



# WWURA NEWS



March 2021

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Serving Retired Faculty and Staff

## President's Notes

A perfect Bellingham late winter day; 10:15 AM and the sun is starting to break through the clouds, the forecast calls for no rain and almost 60 degrees, and we are meeting some friends (socially distanced and masked, of course,) on our patio after we all get our second vaccine shots today. We have a ways to go...but the light at the end of this tunnel is getting brighter.

And that is where we currently are situated as an organization. In addition to the general public health issues our membership is pretty much at a significant level of increased risk for contracting the virus. So we'll keep trying to find ways of connecting (hopefully not adding to people's Zoom fatigue) members without our normal face-to-face contact.

The Board was recently approached by the Squicum Yacht Club about usage, but we are holding off using the space for several months. The Board has begun discussions about when we "normalize," and what events and activities should be on our schedule. And that might include revitalizing the travel program. I'd be interested in any thoughts you might have about organizing future travel activities or any other services/events.

Finally, we spent some time to look at WWURA finances and discussed the nominations process for new and continuing Board members and officers.

Enjoy the sun breaks in our weather, keep hope alive that we'll all make it through this crisis, and will soon be sharing food and stories with each other.

- Kevin Majkut

## WWURA Upcoming Travelogues



**Wednesday March 17th**

**4:00 PM**

**David Carroll** and **Susan Donnelly** return for the third leg of their global travels. Zoom in for visits to Singapore, Kuala Lumpur (Malaysia), Thailand, and the Maldives.

**Wednesday April 21<sup>st</sup>**

**4:00 PM**

Mark your calendar for a visit to Australia with new friends **Andy** and **Michelle Goerdel**. Details in the April Newsletter.



**Wednesday May 19<sup>th</sup>**

**4:00 PM**

**David** and **Susan** take us on one last adventure, leading us across the rest of the globe and home! Mark your calendar. Details will be in the May Newsletter.

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## March 2021 Health Notes by Evelyn Ames *Don't Be a Pill and Fall for Supplement Pills*

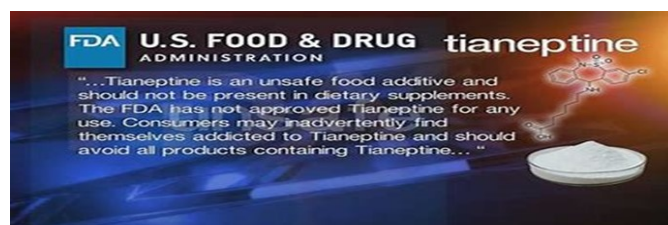
An amusing but catchy way to start the March Health Notes is to highlight the February 14<sup>th</sup> Doonesbury comic strip. A couple of characters are watching a TV ad promoting Prevagen. Quotes from characters: (“anecdotal results may vary, but three out of four pharmacists recommend Prevagen and other products they carry.” “Ask your pharmacist if spending \$1,100 a year is right for you!” Last panel: “Are placebos right for us? I forget...” The main ingredient in Prevagen is a synthetic copy of the **jellyfish protein** called **apoaecquorin**. It is made entirely in a lab.

Having spent some time the last couple of weeks noting the many advertisements for supplements on television and scanning ads in the local newspaper and magazines, it is safe to say that there is nothing that escapes being promoted for young, middle aged, and older adults to enhance and improve the body and mind and to relieve or eliminate all sorts of health problems. The March Health Notes focuses on an illegal drug included in many dietary and other supplements.

