



WWURA NEWS

March 2019

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President's Note—Kevin Majkut

I remember this distinctly, in June 1976 while I was interviewing for a job at Western Washington State College there was a discussion about the winter weather. "...don't worry about the winter, sometimes a light dusting of snow but Western has never closed because of snow." Well I guess that has certainly proved to be fanciful.

But hope springs eternal as the winter is beginning to fade (with some minor cold blasts) and spring is just around the corner. For the WWURA Board this season is the time when we begin the search for new Board members to assume office this summer. If you are interested in serving on the Board please send me an email and I'll notify the nominations committee. In addition the Constitution and By-laws establish a member nomination process outlined elsewhere in this newsletter.

Each year WWURA members donate funds for scholarships that augment the monies in the WWURA Endowment Account at the WWU Foundation. This year the Board authorized two \$2500 scholarships for WWU returning students. In addition a grant of \$500 will be given to the Western Gap Scholarship. This innovative scholarship was started and is funded by Western employees to help students with "gap" funding when they find themselves in dire straits. There is an excellent Western Front article explaining more details.

Finally we are looking for a few people to volunteer. The Hospitality Committee could use a few volunteers to help set-up and staff events...this is a fun social opportunity. And we are also looking for a few people to serve as a "brain trust" for the Programs Committee, providing input and advice on potential speakers/topics.

Have a great month and I hope to see you soon.

WWURA Travelogue

Wednesday, March 20, 2019

Squalicum Yacht Club
2633 South Harbor Loop Road

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

Presenter: Lina Zeine

Lina Zeine comes originally from Lebanon and has gone back occasionally to visit family, friends and "play tourist." Her most recent trip with her sister was in July 2018. This travelogue will combine several visits in the last few years. Among other locations, we will go to a number of cities including Tripoli and the Cedars in the north, Byblos along the coast, travel through villages in the mountains to the east and Beiteddin palace in the south east. In Beirut, we will visit the downtown area with the recently discovered Roman ruins and the American University.



Beiteddin Palace

Members whose **last name** begins with **M through Z** 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.

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2019 March Health Notes by Evelyn Ames

Preparing Food Safely: Simple Mistakes to Easily Correct

Mistake: Thawing frozen raw meat and poultry on the counter. Why a mistake? Bacteria grow rapidly at room temperature and frozen foods thaw unevenly. USDA recommends thawing in the refrigerator (planning ahead is necessary). Once thawed, foods such as ground meat or turkey should be all right in the refrigerator for an extra day or two before cooking. Quicker option is to thaw in cold water. Put frozen food in a leak-proof bag and submerge food in cold water, changing water every 30 minutes. After thawing, cook food right away. Another option is to thaw in the microwave. Cook immediately after thawing.

Mistake: Rinsing or washing raw poultry prior to cooking. Raw poultry carries *Campylobacter* bacteria and may be contaminated with *Salmonella* and *Clostridium perfringens* (major causes of food poisoning). Giving raw poultry a scrub doesn't get rid of these pathogens. Quite the opposite. They can easily be splashed to sinks and counters. Juice from meat can contaminate a cook's hands, so washing hands throughout food preparation is important.

Mistake: Not paying attention to food recalls. Center for Foodborne Illness Research and Prevention reports people don't hear about a recall or, if they do, they assume the recall is not near them. The Center suggests three rules to follow: (1) Don't assume your area isn't affected: "Companies might say where the food originated and offer identification information like a product code to look for on the packaging, but they aren't required to share where exactly a contaminated product was sold." The onus is on the buyer. (2) Don't ignore a recall just because it's "voluntary". Most food recalls are voluntary. Companies do recalls when there is a real threat to public health. (3) Throw the product out immediately. Discard and wash hands and surfaces.

