviewed? Is it up-to-date? This does depend on the subject matter. For example, the need for up-to-date information is important when searching treatments for influenza but it is not necessarily so when seeking information on coping with loss. Are there broken links when clicking on listed sites? This is a clue that the site may not be kept-up-to-date.
- Where does the information come from? Is it based on scientific research? Search for second opinions to get clarification as to where it comes from.
- Why does the site exist? Is it selling something? Who is paying for the site (public, government, non-profit health organization, a non-commercial or a commercial company)? Is the advertiser promoting a “special” product? The Federal Trade Commission (FTC) has warned the public about fake online news sites. Sites may look real but are merely advertisements. Logos of legitimate news organizations or similar names and Web addresses may be used. You may be asked to sign up for whatever they're selling, and they want you to try it. One approach is to suggest it is doing an “investigation” into the effectiveness of the product. But there is no reporter, no news organization, and no investigation. Only the links to a sales site are real. What is missing is how well one approach works compared with another, what the side effects are, whether results are statistically significant, and whether the study was done using animals or humans.

Interactive source: National Center for Complementary and Integrative Health (within the Institutes of Health) offers an interactive module [Know the Science: The Facts About Health News Stories](#). Some reliable resources for educating consumers include: <https://nccih.nih.gov/health/webresources#hed1>
https://ods.od.nih.gov/Health_Information/How_To_Evaluate_Health_Information_on_the_Internet_Questions_and_Answers.aspx <https://medlineplus.gov/evaluatinghealthinformation.html>
[Evaluating Internet Health Information: A Tutorial from the National Library of Medicine](#)
[Health Information on the Web: Finding Reliable Information](#) (American Academy of Family Physicians)
Access the National Institutes of Health at: <https://www.nih.gov/institutes-nih/list-nih-institutes-centers-offices>
National Library of Medicine, PubMed® www.ncbi.nlm.nih.gov/pubmed
Office of Dietary Supplements (ODS), National Institutes of Health (NIH) <http://ods.od.nih.gov>
MedlinePlus (a service of the National Library of Medicine) www.medlineplus.gov
Ctr for Food Safety and Applied Nutrition (CFSAN)
www.fda.gov/AboutFDA/CentersOffices/OfficeofFoods/CFSAN/
The Dietary Supplement Label Database—a project of the National Institutes of Health
<https://dslid.nlm.nih.gov/dslid/>

*May 2019 Health Notes will cover topic of mobile health apps and report on effectiveness and usefulness of self-monitoring health devices.

Book Review

Lying: Moral Choice in Public and Private Life by Sissela Bok: A Review

This powerful, important book was a best seller when first published in 1979, in the aftermath of Watergate and the Vietnam War. It is as applicable, relevant, and instructive today as it was then; indeed, it has much to teach us. The author, who taught ethics in the Harvard medical school for many years, is the daughter of two winners of the Nobel Prize—Gunnar Myrdal and Alva Myradal. Bok has continued her role as a public intellectual by writing, among other books, *Secrets: on the Ethics of Concealment and Revelation* (1982), *A Strategy for Peace: Human Values and the Threat of War* (1989), and *Mayhem: Violence as Public Entertainment* (1998). But it is *Lying* that seems to me to be most valuable for us today.

Bok is particularly clear that lying, whether public or private, involves the intention to deceive and is additionally a power play, robbing by its deceit the ones lied to of power of knowledge and thus of the power of knowledgeable choice and action. In the introduction she notes the recent, in 1979, loss of public trust. We may feel that the case is even more severe in our own day.

Bok holds that “trust in some degree of veracity functions as a foundation of relations among human beings; when this trust shatters or wears away, institutions collapse.” Even so, we must reckon with lies in both private and public life, and she observes that liars “desire not to be *deceived*.” They “prefer a ‘free-rider’ status, giving them the benefits of lying without the risks of being lied to.

In her first chapters Bok examines the nature of lying, then treats white lies, which leads her to consider what excuses have been offered for lies and lying and to what extent some excuses may have limited applicability. (One with murderous intent: “Where is your friend?” You, inaccurately: “He went that way.”)

In all this, Bok brings to bear the insights of Aristotle, Plato, Augustine, Aquinas, Francis Bacon, Hume, and especially Kant with his choice of no excuse for a lie, even in the most dire circumstances. She does so with a lightness of touch that graces all her work. A consummate liar whom she instances several times to illuminating advantage is Iago.

For me the chief current value of this fine book is its placing the Principle of Veracity at the center of public life. Let’s have more of it.

