



WWURA NEWS



June 2020

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Serving Retired Faculty and Staff

President's Notes

8 minutes and 46 seconds

Yesterday, this was not how I planned on starting my comments. But I spent time today watching the memorial service for George Floyd.

8 minutes and 46 seconds

This is the amount of time that a police officer spent with his knee on the neck of George Floyd while he was on the ground handcuffed...George kept repeating that he could not breathe... kneeling on his neck apparently 2 minutes longer than George Floyd lived.

8 minutes and 46 seconds

Towards the conclusion of the memorial a speaker asked everyone to stand in silence for 8 minutes and 46 seconds to recognize what had happened to George Floyd. I stood, it is hard to imagine how long of a period that is...I was struck by the inhumanity, the casual abuse of authority, and immensely saddened by the current state of our society. Hammered by a pandemic health crisis, looking at an uncertain economic future, and now facing a national catastrophe to our democratic ideals as citizens attempt to confront flaws in our society.

Higher Education is the greatest engine for social change, economic growth, and engaging an informed and active citizenship in our society. The pursuit of knowledge, the development of critical thinking, and gaining an awareness of the moral and ethical elements necessary to make life decisions all make for better citizens and a better society.

We all spent some portion of our working lives engaged in supporting this endeavor. I am proud of the 40 years I spent in this field but very challenged to see how our society has split into partisan factions over the last few decades. Our inability to "speak across differences" does not bode well for the future of our republic.

There is no doubt that Higher Education must step-up to help our country find a path to the future. What will that effort look like?

- Ken Majkut

A Few Items from the Board Meeting

Summer Newsletter: The Board decided to continue the publication of the newsletter during July and August to maintain a line of communication with the membership. Margaret has gracefully agreed to this extra commitment in her role as Newsletter Editor.

Summer Meeting: The July Summer Picnic/Annual Meeting is cancelled this year. The Board is "thinking" about how to hold a virtual Annual Meeting either in the July Newsletter or in some other format. *Keep watch!*

Board Election: The Board approved extending the current Board membership until the Fall. We felt that in this unique time it would be better to keep the experienced members in place rather than try to bring new members on at a time when we are unable to meet face-to-face - among other issues. And, if the full truth be told, there has not been a resounding response from members on assuming these positions. This "lull" will provide a time for reflection in terms of the opportunities available.

Kevin Majkut
WWURA President

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Health Notes by Evelyn Ames

Foods/Snacks Promoted as Healthy! Are They Really?

Nutritious-sounding names often seen on food packaging and promoted on supermarket shelves, convey to the shopper that the food is fresh, nutritious and wholeness! Nutritionists often call this the “health halo.” Various foods, especially snacks, are marketed as being chock full of nutrients and healthy for the consumer, providing most of one’s daily nutritional needs. Many times, the products fall short of being nutritional and more than likely contain more sugars, sodium, and calories than one may realize. Following are examples *Consumer Reports* evaluated in 2019.

Rice Cakes: You prefer not to eat wheat products? Why not switch to rice cakes? More than likely, they are probably made with whole-grain brown rice which provides little fiber. The importance of fibrous foods is that they help curb appetite. Be aware that rice products may contain arsenic due to the way rice is grown. This is the reason why it is suggested not to feed babies and little children rice cakes. Flavored varieties of rice cakes often contain more calories and sugars than expected. Example: “two Lundberg Family Farms Salted Caramel rice cakes have 6 grams of added sugars and 160 calories.” A better choice for snack: air-popped popcorn.

Veggie Sticks: What sounds more nutritional than to eat more “veggies”? What is really in most of the “veggie sticks”? They are made with potato flour and starch, oil, salt, and some vegetable powder for color. An ounce of Sensible Portions Garden Veggie Straws has 130 calories, 7 grams of fat, less than a gram of fiber, and 210 mg of sodium. Veggie sticks are snacks, not veggies! Air-popped popcorn is again an option.

Spinach Wraps: Spinach wraps will not help increase the intake of spinach. Nutritional assessment shows the amount of spinach is negligible. Check labels to see which brands use food coloring along with a small amount of spinach powder to hyper the amount and color of “spinach”. Also check to see what flour is used. Why not make your own wrap. Fill it with the veggies you want and like?



Protein Powder: The promotion of protein powder is apparently based on the assumption that most people, especially older adults, are not eating enough protein. Media advertising promotes the idea that there is a serious deficiency in the United States. For sure, there are population groups that have deficiency (e.g., school age children whose families struggle to feed them and older adults who have difficulty feeding themselves. Children are especially vulnerable now that they are not receiving school lunches and weekend food boxes due to school closures because of COVID-19 pandemic). Older adults do need a bit more protein than younger adults but protein powder is not recommended as the way to accomplish this. Chemical analysis has found some powders to contain heavy metals and other toxins. Check food contaminant analysis at web sites of the Food and Drug Administration and professional nutrition organizations. Suggestions for increasing protein intake include Greek yogurt, peanut butter, and tofu.

