



WWURA NEWS

December 2020

www.wwu.edu/wwura

Serving Retired Faculty and Staff



WWURA Holiday Party

You are invited to this year's Zoom Holiday Party!

Wednesday, December 16, 4:00 PM

Wear: Party clothes or fun sweater or whatever you like.

Bring: A candle; scratch paper and pen.

Plan to share (if you like): a short memory or story or favorite ornament .

Imbibe: Drink and/or snacks of your choice.

Look for: A Zoom link to arrive in your email 12/15/20. If it doesn't appear, contact **Lina Zeine** at lzeine@comcast.net.

A Very Warm Welcome to Our Newest WWURA Members:

**David Carroll and Susan Donnelly
Lorie McNeill**

We will look forward to see them at future events.

WWURA Travelogue

Wednesday, January 20, 2021 at 4:00 p.m.

At the request of enthusiastic audience members who attended the Zoom November travelogue, WWURA's January Zoom presentation will take us on the next steps in **David Carroll's** and **Susan Donnelly's** trip around the world.

More information in the January 2021 WWURA Newsletter



Get Your Baklava while You Still Can !!!

Lina Zeine has extended her **deadline for ordering** her *superb* Baklava to **December 19th.**

You can order in increments of ½ dozen at \$2.00/ a piece. A full tray contains 48 pieces = \$96

Baklava is not gluten free, and contains flour, sugar, butter and walnuts. No honey, just homemade syrup with rosewater.



Baklava freezes well (for a few weeks) if placed in wax paper in plastic containers e.g. "Tupperware") and then allowed to get to room temperature (about 30 minutes) before serving.

Please call or email Lina to place your order and agree on a delivery time, **then send a check made out to WWURA** to Norm Lindquist . (All proceeds benefit WWWWURA)

Norm Lindquist: 1819 Olympic Place, Bellingham, WA 98229

Lina: 360-734-7408, lzeine@comcast.net

Pick up or delivery- you may pick up at Lina's home or we have drivers who will deliver to your home.

Editor's Note: Those who have already tasted Lina's Baklava are giving rave reviews!!!

Inside :

Health Notes	p. 2, 3
Book Review	p. 3
Jingle Bell Run/Walk	p. 3
Cooking for One or Two	p. 4
Writing Group	p. 5
Interest Groups	p. 6

December 2020 Health Notes by Evelyn Ames

Tips for Detecting Current COVID-19 Health Scams

Plus: Sayings that Provide Humor and Wisdom

In the current environment of “instant” and abundant forms of media, scammers are taking advantage of people’s fears surrounding the Coronavirus. Scammers are setting up websites to sell bogus products and using fake emails, texts, phone calls, and social media posts as ruses to take people’s money and personal information. The emails and posts may promote “awareness and prevention tips” and fake information about cases in your neighborhood. They may be asking for donations to victims or offering advice on unproven treatments. These emails often contain malicious email attachments.

Here are some tips to help you keep the scammers at bay:

- Do not click on links from sources you do not know. It could download a virus onto your computer or device. Make sure the anti-malware and anti-virus software on your computer is up to date.
- Watch for emails claiming to be from the Center for Disease Control and Prevention (CDC) or experts saying that have information about the virus. For the most up-to-date information about the Coronavirus, check the official CDC site, Federal Trade Commission, various university Schools of Public Health, Washington State’s consumer protection agencies, and the World Health Organization (WHO).
- Ignore online offers for vaccinations. If you see ads touting prevention, treatment, or cures for the Coronavirus, ask yourself this: if there’s been a medical breakthrough, would you be hearing about it for the first time through an ad or sales pitch?
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. Do not let yourself be rushed into making donations. If someone wants donations in cash, by gift card, or by wiring money, consumer protection agencies encourage you not to do it.
- Be alert to “investment opportunities.” The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including those on social media, claiming that the products or services of publicly-traded companies can prevent, detect, or cure the coronavirus and that the stock of these companies will dramatically increase in value as a result. Source: [Coronavirus: Scammers follow the headlines | FTC Consumer Information](#)