- Bob McDonnell

Worthy Non-Profit

The Bellingham Giving Circle—a Worthy Non-profit

This worthy non-profit does wonderful work aiding homeless students. In doing so, it works directly with the Bellingham School District Homeless Program. Last year it identified and helped 599 homeless students of whom 99 were without parent or guardian. The help it gives comes in many forms: clothing vouchers, clothing, sleeping bags, backpacks, laptops, toiletries, food and laundry vouchers, bus pass, etc. The Circle has established a food pantry at each of the Bellingham high schools. The membership meets once a month at a potluck dinner to discuss ways to help and to discuss fundraising. The total expenditures on benefits to kids last year was \$26, 686.99. The Circle practices complete transparency, sending out the minutes of its meetings and copies of its financial statements to interested inquiries. To get more information, to donate, or to join in, contact president@bellinghamgivingcircle.org.

APRIL 2019 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 2:00 pm April 16th at the home of Donna Moore
1200 Birch Falls Dr., 360-733-5769.

April's book is *Becoming* by Michelle Obama, discussion leader-Pat Clarke, treats-Pat.

May's book is *Educated* by Tara Westover, discussion leader-Claire, treats-Chris.

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

Informal dining is ongoing. Mary Jo has sent out information for the remainder of the year. If you did not receive a copy, let Mary Jo know. 360-671-6402.

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

Contact Evelyn for more information.

Met HD: May 11, *Dialogues des Carmelites*

Radio broadcasts: King FM-98.1 and CBC Radio 2 105.7 April 13 *Siegfried*; April 20th *La Clemenza di Tito*; April 27 *Gotterdammerung*; May 4 *Les Pecheurs de Perles*

April 5 on KCTS from 9-12 is *La Traviata*. Notice may be too late for this newsletter but check xfinity on demand listing for PBS-KCTS specials and look for *La Traviata*. Review for soprano was great.

WRITER'S GROUP - Troy Faith Ward, 425-299-4924, 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, 360-540-2122 clairebowden14@gmail.com

The "Happy Hour" group will resume meeting in May. If you are interested, please call or email Claire and let her know so she can let you know the time, date and location.

WWURA's Rescheduled Winter Luncheon

Thursday, May 9, 2019

Northwood Hall, 11:30 a.m.

3240 Northwest Avenue



Professor Mark Peyron, Department of Engineering and Design, WWU
Professor Marion Brodhagen, Department of Biology, WWU



We are pleased to announce that the February luncheon program (which was cancelled because of snow) has been rescheduled for Thursday May 9. There is no topic more germane to our times than the use of Plastics and the end-of-life options for these products. **Dr. Mark Peyron** and his colleague **Dr. Marion Brodhagen**, Western faculty, will present an examination of the technical challenges, economic compromises, and practical realities of the use of these materials, based on grant research they are conducting. Members of the Western community will not want to miss this presentation. The Reservation Form is on page 7.

President's Note

It was just after 7:00 p.m. on March 20th at the Squalicum Yacht Club. I was getting onto a plane for Washington, DC in less than 12 hours and of course I hadn't packed yet. But I was surrounded by over 40 members of WWURA gathered for a travelogue presentation by **Lina Zeine** of her travels in her native Lebanon. There was a delightful roar of conversation in the hall and I struggled with stopping people from talking to start the program. It was an excellent presentation with Lina sharing information about food (including incredible pictures of a rich bounty of fruits, vegetables, and nuts), historical sights, beautiful countryside...did I mention food? Also, there was lots of information about the country's government, religious culture, and education. It was an excellent example of a WWURA event; bring members together to interact with each other while providing an interesting program.

This newsletter lists upcoming events including luncheon programs and travelogues...I encourage you to participate.

Speaking of participating...the newsletter also lists the slate of potential Board members for the upcoming terms. These individuals have volunteered to help coordinate the organization. I encourage you to support their efforts by voting...sooner rather than waiting.

So as not to keep you in suspense, I did complete packing for my trip before the plane left. I was joking with people at the travelogue that when I got to DC the Mueller report would probably "drop" and it certainly did—with a loud thud. Of course we are waiting for the full report in the near future to see how the data supports the decisions.

It is sunny in DC, temperature will be in the high 60's today, the cherry trees are almost at peak bloom, and I'm taking my grandson for a long walk down the Mall today. Life is good.

-Kevin Mujkut

WWURA Calendar 2019

April

- 2— Board Meeting
- 17— Travelogue—6:30 p.m. Squalicum Yacht Club
Jill MacIntyre Witt on the Peace Corps
- 19—WWURA Luncheon—11:30 a.m. Northwood Hall
Dr. Riejko Darling & Lesley Stephens on Hearing Speech & Language Disorders

May

- 7—Board Meeting
- 9—WWURA Lunch—11:30 a.m. Northwood Hall
Professor Mark Peyron & Professor Marion Brodhagen
- 30—Western's Retirement Dinner

June

- 4—Board Meeting

Writers Group

Suzanne Krogh Flan-bouyant: Our Quest for the Best Budin in Oaxaca

The three of us agreed on all counts. The dinner had been great, but maybe overly rich, and dessert was called for. Preferably flan. To cut the grease so to speak. But for whatever reason, the restaurant had no dessert menu.