Ground Turkey: Is a turkey burger always better than a beef burger. Ground turkey can contain dark meat and skin, which add calories and fat. As a comparison, Butterball 85 percent lean ground turkey has 230 calories and 17 grams of fat (5 grams saturated) in 4 ounces. That amount of 85 percent lean ground beef has 243 calories and 17 grams of fat (6.5 grams saturated). Not too much difference. It is a matter of taste. For a better choice, consider ground turkey breast meat. Four ounces has 2 grams of fat of which 0.5 is saturated.

Granola: Labels for granola products list a mixture of oats, fruit, and nuts. Check labels to see what else is included, such as whey protein and the amount of sugars and fat. A half-cup serving of Quaker Simply Granola Oats, Honey & Almonds has 200 calories and 10 grams of sugars. Consumer Reports suggests a better choice is “a base of high-fiber, low-sugar cereal—such as Shredded Wheat (79 calories and 0 grams of sugars per half-cup) or Cascadian Farm Hearty Morning Fiber (110 calories and 5 grams of sugars in a half-cup); garnish with granola.” Why not sprinkle granola on to plain Greek yogurt?

Instant Oatmeal in packets: “Rolled oats and other less processed types aren’t digested as quickly as instant oats, meaning they won’t cause the same rise in blood sugar.” Packets and cups of instant oats tend to have far more sugars compared to preparing one’s own oatmeal. “A single-serve cup of Bob’s Red Mill Gluten Free Brown Sugar and Maple instant oatmeal has 9 grams (more than 2 teaspoons) of added sugars.” Better choices are cooking your own rolled or steel-cut oats and served with fruit (blueberries and cranberries are great along with dash of cinnamon).

Cooking for One (or Two) Suzanne Krogh

My son Matthew wasn't quite two when I began to drop him off for daily 8:00 to 5:00 babysitting at the home of a Lebanese family. So, while I spent my days learning to be a Montessori teacher, Matt spent his days playing with the family's children and learning to talk...in Lebanese Arabic. One afternoon, the mom sent us home with a salad I'd never seen before, and with one taste I fell in love with what she called *tabbouleh*. She described its importance to Lebanese culture this way: "When you Americans go on a picnic, you assume someone will be in charge of the potato salad. We assume someone will be in charge of the tabbouleh."

Almost a half century later, Matt apparently recalls no Arabic, although he's happy to partake occasionally in some tabbouleh. My friend Lina Zeine...originally from Lebanon and an active member of WWURA...confirms that what the mom said about the popularity of tabbouleh is, indeed, the case. She even says that tabbouleh would appear as a side dish at her family's dinners, once a week or more. These days, Lina is "cooking for one", and her tabbouleh recipe, which follows, is designed with that in mind. There will also be some left over for the next day, or to share with one or two others.

Making tabbouleh is not difficult, although it requires some prep and grain soaking time. In other words, it's not something that can be decided on at the last minute. It is, however, well worth the time. And there's no need to wait for a picnic.

Lina Zeine's Tabbouleh

Ingredients

1 bunch flat-leaf parsley
1/3 cup bulgur wheat
1 1/2 medium tomatoes, about 3/4 pound
1 1/2 to 2 tablespoons lemon juice
1 1/2 to 2 tablespoons olive oil
salt to taste

Optional:

1/4 cup fresh mint, chopped
2 or 3 green onions chopped fine



Prep Instructions

Wash the parsley and wrap in a cloth towel to dry
Once dry, discard parsley stems and chop leaves fine, either by hand or in food processor
Rinse the bulgur and cover in water. Soak for about two hours (or use boiling water for about 30 minutes).
Drain well in a sieve when done.
Chop the tomatoes very fine (1/4 - 1/2 inch), draining out the juice

Making the Tabbouleh

Place parsley, onions, and mint in a bowl
Squeeze a handful of bulgur to get rid of any water, and add to parsley mixture.
Repeat to total about 3 or 4 handfuls.
Add chopped tomatoes
Stir in olive oil, lemon juice, and salt to taste. Use more or less olive oil or lemon juice depending on preference.

Lina's Tips

*You will probably have extra bulgur. The birds who pass through your yard will love it.
*Your tabbouleh should emphasize the green of the parsley, not the bulgur. This is the opposite of what we see in grocery store deli departments.
*There are different grinds of bulgur. Bob's Red Mill "red bulgur" or the Co-op's bulk bulgur are good choices.

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P.S. Some readers have requested gluten free recipes, especially desserts. If you have any to share, please send to slkrogh@wwu.edu. Many thanks!

JUNE 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 have a Zoom meeting at 2 pm on Tuesday, 16th to discuss *A Moment of Lift* by Melinda Gates. The discussion leader is Claire Bowden.

Upcoming books are:

Where the Crawdads Sing by Delia Owens

A Woman of No Importance by Sonia Purnell

Pilgrimage to Eternity by Timothy Egan

Outliers: The Story of Success by Malcolm Gladwell

The Perfect Horse by Elizabeth Letts

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 information.

