



# WWURA NEWS



February 2022

Western Washington University Retirement Association  
Welcoming retired WWU Faculty and Staff and others

[www.wwu.edu/wwura](http://www.wwu.edu/wwura)

## President's Notes

On September 29, 2021, Sally and I went to the airport to begin a trip to Washington, DC. Our son had offered us the opportunity to provide childcare for our 3rd grandchild until he was ready to attend a more professional childcare. I am in debt to Peggy for agreeing to assume my WWURA responsibilities during this period. We had this experience 5 years ago with our 2nd grandchild so thought we knew what the experience would be...as the saying goes "If you want to make God laugh, make plans."

Two months turned into almost 4 months, Covid shutdown means we often had 2 or 3 children in our tiny flat, and our host/friend, soon after we arrived, broke her arm in a fall...helping her with general life tasks added to our commitments. We were exhausted at the end of each day. But, of course, the experience was a wonderful, even spiritual experience. Spending 5 days a week 10 hours per day with a 3-7 month year old baby grounds you as what is important in this life.

Today was the first meeting of the WWURA Board since we returned to Bellingham. Sitting in front of the computer, looking at 9 faces on Zoom...not as good as in-person but the meeting was filled with energy, good ideas, and laughter. It reminded me why I took on these responsibilities with the group.

I look forward to the future especially and we find the way to "live with" the pandemic, returning to face-to-face activities.

I hope you had a safe several months...please feel free to call or email me if you have any concerns or ideas for WWURA.

Please stay safe...and reach out to other people!

Kevin

## TRAVELOGUES

### Next Travelogue:

Wed, March 16th at 4:00. We'll be traveling the Basque Country of Spain.

### From your WWURA Travelogue committee, a request!

Have you taken an interesting trip, one with pictures to share? Please consider providing a Zoom program.

If you have not seen one of WWURA's recent travelogues and would like to check them out before volunteering, you can acquire a recording from Lina Zeine. Most recently WWURA hosted a travelogue that followed a canoeing adventure in Alaska. Before that, a multi-episode travelogue sent us completely around the world.

Lina's email address is

**[lzeine@comcast.net](mailto:lzeine@comcast.net)**

When you are ready to volunteer, get in touch with the committee chair, Suzanne Krogh at [slkrogh@wwu.edu](mailto:slkrogh@wwu.edu)

**#1** It is **"YOUR TURN"** to write a short article [ $< 180$  words ] on any topic for this newsletter.

**#2** And/or Resuming the old feature;  
**"GETTING TO KNOW MEMBERS"**

Please encourage a member you know to submit their introduction and perhaps some fun fact that is not widely known.

Please send your submissions to: [amiran@fredonia.edu](mailto:amiran@fredonia.edu)

or Minda Rae Amiran, 715 N. Garden St. #202,  
Bellingham, WA 98225

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## 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 Feb 15th at 2:00 pm on Zoom - Lina will send a link.

February's book is *The Age of Innocence* by Edith Wharton - Minda Rae Amiran discussion leader.

March's book is *The Lincoln Highway* by Amor Towles - Pat Fabiano discussion leader

April's book is *The State of Terror* by Hilary Clinton and Louise Penny.

### **INFORMAL DINING**—Stephen Hutchens, 360-483-6873 [sphutchens@yahoo.com](mailto:sphutchens@yahoo.com).

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

**MET Opera live** on screen in cinema (at Regal): times generally are 9:55 PST.

*Rigoletto* (Jan 29 (Bartlett Sher new production set in 1920's Europe)

*Ariadne* (March 12 with Isabel Leonard as the composer)

*Don Carlos* (March 26, original 5 act French version; starting time is 9:00)

*Turandot* (May 7)

*Lucia di Lammermoor* (May 21 with Nadine Sierra as Lucia)

*Hamlet* (New opera by Brett Dean (June 4)

**MET Opera radio** broadcasts (10 am on King [FM 98.1] and 1 pm on CBC radio 2 [FM 98.1])

February 12: Verdi's *Requiem*

19: *Boris Godunov*

26: Celebrating Black History Month with some of Met's most revered African American stars.

March 5: Listener's choice is *La Fille du Regiment* with Joan sutherland (her first comedic role) and Luciano Pavarotti debut at Met.