We decided not to turn in for the night until we had found some. After two or three unsuccessful attempts, we located a promising restaurant just down the street from our hotel. Although the maître d' assured us it was okay if we were only there for dessert, he quickly guided us past the little stage where a guitar player was setting himself up and guests at nearby tables were ordering multi-course meals. Far, far in the back, he settled us at a miniscule table surrounded by the other small spenders.

My son ordered a whiskey while his wife and I chose to share a single serving of what turned out to be a rather odd flan, one that was inundated with a generous quantity of rosemary seeds. We attempted to eat with polite enthusiasm, Matt eventually joining in. But soon we could be seen gently picking seeds out of the custard, creating a little pile of rejects, which certainly should have been informational for the kitchen. Where, we wondered, *would* we find a really good flan? Might it not be entertaining to make it a quest to find the best? And right then we decided that would be our goal for the 11 days we had left in Oaxaca. We had other goals for the trip: visiting every museum, exploring all the archaeological ruins, taking Spanish conversation and cooking classes. But it was the quest for the best flan in town that would keep us most busy with planning, searching, testing, and evaluating.

Within a few days, Matt had to return to Bellingham and his job. Ashley and I were left with the all-important task, and we used the opportunity to expand our repertoire of restaurants. One lunchtime we enjoyed a courtyard restaurant furnished with picnic tables surrounded by farm-to-table vendors. Another day it was a rooftop with views of the ethno-botanical garden. And another rooftop offered evening views of city lights. Somehow, no matter what our choice of venue though, the perfect flan eluded us....too slippery slimy or too thick, strangely flavored with coffee or something else mysterious, a couple cottage cheese-like versions....it began to look as though we might need to purchase the ingredients and find an available stovetop.

Eventually our last day arrived, of course. By now we had eaten enough flan to last a lifetime and one more attempt seemed almost too much. But, this was our last chance. So, we marched ourselves across the zocalo to a restaurant we had been to once before for onion soup. Called simply "Tres", it was upstairs overlooking the chaos of street musicians, balloon vendors, ice cream trucks, and crowds of tourists both Mexican and foreign. Tres had lovely white tablecloths, soft music, and a waiter who could say only one thing in English: "I don't speak Spanish. Ha, ha, ha!" And, it had flan.

While all around us people were enjoying their five course meals, we ordered, as usual, a single serving of dessert, along with a pot of tea. Single serving or not, we were exceptionally tired of the sweet, eggy stuff. We stared long and hard at the flan and procrastinated with sips of the tea. Could we do it? We took our first small bites. Stared at each other. Took a second bite. Then a third, and smiled. Yes. It had happened. On our very last day in Oaxaca. The flan was sweet but not too sweet. Silky smooth but not slippery. Draped in caramelized sugar syrup cooked to a mellow light brown.

We wanted to finish this little serving of perfection. And we tried. But at some point our silver dessert spoons just stopped in mid-air. We could not face another bite. Still, we were happy to let our waiter know that, on the final day of a major two-week scientific experiment, we had discovered that Tres served the best flan in the city of Oaxaca. And he agreed with us that a trip couldn't end more perfectly than that.

Reservation Form –for WWURA Spring Luncheon

11:30 a.m., Friday, April 19, 2019

Northwood Hall, 3240 Northwest Avenue

Name(s) _____

Address or Phone Number _____

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

Make your check payable to WWURA and mail with this form to **Chris Gerhold**, 829 Racine St., Bellingham, WA 98229. Questions? Call Chris at 360-733-9265.

Reservation Deadline—April 15, 2019

Reservation Form—for Rescheduled February Luncheon

11:30 a.m., Thursday, May 9, 2019

Northwood Hall, 3240 Northwest Avenue

Name(s) _____

Address or Phone Number _____

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

Make your check payable to WWURA and mail with this form to **Chris Gerhold**, 829 Racine St., Bellingham, WA 98229 Questions? Call Chris at 360-733-9265.

Reservation Deadline—May 6, 2019

WWURA Board of Directors Election

The Nomination Committee presents the following slate of candidates for election to three-year terms on the WWURA Board. If you wish to write in the name of another WWURA member for any of the three positions, you may do so provided you first obtain that person’s agreement to serve.

Please detach and mail your complete ballot to Barbara Evans, 715 N. Garden Street, #502, Bellingham, WA 98225 by Tuesday, April 30, 2019 OR, if you wish, you may email your choices to her at <barbandhoward@comcast.net>.

Ballot for WWURA Board of Directors

Member-at-Large Margaret Loudon Write in _____

Staff/Administration Lina Zeine Write In _____

Faculty Bob McDonnell Write In _____

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

Open Immediately!