A recent article in *Consumer Reports* brought attention to one particular drug (it is not legal or approved for use as a drug in the United States) that carries serious consequences. Ever hear of “tianeptine”? It is found in dietary and other types of supplements as well as a pain-killing type of substance. It appears to have effects similar to opioids (e.g., dulling pain and creating euphoria). Tianeptine is chemical that affects brain chemicals. It seems to affect mood when used in low doses. In higher doses, it works like an opioid and can cause addiction and other serious side effects such as withdrawal symptoms. It is reported that individuals who have overcome addiction to oxycodone and fentanyl and fell into use of tianeptine, develop addiction again! Tianeptine does not qualify as a dietary ingredient. It is not on the FDA GRAS list (generally recognized as safe). Dietary supplements containing tianeptine are adulterated substances under the FDC Act. Consumers Union reports that although the FDA is aware of several serious adverse reports associated with tianeptine, it has not acted to investigate the extent of various supplements that illegally include tianeptine. Supplements in the U.S. have not been tested for safety and effectiveness. Essentially any substance can be included without ever being tested for efficacy and safety. Removal occurs when serious adverse effects and deaths occur.

A search of the web (amazing what is shown on Amazon's web page when searching “tianeptine”) is illuminating! The following is a small listing: Nature Way Alive Max; Twinlab, Andrew lessman glutamine, L-Arginine Plus, Ageless Body Top Natural Antiaging, MA Labs' Vicaine, and Jack B Goods Outlet Store for its Tianaa Red, Tianaa White, and Tianaa Green products. Tianeptine is also sold under the brand names Tiannaa, Stablon and Coaxil and identified as an atypical antidepressant which is used mainly in the treatment of major depressive disorder, although it may also be used to treat anxiety, asthma, and irritable bowel syndrome. Other substances listed on the 2021 Military banned list include: Acacia Rigidula (green coffee bean extract +Energy), Aconite (wolfsbane, Homoeopathic, supposed to improve heart conditions), Aegelline Oxy-ELITE Pro for weight loss and muscle bulk, Betaphine (Dexaprine, a stimulant), DMAA (Absolute Pump, amphetamine derivative) for nasal decongestion; BMPEA (Fastin-XR, possibly replace amphetamine).

“The most scientifically sound approach to keeping one's immune system healthy are habits that don't require you to buy pills or eat strange foods.” Research studies have shown that participants maintain healthy immune systems when they reduce both short-and long-term stress; get enough regular sleep; physically exercise from 30 to 45 minutes; and eat a variety of nutritional foods. “To boost immunity, forget magic pills” suggests Christie Aschwander. *Consumer Reports* highlighted a list of dietary supplements with “risky” ingredients: Fastin-xr methylsynephrine, Neuropil (piracetam), Noocamilon (picamilon), Green stinger (isopropylcatopamine), Anesthetized (phenibut), Milletov-x (dmha), Thermosculpt original (bmpea is a synthetic substitute for amphetamine), Adipropen ultra (dmaa, an amphetamine derivative) Sources: *CR Consumer Reports*, March 2021; [Military Banned Supplements List For 2021: 23 Banned Substances \(operationmilitarykids.org\) https://www.washingtonpost.com/health/boosting-your-immune-system/2021/01/29/256fd52c-3fc4-11eb-8db8-395dedaaa036\\_story.html](https://www.washingtonpost.com/health/boosting-your-immune-system/2021/01/29/256fd52c-3fc4-11eb-8db8-395dedaaa036_story.html)



## COOKING FOR ONE (or two) Suzanne Krogh

WWU retiree **Lina Zeine** first arrived in Bellingham happy to cook, as long as the recipes came from her native Lebanon. After a while, however, she wanted to try creating some of the more Bellingham-style dishes. Encouragement came from English professor and friend, **Evelyn Wright**, who was widely known for her excellent soup. Evelyn convinced Lina to try a few of her recipes and together they created several success stories.

But eventually, Lina felt the need to expand her repertoire of Evelyn's soups and her family's Lebanese specialties. In addition, she determined that such expansion should include not just new recipes, but opportunities for experimentation, exploration, and even courage!

Today's recipe is a result of Lina's creative efforts. She suggests we peer into our herb-and-spice pantry and choose whatever speaks to us. Flavorful success is almost guaranteed.

While you need a one-pound roast, they are rarely sold in that size. Plan to buy a two-pound roast and save half for later.