Mistake: Not washing fruits and vegetables with inedible skins. FDA recommends washing *all* produce (e.g., apples, oranges, avocados, potatoes) before cutting or peeling so there is no transfer of dirt from the skin to the pulp. The exception is prewashed produce, but many people wash this, too. Running water over produce is sufficient. Contamination on fruits and vegetable skins is a real concern. *Listeria monocytogenes* was found on skins of more than 17 percent of the 361 avocado skins tested. Listeriosis is a serious bacterial illness. (Check earlier Health Notes on bacterial infections.)

Mistake: Not using a meat thermometer. Color, smell and taste are not reliable methods of checking readiness of whether food is done. Looking for pink spots in meat to check readiness is not as safe as using a digital tip-sensitive thermometer for meat and poultry to test for "doneness." [Foodsafety.gov](http://foodsafety.gov) maintains a list of safe minimum cooking temperatures.

Mistake: Skipping washing hands and food surfaces between food preparation stages. When preparing raw meat or poultry, it is important to wash hands every time one comes into contact with meat or poultry. It is important to prevent cross-contamination. Suggestion: scrub hands together with soap and water for at least 20 seconds while humming "Happy Birthday". Clean surfaces thoroughly and consider using a separate cutting board for meat/poultry/fish. Replace or sanitize sponges (one minute in microwave) and cleaning cloths often.

Mistake: Not separating raw meat from other produce, starting at grocery store and ending in refrigerator! Bacteria from raw poultry products can transfer to packaging via meat juice. Separating meat products from other produce and grocery items can prevent cross-contamination. Avoid licking fingers when trying to open plastic bags to insert meat products or other produce after taking them off shelves. Food storage habits at home (e.g., putting package of meat on kitchen counter without a protective bag) can contribute to cross-contamination, even when handled safely in the grocery store. Ready to eat food should be separated

Health Notes, cont'd

from uncooked eggs, uncooked meat, and uncooked seafood when placing them in grocery cart and when bagged at grocery checkout!

Mistake: Leaving food out too long after cooking or eating. Food safety experts suggest food should never be left out for more than two hours. In other words, refrigerate food ASAP! [Foodsafety.gov](https://www.foodsafety.gov/) recommends heating leftovers to a minimum internal temperature of 165 degrees.

<https://www.foodsafety.gov/> (check out **Tips for Meal Kit and Food Delivery Safety Jan 2019**)

<https://www.msn.com/en-us/health/wellness/8-surprising-food-safety-mistakes-you-might-be-making/ar-BBS7o7G?ocid=spartandhp>

MARCH 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 March 19th at the home of Donna Moore, 1200 Birch Falls Dr.

March's book is *Eleanor Oliphant is Completely Fine* by Gail Honeyman, discussion leader- Barb Evans, treats-Gloria Craven

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

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

Is anyone interested in restarting the bridge group? Let Caryl or Barb Evans know.

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: March 30 - Wagner's *Die Walkure*

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 not get together this month, but will resume meeting in May 2019.

Save the Date- May 9th

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. A reservation form will be provided in the April Newsletter

Book Review

Churchill: Walking with Destiny by Andrew Roberts—A Review

This important book is huge—982 pages of text—by a prize-winning biographer and about one of the most important men of the 20th century. Since it is now more than 50 years since Winston Churchill's death, Andrew Roberts had available a prodigious amount of material earlier biographers could not consult. It looks as though he read all of it, published and archival—biographies, memoirs, histories, diaries, log books, note books, George VI's notes of their weekly conferences, etc., etc. What emerges is a fascinating, vast, comprehensive, copiously researched and annotated triumph. (Several times we learn about a meeting or lunch from what the mistress of one of the men who were there confided to her diary.)

Winston was born in 1874 into an important aristocratic family with a brilliantly successful political father and an American mother of great wealth and beauty, both of them too busy with their political and social lives to give Winston the love and attention he longed for as a boy, and indeed for all of his life. For some reason, he was convinced from his teen years that he was destined to save England and to die young. As a result, he took great risks to establish himself early as a military hero. He was in fact a hero of the Boer War and served with distinction in the trenches of World War I. He venerated the British Empire.

