



WWURA NEWS

September 2020

www.wvu.edu/wwura

Serving Retired Faculty and Staff

President's Notes

Somehow the summer has just slid bye...of course there was limited travel in the era of Covid-19. For me there was also very limited face-to-face time with friends and family; no gatherings sharing food at dusk and no visits with the grandkids.

On September 23rd the 137th class of students will begin study at Western. For the last 44 years I have looked forward with anticipation to that time...the sense of promise, the excitement of new students, the returning to campus of current students...for the faculty and staff the beginning of a new cycle filled both with the warmth of the familiar and spiced with the ever-changing energy that each new class brought to campus.

This year will be like no other with the challenges of the pandemic. But I'll still take the opportunity in those opening days to walk the campus during the day (wearing a mask, of course) to look at those fresh and returning faces and thank the Good Lord for the the gift of my years of participating in this educational mission we all joined forces in.

Please stay safe.

Kevin

WWURA Membership Directory

It is getting close to the time the WWURA Directory for 2020-2021 will be finalized. In order to be included in the Directory and to receive it by mail, I will have to have received your membership for 2020-2021 by **October 10.**

Check the front of this newsletter to see if there is a reminder to pay your dues. If so, your dues are due. If you have any questions, please email me or call me.

A membership form was included in the June and July newsletters. I can also email you one if you need it.

Barbara Evans, Membership Chair
barbandhoward@comcast.net, phone - 360-650-9724

The directories will be mailed out about October 15th.

OOPS!

The September travelogue, "Normandy, the Loire Valley and Cruising the Seine River" has again been postponed. Mark your calendar now and plan to attend by Zoom.

**Wednesday, October 21, 2020
4:00 p.m.**



A day or two before the event you will receive the necessary link to the Zoom site.

If you haven't used Zoom before, AARP has a website on how to use Zoom. The Academy for Lifelong Learning (A.L.L.) at Western is offering a free course as well.

November Travelogue
Mark November 18th on your calendar
(time TBA)

David Carroll and Susan Donnelly
will share their around-the-world adventures

This, too, will be a Zoom production

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September 2020 Health Notes by Evelyn Ames

Temporary FDA Guidelines on Food Labeling When Ingredients Change

This past May, the U.S. Food and Drug Administration issued a guidance document providing temporary flexibility in food labeling requirements to manufacturers and vending machine operators. The goal is to provide regulatory flexibility, where appropriate, to help minimize the impact of supply chain disruptions on product availability associated with the current COVID-19 pandemic. The policy is titled “Temporary Policy Regarding Certain Food Labeling Requirements During the COVID-19 Public Health Emergency: Minor Formulation Changes and Vending Machines.”

Manufacturers are now allowed to make adjustments to the contents in their foods without changing product labels. This means manufacturers of packaged foods can substitute some ingredients without changing labels on their products. Small amounts of substituted additives and food colors can be used without informing the buyer. This raises alarms for people with special dietary needs and for people with allergies. The FDA does state that ingredients being substituted into a food cannot be one of the top eight food allergens without disclosing it to consumers. These eight items are peanuts, eggs, milk, fish, crustacean shellfish, tree nuts, wheat, and soybeans. Guidance is not clear when it comes to sesame, celery, buckwheat, glutamates, and sulfites. These latter ones are known to cause allergies. Deciding what constitutes a health and safety risk is left to the manufacturers’ discretions. FDA has written that minor formulation changes without making conforming label changes should be consistent with safety, quantity, prominence, characterizing ingredient, claims, and nutrition/function. In a manner of speaking, it is still buyer beware. There are existing flexibilities in food labeling regulations, such as the flexibility to exchange spices when the label includes the generic term “spice.” Generally, people with allergies to spices are aware of this flexibility.

These changes create concerns and confusion for consumers because the FDA guidance specifically states that the temporary rules do not establish legally enforceable responsibilities and should be viewed only as recommendations. In legal terms, should means something is suggested or recommended, but not required. Some consumer organizations asked an FDA spokesperson how the FDA will ensure companies comply with the new food safety recommendations. The response: consumers should read the information posted on FDA’s website.

Two examples of temporary formulation guidelines. “Bleached flour” is one. Some flours require the word “bleached” wherever the name of the food appears on the label. Currently there is a shortage of the bleaching agent used to bleach flour. In the United States, the most common flour bleaching agent is **benzoyl peroxide**. FDA is providing temporary flexibility for the substitution of unbleached flour for bleached flour without a corresponding label change while there continues to be bleached flour shortages. Another example involves certain oils that may temporarily be substituted without a label change, such as canola oil for sunflower oil, which contain similar types of fats.