Metropolitan Opera is streaming operas from previous productions (telecasted on PBS and MET HD productions). Check listings by going to metopera.org. Seattle Opera is showcasing singers who have performed in Seattle. If you need an opera fix, check YouTube.

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 Howard Evans, 360-650-9724, barbandhoward@comcast.net if interested.

Book Review

The Rules of Civility by Amor Towles: A Review

In this time of social distancing and grim reality, perhaps some delightful diversion would be welcome. Amor Towles, whose *A Gentleman from Moscow* entranced many of us, provides us a wonderfully entertaining and witty experience with this, his first novel.

Katey Kontent—twenty-four, attractive, smart as can be, a second generation working class Russian Jew—narrates her life in Manhattan in 1938. On New Year's Eve 1937, at a Greenwich Village bistro, Katey and similarly gifted roommate Eve, meet suave, handsome young banker Tinker Grey. Mutual attraction ensues. Katey's narrative of her life in 1938 is the novel. The mutual attraction is derailed by an auto accident involving all three, but in which Eve is seriously injured. Guilt and noblesse oblige cause Tinker to insist that Eve recuperate in his upscale, beautifully appointed apartment. Through Tinker, Katey is swept into the WASP old money world of New York society.

All is surface charm and ease with underlying flawed reality. Katey learns that Tinker's apparent wealth and position derive from Anne, grand dame of society and social mentor to Katey. He is Anne's kept man.

The Rules of Civility? It's a booklet that Tinker's mother gave him years before. It's a set of self-improvement rules of conduct written for himself by teenaged George Washington. It's appended to the novel. One example: "59th Never express anything unbecoming, nor Act agst the Rules Moral before your inferiours." In a treasure of a Reading Guide (found on the Web) written by the author himself, he turns the tables on us by asking "Which of Washington's rules do you aspire to?"

It's the writing itself, of course, that most impresses me. "And Tinker, he had a smile on his face that could have lit every lamp at the North Pole." "His accent was purely aristocratic—part prep school, part Brit, part prude." "That's how quickly New York City comes about—like a weather vane—or the head of a cobra. Time tells which." That's Katey. Ultimately, she finds her place in this new life. Read the novel. It's a delight.

- Bob McDonnell

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WWURA Membership Application or Renewal Form for 2020-2021

Name _____ Spouse/Partner's Name (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Year Retired _____ Years of WWU Service _____ Department/Unit _____

If not a WWU retiree, check one: WWURA Friend Spouse/Partner of Retiree
 Retired from what institution/organization _____

Select Membership (includes spouse or partner)

- Contributing Membership \$ 50.00 or more
- Regular Membership \$ 25.00
- Surviving Spouse or partner \$ 6.00

Contribution to WWURA Scholarship fund \$ _____

Total amount Enclosed _____ Signature _____ Date _____

Please mail this application and check (*made payable to WWURA*) to WWURA Membership, c/o Barbara Evans, 715 North Garden Street, #502, Bellingham, WA 98225.

(Contributions are deductible) Questions? E-mail Barbara at barbandhoward@comcast.net

Poetry Corner

A Poem About Wrinkles

c) Iris Sanderson Jones

When I lay me down to death
No pickled perfume for my breath
For I have spun from sun to space
To live the wrinkles on my face.

And I would not be satin spread
With lanolin when I am dead
To trim the velvet-plotted gloom
Of any French-Provincial tomb.

Just rough a rise of summered ground
To wrap my wintered bones around
And I will warm the earth a space
To celebrate my wrinkled face.

Remembrance—One More in the Bank - by Howard Evans

One glimpse, a hurried smile
Now lost within the crowd,
The vision caught, it's filed away
to be retrieved whenever the soul's
in need of beauty.

Time

How swiftly time has passed me by!
Can nothing slow its rapid gait?
I've few years before I die.
How swiftly time has passed me by!

I face the years left with a sigh
When time is so predominate.
How swiftly time is passing by!
Can no one slow its rapid gait?!

Health Note To Our Members. Just a reminder to continue being proactive in protecting yourselves from transmission of the COVID-19 virus pandemic. Stay well—Stay Healthy!

Worthy Non-Profit

Some worthy non-profits for our day. In this time of social turmoil responding to the killing of George Floyd, here are several national non-profits that have a track record of working for equal rights for all people of all ethnicities. ACLU, Anti-Defamation League, Alliance for Justice, NAACP, Equal Justice Initiative, Southern Poverty Law Center. (Charity Navigator vets non-profits financially. It recommends all of the above.) All of them are worthy of our financial support.

WeLearn

Did you know? Western has a rich assortment of educational and enrichment opportunities for community members of all ages. During these challenging times, our focus is on providing pathways for engagement, learning, and connection. WeLearn— a curated site of Western resources—was built with that goal in mind. We invite you to discover all that Western has to offer, including upskilling and career-changing options, youth programming, networking, digital resources through Western Libraries, and much more!

Go to <https://www.wvu.edu/welearn>

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***It's Membership
Renewal Time!***