To conclude the 2020 year of Health Notes, after starting the year with “Friendships,” “Gratitude,” and “Laughter,” as they benefit our health, the following musings and quotes are offered. “I awoke this morning with devout thanksgiving for my friends, the old and the new.” - Ralph Waldo Emerson. “Let us be grateful to the people who us happy. They are the charming gardeners who make our souls blossom.” – Marcel Proust

The following sayings come from a small booklet (*Mother tried to tell me...and I just wouldn't listen*). Periwinkle, Inc, Ontario, Canada, dated 1982. (You never know what you have stashed away in a desk drawer until you begin reorganizing!) Enjoy these sayings!

“Deal with the faults of others as gently as with your own.” “Always forgive your enemies, nothing annoys them so much.”

“Hatred can be an acid that does more damage to the vessel in which it is stored than to the object on which it is poured.” “People are lonely because they build walls instead of bridges.”

“Use the talents you possess...for the woods would be very silent, if no birds sang, except the best.”

“We are never more discontented with others, then when we are discontented with ourselves.”

“We may not return the affection of those who like us...but we respect their good judgment.”

“Cast your bread upon the waters, and it will return twofold.”

“To handle yourself use your head. To handle others, use your heart.”

“About the only thing that comes to us without effort, is old age.” “Happiness is a slice of life.... buttered!

“If God had wanted us to be permissive, he would have given us the Ten Suggestions.”

“Life is not a matter of holding good cards, but of playing a poor hand well.”

Health Notes, cont'd

“Compromise is simply changing the question to fit the answer.” “The trouble with trouble is that it starts out as fun.”

‘It doesn’t matter if you’re on the right track.... you’ll still get run over if you don’t keep moving.’

“Our problem isn’t not knowing what is right....it is doing it.”

“Some minds are like concrete.... thoroughly mixed and permanently set.” “Love is like the five loaves and two fishes...It doesn’t start to multiply until you give it away.” “If you trust.....you don’t worry. If you worry....you don’t trust.” “Two can live as cheaply as one, if one doesn’t eat.” “Real friends are those who, when you’ve made a fool of yourself—don’t think you’ve done a permanent job.” “To forgive and forget, is the true test of greatness.”

May you enjoy a safe and healthy new year in 2021!

Book Review

In the Garden of Beasts: Love, Terror, and an American Family in Hitler’s Berlin, Erik Larson (2011, Broadway Books (Random House))

As you see, this is not a new book, but it speaks to our time. In his introduction, Larson writes, “I have always wondered what it would have been like for an outsider to have witnessed firsthand the gathering dark of Hitler’s rule.” His book supplies an answer to his question, as it documents the experience of the American ambassador to Germany from 1933 to 1937.

This upright man, William Dodd, Chair of the History Department at the University of Chicago, was persuaded to serve his country as ambassador to Germany, though his main purpose in life at that time was to finish his four-volume study, *The Rise and Fall of the Old South*. He went to Berlin with his loyal wife, Martha, his son Bill, an unambitious history teacher, and his journalist daughter, Martha. At first the family was impressed with the orderly achievements of Hitler’s regime and the complaisance of the public enjoying the Tiergarten, the “garden of beasts” in the center of the city. Young Martha, beautiful, self-confident, and promiscuous, had affairs with a number of prominent Nazis and enthused over the promise of German youth.

But gradually Dodd came to see what was really happening, especially as American residents were attacked by SA gangs, Jews suffered increasing oppression, and competition among Hitler’s henchmen led to the massacre of the SA by the SS. Larson goes into fascinating detail about the gradual encroachments of Nazi policy on everyday life, about the changing attitudes of ordinary people, about Dodd’s interviews with Hitler, and about the reactions of the various western ambassadors. Dodd was courageous in mounting a quiet dissent and in attempting to influence the regime, but he was hampered by the requirements of his position and also by the unbelieving response of the State Department to his reports. In fact, Secretary of State Cordell Hull and Assistant Secretary Sumner Welles considered him incompetent and biased, and despite his apparent support from Roosevelt, both worked to remove him from his post.