### **Lina's Creativity Roast Beef (for one or two with leftovers)**

#### **Ingredients**

A two-pound top round roast beef (bottom round also acceptable)  
2-4 fresh garlic cloves (if desired)  
½ to ¾ teaspoon mixed herbs of your choice, fresh or dried or a combination  
½ teaspoon salt  
Ground pepper to taste  
¼ cup extra virgin olive oil



#### **Instructions**

Cut the beef in two equal pieces. Wrap one piece well and place in freezer for later use.  
In a small bowl, pour in ¼ cup olive oil, salt and pepper. Add ½ to ¾ teaspoon herbs of your choice. I used dried Italian seasoning and fresh rosemary. Lina likes to try different combinations each time.  
If using garlic, make 2 to 4 random slits in the meat. Insert a clove in each one.  
Using a small spoon, pour a bit of the mixture over the top of the meat. You can then either rub it in by hand or with the back of the spoon. Cover the entire piece of the meat, probably using up the herbed solution. While you are doing this, heat the oven to 450 degrees.  
Place the meat on a rack and roast it at 450 degrees for 15 minutes.  
Insert a meat thermometer into the thickest part of the roast and turn the heat down to 250 degrees.  
After about 30 more minutes, check the thermometer. If it registers at least 160-165 degrees, the meat is ready. Check the center of the roast for the degree of doneness you prefer. A light pink and not overly juicy will classify as "medium" and will probably be best.  
Remove from oven and let sit for 15 minutes before carving. Be sure to include some of the herb-encrusted exterior with each slice. It is delicious!

#### **TIPS**

Unless you are very, very hungry, you will have leftovers. Some suggestions: reheat in a crockpot with potatoes, carrots, onions, etc.; slice for sandwiches; add to marinara sauce and your favorite pasta; re-heat and serve with a side of mashed potatoes; chop and add to a meal-size salad.

## Book Review

*The Liar's Dictionary*, by Eley Williams (2020, Doubleday) Late in 19th-Century London, Peter Winceworth is bored and frustrated by his job defining words beginning with S for Swansby's New Encyclopaedic Dictionary, so he starts inventing words of his own. Early in 21st-Century London, Mallory is an intern hired to help the last scion of the Swansby family digitize the never-completed dictionary, but she keeps getting threatening phone calls at work. From A to Z, in alternating chapters, we follow the stories of these two people in this amusing novel. If you are at all interested in words, or if you've ever felt the lack of a word for something you've experienced, this book might be for you.

Peter has a secret: his lisp is something he has invented to earn pitying help. Mallory has a secret: she's deep in a loving lesbian relationship, but something keeps her from coming out to her family or her employer. Peter's boss sends him to a speech therapist, where he wars with a caged songbird, and he falls hopelessly in love with the Russian fiancée of a wealthy playboy colleague. The resulting situations make for zany comic scenes, intensified by the self-conscious chagrin of the principals.

Williams has published a collection of short stories and regularly contributes to several British journals, but *The Liar's Dictionary* is her first novel. It is said that although the English language has more than a million words, we commonly use only 20,000 of them. Williams introduces us to many of those remaining. It will be hard for her to surpass this delightful and inventive debut.

-Minda Rae Amiran

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## MARCH 2021 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](mailto:dfmoore12@gmail.com)

We will meet March 16th at 2:00 pm on Zoom to discuss *Mama's Last Hug* by Frans de Waal, discussion leader-Minda Rae Amiran. Lina will send a link for Zoom.

April's book is *Paris in the Present Tense* by Mark Helprin

May's book is *Washington Black* by Esi Edugyan

**INFORMAL DINING**—Stephen Hutchens, 360-483-6873

[sphutchens@yahoo.com](mailto:sphutchens@yahoo.com). Contact Steve for more information.

**OPERA GROUP**--Evelyn Ames, 360-734-3184, [evelyn.ames@wwu.edu](mailto:evelyn.ames@wwu.edu)

Contact Evelyn for more information.