Watchdogs such as the Center for Science in the Public Interest, Consumer Reports, and FARE (Food Allergy and Research Education organization) have suggested to the Food and Beverage Industry that when changes occur, the industry place temporary labeling stickers on their products or note changes on their websites. Where can the consumer go to check labels? At **smartlabel.org**, consumers can find detailed information about thousands of food, beverage, personal care, household, and pet care products. It is one source for product and ingredient information, enabling brands to digitally share more information than could ever fit on a label — from allergens to how to recycle packaging.

Stay tuned for October Newsletter. Topic is an update of the latest research on several food additives. If you want more detailed information on meaning of FDC (food, drug, and cosmetic) additives, check June and September 2010 health notes.

*Recommendations for flu vaccine: public health officials and local physicians are recommending we get our influenza vaccine shots in September. One reason: demand may be high and supply may not meet demand.

Book Review

True Crimes and Misdemeanors: The Investigation of Donald Trump by Jeffrey Toobin: A Review and a bit more.

When I chose this book for review, I was confident that it might well be the standard, almost definitive account of the drama we have recently been through, particularly the Robert Mueller investigations of the possible cooperation of the Trump presidential campaign with the Russian efforts to influence that election in his favor and of Trump's possible obstruction of the FBI investigation into Russia's and the campaign's activities—also of the impeachment investigation that followed. I was mistaken. The book is a valuable one and a very reliable reporting, perhaps the best so far, of those events. But like so much else in our current public life, succeeding events (some people call them scandals and outrages) and revelations have demanded our attention and drastically altered our understanding of events.

Valuable and complete as it is, Toobin's book must now be understood in the context of the revelations in Michael S. Schmidt's *Donald Trump v. The United States: Inside the Struggle to Stop a President*, published on September 1.

So, first Toobin's book. This is Jeffrey Toobin's ninth book. We also know him as the knowledgeable, judicious legal analyst for CNN. Toobin reports the efforts of Mueller and his team in full and also the efforts of President Trump's shifting legal team. His conclusion is a surprising one—that Rudy Giuliani, comical as his antics may have been, was the most effective, because he treated Trump's problems as political rather than legal. Toobin also concludes that Mueller, buttoned-down avoider of the spotlight that he is, was successfully played by Trump's legal team and by attorney general William Barr. Toobin is emphatic in his judgements. He writes that Mueller was "all Super Ego" and that Barr was Trump's "toady."

Toobin treats the impeachment hearings and trial fully, giving full credit to Adam Schiff and also to Mitt Romney's carefully measured courage.

Schmidt's book, which Village Books does not yet have in, adds measurably to our understanding of events. He makes clear that in addition to the two areas of investigation that Mueller was pursuing, there was a third: a counterintelligence investigation directly into Trump's personal and business ties to Russia. The reason? Deputy Attorney General Rod Rosenstein defined Mueller's authority and omitted that area from it, even though there was at the time an on-going FBI investigation of those matters. Rosenstein did not inform the FBI fully of his charge to Mueller. As a result, Mueller and the FBI were both under the impression that the other was pursuing such an investigation.

Schmidt has some other tidbits: that Mitch McConnell fell asleep during an intelligence briefing about Russian interference; that Trump repeatedly ordered McGahn to order the Attorney General to prosecute Hillary Clinton and James Comey.

I recommend Toobin's book and have Schmidt's book on order.

- **Bob McDonnell**

Comments on "Herd Immunity" by Evelyn Ames

"Herd immunity (also called herd effect, community immunity, population immunity, or social immunity) is a form of indirect protection from infectious disease that occurs when a sufficient percentage of a population has become immune to an infection, whether through vaccination or previous infections, "We know with influenza we need somewhere around 60% of the population to be immune to have herd protection, with measles it's about 95%. The novel coronavirus is probably going to fall into the neighborhood of 70% or so," says Dr. Poland of Johns Hopkins School of Public Health. Vaccination is thought to be the best way to acquire herd immunity.

Cooking for One (or Two)

Suzanne Krogh

I was just back from Joe's Garden, suddenly aware that I had purchased too much corn for a single person to eat before its juicy yellow kernels would shrivel unappealingly. What to do? It was a cloudy, cool day, and corn chowder sounded attractive. I had no idea how to make it however, and my collection of cookbooks offered nothing of real interest. The internet wasn't much more help, but it did provide a suggested list of ingredients. I gathered my choices and went to work.

To my surprise, the final result was quite delicious and I was happy to note that I had made too much. By the chowder's third and final day, I had decided I would share my experiment with you. There are only a few essential ingredients. After that it's up to you. (I used them all.)