I can’t begin to describe all the amazing incidents Larson’s research reveals, or the personal complications that beset the Dodd family. If you are at all interested in the ways fascism takes root, or if you have wondered why the West didn’t stop Hitler early enough to prevent World War II, I think you will find this account well worth reading.

- Minda Rae Amiran



Bellingham 2020 Jingle Bell Virtual Run/Walk occurs Saturday 11—12.

Refer to November WWURA Newsletter for web information, otherwise google wwura 2020 jbr team donation.

- Evelyn Ames

Cooking for One (or Two)

Suzanne Krogh

It was a chilly December day in Seattle and Mrs. Heppner had invited 4-year-old Peter and me for an afternoon treat. First, she presented us with a lovely, warm cider. Then Mrs. Heppner, a renowned baker, impressed us with an array of irresistible, fancy Christmas cookies. But my favorite was a simple one....a basic round shape that was more buttery than a sugar cookie, a bit sweeter than a butter cookie. Would she share the recipe? She would not.

“It’s my Christmas cookie,” she explained. “I have to have one that’s just mine. I won’t even give the recipe to my daughter, although it’s in my will.”

Ten years later we had moved to Ashland, Oregon and Phyllis, a new friend, invited me to tea. Along with the tea came a little plate of cookies. With one bite I knew I had found the “secret” cookie. I have no idea how I knew. I just did. Would Phyllis share the recipe? I held my breath. She would. And here it is.

If you want a simple, but elegant cookie, one that can be sprinkled with colored sugar for Christmas if you like, this is it.

Phyllis’s Butter-Sugar Cookies

Ingredients

1 cup (2 sticks) butter

1 cup sugar

1 teaspoon vanilla

1 beaten egg

2 cups flour

1 teaspoon baking powder

1/4 teaspoon salt



Instructions

Cream the butter, sugar, and vanilla until smooth.

Stir in the egg until smooth.

Mix together the flour, baking powder, and salt.

Add dry ingredients to the creamed mixture.

Cover the dough and chill about one hour.

Shape the dough into balls about the size of large walnuts or, for larger cookies, golf balls. Place them in rows on a cookie sheet with room for them to spread.

Flatten the balls with the bottom of a drinking glass dipped in sugar. For best results, press fairly hard.

Bake 10-12 minutes at 350 degrees. When they’re done, edges of cookies should have just a bit of color to them.

Tips

For Christmas cookies, use colored sugar or jimmies.

The glass you use should have a totally flat bottom with no rim.

These cookies freeze well. (Between you and me, they are great straight out of the freezer.)

Writer's Group

The Yellow Bowl

Anyone watching could have thought Helena was in some sort of trance, although they might have understood if they knew even a portion of the story. She stood in the implausibly still kitchen, the mantle clock ticking from the next room, an eternal metronome. Eyes closed, arms crossed in a self-embrace, she lets her head fall back a bit. She breathes in diluted leftovers - applesauce, fresh bread, chicken soup, chocolate cake – that emanate from the cream-colored paint and pink floral curtains.

Children's laughter from outside rouses her. She opens her eyes and slowly runs her hands across the worn and nicked maple counter, bright here and stained there, a constellation of faded aubergine rings where wine bottles roosted, oval charcoal singes from her mother's favorite enameled cast iron pot. Helena leans over and inhales vestiges of garlic and onion. She moves toward the stove, fingertips tracing miniscule bits of bread dough forever glued to the counter. She brushes leftover toast crumbs into her palm.