Roberts reports Churchill's complex life in scrupulous detail—his wooing of the beauty who became his wife and lifelong love and support, Clementine; his several cabinet posts during WW I; his fidelity to the values as a Tory Democrat, while shifting parties; his early championing of the tank; his being the founding godfather of the RAF, and more. Churchill was a talented painter, a butterfly fancier, bricklayer, military strategist, public speaker, historian. Inheriting almost no money, he supported himself and Clemmie by writing thirty-some published books. Because of his brilliantly witty speeches, as a Member of Parliament, he always filled the house and never disappointed. Early on, he identified both Bolshevism and Nazism as despicable dangers to be not appeased but fiercely opposed.

When the imminent fall of France in 1940 vaulted him into the office of Prime Minister, he rose to the occasion like the man of destiny he was, rallying the British people through oratory and example to stand heroically alone against Hitler's Nazi Germany—until Hitler made the fatal mistake of attacking Soviet Russia and Japan made a similar mistake of committing Pearl Harbor. He did indeed save Britain. Andrews covers fully the Gallipoli campaign, Churchill's unearned reputation as a drunk, his fidelity as a friend. Winston died in 1965 at 90 years of age. This book is fittingly long and a compelling read about a great man.

- Bob McDonnell

Nomination Process

Each year, the Board shall appoint a nominating committee of at least three persons. The committee shall invite suggestions from the membership and prepare a slate with a candidate for each Directorship. Three directors are elected each year: one faculty member, one representing classified staff/administrative exempt, and one at-large. Directors serve for three years. Anyone wishing to nominate someone from the membership must have obtained the consent of that person before submitting their name to the committee. Email Kevin Majkut (majkut.kevin@gmail.com) if you have a nomination.

The deadline for member nominations is March 26, 2019. The Board will approve the nominations slate on April 2, 2019 and ballots will be sent to the membership April 9th.

Poetry Corner

Snow

We always had snow in winter
It started as white and cold
Making everything look clean and connected
Then the wonder of learning
Every flake is unique
As no two people are identical
Mother told me that when I was born it was snowing
From her hospital window she watched the thick, swirling snowflakes
They were very big
It was mid-November
Snow is such a love /hate experience
“Oh look! It’s snowing.”
“Darn, the car is stuck”
“Don’t fall down, it’s icy.”
It’s so magical when it first starts to fall
Then we sweep and plow and sprinkle salt
Later, not so pristine – mixed with dirt
And the grey tracks of struggling, sliding cars
We wish it would all go away
Then, of course, it does
hanging its mind a few times
Coming and going
Then gone!



February 2019

Pat Clarke

Worthy Non-Profit

Skookum Kids –a Worthy Non-Profit

Skookum Kids, in its own words, has been working toward “fixing the foster care system” by working directly with the system, since 2014. One of its most important activities is providing care for children during the first week of their being in foster care—which must be a bewildering if not scary time for the kids involved—at Skookum House, on McLeod Road. In 2018, it helped 200 kids make the transition from a neglectful or abusive home into state foster care. Skookum Kids also has a goal of adding 200 foster care parents by 2020 to relieve the strain on the system. It also provides supervision for meetings of kids with their birth parents. It has a spirited website. You’ll enjoy reading it. It is entirely transparent, in that the website contains the most recent filing of the required annual report to the IRS. Skookum Kids welcomes volunteers for a variety of satisfying support activities. Skookum Kids is eager to talk to people interested in their work. The work with kids and parents is half of the work. The other half is advocating for healthy change in the government procedures and policies that structure the foster care system. They welcome both volunteers and money. The phone number is 360-975-3380.

WWURA Calendar 2019

March

- 5—Board Meeting
- 20—Travelogue—6:30 p.m. Squalicum Yacht Club
Lina Zeine on Lebanon

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. Rieko Darling & Lesley Stephens on Hearing Speech & Language Disorders

May

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

June

- 4—Board Meeting

July

- 2—Picnic-Annual Meeting- 11:30 a.m. Fairhaven Park

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