**Metropolitan Opera streaming schedule for March 8 through March 14 (remaining weeks not listed):**

March 8th (Manon Lescaut—1980); 9<sup>th</sup> (Cav and Pag—2015); 10<sup>th</sup> (Adriana Lecouvreur—2019); 11<sup>th</sup> (Francesca da Rimini—2013); 12<sup>th</sup> (Fedora—1997); 13<sup>th</sup> (Andrea Chenier—1996); 14<sup>th</sup> (Tosca—2018).

March 19th at 9 p.m. On KCTS (Great Performances at the MET): "Renee Fleming in Concert"

CBC Radio is playing operas of the MET from previous years. Start at Saturday 1 pm PST. King FM broadcasts Seattle productions 10 am on Saturdays.

**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.

**WRITERS GROUPS** - Troy Faith Ward, 360-738-8900, [troyfaithward@gmail.com](mailto:troyfaithward@gmail.com). Meets twice a month. Our writer's group now has an opening for one female. (We have decided we would like to remain an all-female group.) Call Troy Faith if interested.

## Writing Groups, *cont'd*

**Writing Group #2.** A second writing group has started and is accepting new members. Meets twice a month. Call Bill Smith 360-920-5390, [billsmith1545@yahoo.com](mailto:billsmith1545@yahoo.com) if interested.

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## Tidbit

The **Academy for Lifelong Learning** ( ALL) of Western Washington University welcomes proposals of courses for Fall, 2021. Further information and an application form are available on the ALL website : [oce.wwu.edu](http://oce.wwu.edu).

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## Worthy Non-Profit—Anansi Education

Note from **Bob McDonnell**— This is about an NGO that daughter Leigh and I have been associated with and supporting for almost 10 years. As the material below tells you, it is Anansi Education, which supports poor village kids in Ghana through high school. For poor, you can substitute desperately poor. The kids are recommended to Anansi by their junior high principals. Anansi does a home visit to verify the level of need. My daughter Leigh, her daughter Maureen, and I visited Anansi in Ghana about 6 years ago and visited some of our students' homes. The poorest of the poor. For them a high school education can be life transforming. A number of Anansi graduates, having gone on to university are now business executives, one is a physician, several are nurses, quite a number are teachers. About 18 months ago, I went a second time. You can read my report on the Anansi website..

Almost no one is searching for a NGO to support.. We all have our own worthy causes. But if you have room for just one more, Anansi might well be it.. Please consider a tax-deductible donation today via paypal on [our website](http://our website) ( [www.anansieducation.org](http://www.anansieducation.org)) or by mailing a check written to Anansi Education to Alisa Roe at 8810 NW Lakecrest Ave. Vancouver WA 98665.

For more information about Anansi Education see their following invitation to attend a Webinar on March 14th.

“On March 14th at 1:00 PM PST, join us to learn more about Anansi and our 17 year mission to educate young people in West Africa. There will be stories, trivia, and a Q&A. Attend the informational session to learn about Ghana, reflect on the difference that Anansi is making and how to become a part of the project. Visit the Anansi [homepage](#) and the webinar informational page to learn more about Anansi and the upcoming program. The Zoom link will be posted on the webinar informational page by March 8th.”

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## Old Expressions

There are some old expressions that have become obsolete because of the inexorable march of technology. These phrases included, “Don’t touch that dial,” “carbon copy,” “Hung out to dry.”

We discover that the words we grew up with, the words that seemed omnipresent as oxygen have vanished with scarcely a notice from our tongues and our pens and our keyboards.

“Heavens to Betsy! Gee whilikers! Jumpin Jehoshophat! Holy moley! We were in like Flynn and living the life of Riley and even a regular guy couldn’t accuse us of being a knucklehead, a nincompoop or a pill.”

We, of a certain age, have been blessed to live in changeful times. For a child, each new word is like a shiny toy, a toy that has no age.

(*cont'd on page 6*)

**Old Expressions, *cont'd***

We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory.

It's one of the greatest advantages of aging. We can have our cake and eat it, too.



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