She opens a cabinet and bathes in rich blends of spices and herbs; removes the jars in front, an odd collection of sizes and shapes, some with labels and some without. A dusting of salt, pepper, and crushed leaves blankets the cabinet shelf. Helena rummages through the collection, jars clinking against one another, poofs of memories enveloping her each time she opens a container. She turns a jar of persimmon-colored paprika in her hands, almost tastes her mother's stew; takes out an ancient jar of chili pepper flakes that she kept refilled for her mom, slips it into her pocket.

Helena goes to the sink, stares out the window to pink and peach roses oddly in full bloom. She fingers a hanging tea towel, studies the ring of dried coffee in the chipped cup left in the sink. A few things rest on the drying rack: a paring knife, concave and thin from use; an overturned yellow bowl; an upside-down salad plate with *Made in England* on the bottom; a silver-plated dinner fork and spoon. She picks up the bowl and cradles it in her hands. Its smooth and steep shape rests perfectly in the curve of her fingers. It invites dives for ice cream against its sides, scrapes for the last traces of deliciousness, akin to licking the remnants of cake batter from a mixing bowl. Its lemon colored glaze is scored by the weft and warp of decades of scrapes and clinks, divulging rapt pleasure from chocolate fudge or strawberry or mocha or plain old vanilla. Silent now, its mosaic of tiny lines evokes a haphazard etching that pools in the bottom of the bowl.

The smack of a screen door startles Helena back to the moment. Ducking his head as he emerges from the mud room, her brother Norm's dimples and one-sided bit of a grin throw Helena back to their childhood.

"Hey sis," he says. "You doin' okay?"

"I guess. Kind of." Helena weakly smiles back at him. "No. I just talked to her last week."

Norm stays by the door, pulls out his mask and puts it on. She does the same. They stare at one another, this new reality. Helena needs a long hug from him but hesitates, as does he.

"The doctor told me she was very peaceful," she says. "I guess by the time the neighbors called an ambulance, she was barely breathing." Helena spins the jar in her pocket. "I wish I'd seen her. I wish I'd been here. I kind of can't stand it she was all alone." Tears well and stream down her face. She looks out the window again, tries to gain control.

"I know," Norm mumbles. Minutes pass. "I could easily have gotten over here if she'd called me. I know she was trying not to bother me since I've been pulling so many shifts at the clinic." He rocks from foot to foot, slowly zips and unzips his fleece. "I just wish she'd called me," his voice cracks. "Or that I had called her."

The neighbor's young kids run by the window, their laughter almost infectious enough to make Helena smile. They giggle helplessly, collapse in a tumble, roll on the damp green lawn. One by one they lay on their backs and swish their little arms and legs across the ground, making angels in the grass.

-Catherine Shornick

DECEMBER 2020 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 December 15 at 2:00 pm on Zoom and will be discussing *The Perfect Horse* by Elizabeth Letts. Lina will be discussion leader. We will also be talking about our 2021 book selections. Lina will send a link for Zoom.

INFORMAL DINING—Stephen Hutchens, 360-483-6873 sphutchens@yahoo.com. Contact Steve for more information.

OPERA GROUP--Evelyn Ames, 360-734-3184, evelyn.ames@wwu.edu Contact Evelyn for more info.

Metropolitan Opera Live Streaming: At search line (Bing or Google), enter Met.Org Live Streaming. When picture shows, scroll down and find the list of operas and click on the one that currently is streaming. New streams begin at 4:30 and continue until the next afternoon. December streams include historical casting of several operas.

Radio broadcasting of operas: the following stations offer opera each Saturday: CBC Radio 2 at 105.7 (starts at 1 pm with Ben Heppner). King FM (98.1) at 10:00 am (try computer if our radio/stereo does not connect). Note: Metropolitan Opera 2020-2021 season is cancelled.

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.

A second writing group has started and is accepting new members. Meets twice a month. Call Bill Smith 360-920-6390, billsmith1545@yahoo.com if interested.

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