Summer Corn Chowder for One

Essential Ingredients

1 slice bacon
½ cup chopped onion
1 small potato chopped (about ¾ cup)
kernels from 1 ear corn (about ¾ cup)
½ cup whole milk
½ cup chicken broth

Extras as Desired

¼ cup chopped red or green sweet pepper
¼ cup chopped parsley leaves
1 sliced small stalk celery

Instructions

In a medium saucepan, over medium heat, cook the bacon until crisp. Save for later.

Add the onion (and optional peppers and celery) to the bacon fat and cook until not quite soft.

Add the potatoes, broth, and milk. Simmer (don't boil) until potatoes are not quite done.

Add the corn (and optional parsley). In a small, closed container, shake 1 tablespoon flour in 2 tablespoons water or broth and add to the soup. Cook 5-6 minutes longer, stirring occasionally, to thicken soup. Add salt and pepper to taste.

Serve in a soup bowl with the bacon chopped on top.

Tips

For a vegetarian version, cook vegetables in olive oil instead of bacon, and substitute vegetable broth for chicken. To serve, chop parsley on top.

You Can Write by Nanette Davis

WWURA's two writing groups, each seeking to fill one space, invite writers to share their leisure-time writing. Group 1, headed by Troy Faith Ward, has been together for years, but with the passing of one member, now wish to invite a "retirement writer" to join us. Group 2, headed by Bill Smith, is newer, and also looking for an additional writer to join their group.

Retirement writing is far from rigorous academic writing. It's much more fun and wide open as to genre. Currently, memoir writing is big—leave a legacy for your family and the world. Or you can turn your hand to writing stories, poems, limericks, science fiction, Haiku, journal writing and imaginative writing of all sorts. You'll love sharing your work with supportive and encouraging others. Call Nanette, 360-671-1686 or Suzanne Krogh, 360-647-2028 to get started.

SEPTEMBER 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, September 15th to discuss

Pilgrimage to Eternity by Timothy Egan

Outliers: The Story of Success by Malcolm Gladwell (October)

The Perfect Horse by Elizabeth Letts (November)

INFORMAL DINING—Stephen Hutchens, 360-483-6873

sp Hutchens@yahoo.com. Contact Steve for more information.

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

Contact Evelyn for more information.

Opera update on Metropolitan Opera weekly streaming: simple way to access is type in search line: met-opera.org. Operas begin streaming at 4:30pm and continue until 4pm the next day (Pacific time). You can start and stop any number of times. Check to see if other opera houses are streaming at no cost.

2019-2020 MET HD Opera streaming by the Metropolitan Opera: **Met HD: Radio**

broadcasts: King FM-98.1–10 a.m. and CBC Radio 105.7 - 1 p.m.

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

Just a Passing Memory by Sam Porter

I sometimes wonder if others of the Western community recall the memorable occasion when George Lincoln Rockwell spoke on campus as a part of a series of guest speakers. Mr. Rockwell was the Founder and Commander of the American Nazi Party and a fervent follower of Hitler and his legacy. To hear this controversial speaker, all seats in the main auditorium were filled, and standing room was at a premium.

Dean Herbert Taylor was selected to do the introduction – chosen, no doubt, for his flamboyant and capable manner. At the appointed hour, Dean Taylor marched out alone on stage, came to a military-like stance, and began his introduction in a captivating manner: *“This is the second most unpleasant task of my life. George Lincoln Rockwell has been hired with Student Body funds, in line with Western’s open speaker policies, to talk to us for forty- five minutes.”* He then pulled out a pocket watch and said, *“Mr. Rockwell, you may begin.”* At the end of the forgettable forty-five minutes, Dean Taylor marched back on stage, interrupted the speaker, and said, *“Mr. Rockwell, your time is up. Please stop.”*

There was a stunned pause after this abrupt ending, and Dean Taylor continued, *“I have noticed that – on other campuses – when Mr. Rockwell leaves, all sorts of disruptions and unrest breaks out. I would like to suggest that Western becomes known as the place where Mr. Rockwell’s departure was characterized by total silent pity.”*

At this suggestion, Mr. Rockwell tried to get the audience to rise up in protest, and shouted encouragement to any who would break the silence. No luck – there was total silence as the speaker stormed off stage and left campus in an apparent rage.

One cannot help but wonder and wish that silence might follow some of the outlandish speeches we hear today from national TV podiums.

Note: Wikipedia features a good account of Mr. Rockwell’s activities and also notes that Mr. Rockwell was shot and killed in 1967 by one of his disgruntled followers.

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