**Recommendation:** For an hour and half, enjoy listening and watching on your computer to Scott Joplin's opera

TREEMONISHA. Go to You Tube and search for Houston Grand Opera 1982 production of the opera. The last ten minutes is singing and dancing to "the slow drag".

**Northwest Pacific Opera:** *Barber of Seville*: Feb 22 and 27, March 4 and 6.

## WRITER'S GROUPS

- The first writer's group of six (five at present) has an opening for one writer.

We have decided to keep our group all female. We meet on second and fourth Thursdays from 2p.m till about 4 p.m. If you would like to be part of a supportive group where your writing can be heard and receive feedback, as you wish, at every meeting, we welcome hearing from you.

Contact: [troyfaithward@gmail.com](mailto:troyfaithward@gmail.com) 360 -738-8900.

- A second writing group has started and is accepting new members. Unlimited gender.

Usually meets twice a month.but recently has had one meeting every three weeks.

Call Bill Smith 360-920-5390, [billsmith1545@yahoo.com](mailto:billsmith1545@yahoo.com) if interested.

*The Dawn of Everything: A New History of Humanity*, David Graeber and David Wengrow (2021, Farrar, Straus and Giroux)

The standard history of humanity begins with small bands of hunter-gatherers, mostly extended families, where all adults presumably participated in decisions for the band. Then groups of bands became tribes headed by chiefs or elders, domesticating animals and leading a life based on herding. Problems arose with the dawn of cereal agriculture, which demanded large irrigation projects and protection of stored surplus supplies, that is, a supreme commander and armed guards and urban administrative centers. These were supported by taxes on the surplus production: the taxes were set by laws, enforced by soldiers, and monitored by administrators. Hence, the inequalities of wealth and power and the loss of individual freedom that have characterized states and empires from the times of ancient Egypt, Mesopotamia, and China to the present day. While the state apparatus required the development of writing and mathematics, and supported full-time artists and scientists and inventors, these came at a price. But the price was unavoidable once human populations increased and needed agriculture to feed them. Basically, this is the story of the Fall from the Garden of Eden.

David Graeber, an anthropologist, and David Wengrow, an archeologist, set out to show that this history grossly oversimplifies the stages of social development it identifies and is wrong about the inevitability of the process it outlines. In doing so, they report on archeological discoveries of the last 30 years that I had never heard of, and they raise fascinating questions about the development of civilization. For instance, they ask what was happening during all the millennia between the appearance of homo sapiens and the first known signs of large-scale cereal cultivation. Could nothing have changed for hunter-gatherers between about 100,000 BC and about 4,500 BC? In fact, they show that there were scores of different kinds of hunter-gatherer groups, some small and some large, some egalitarian but others hierarchical, some living at least part of the year in large cities, some aggressive, some peaceable. They show that huge building-projects were accomplished in sites all over the world before the development of agriculture, and in many cases in cities without hierarchical leadership. And after agriculture, there were large cities that were democratic and without walls and others ruled by warlike kings and aristocracies. The evidence comes from sites unearthed all over the globe, on every continent—buildings, fortifications, graves, earth-works, inscriptions, artifacts. While interpretation of some of these discoveries is still controversial, the mass suggests that at least until relatively recent centuries, and still today in a few places, the way people lived was not the result of inevitable forces but, within obvious constraints, of collective human choices.

The book is full of stimulating ideas. Graeber and Wengrow challenge our current emphasis on rights, saying that what really counts is freedom, and they identify the basic freedoms as freedom to move, to disobey, and to rearrange social ties. They identify the primary bases of power in a society as control of force, control of information, and charisma, and give examples of societies built on one, two, or all three. They claim that criticism by Native Americans who met Europeans here and abroad influenced European thinkers of the Enlightenment, and thus our current thinking about a just society. You may disagree completely with all of this, but when have you been led to think about such questions?

The book is 526 pages of text, with thousands of endnotes, but it is not hard to read. Graeber and Wengrow write in colloquial English, often addressing us directly as if in conversation. As our weather continues to be uninviting and Covid continues to limit us in ways that seem to have no end, you might find this book an exciting companion.

\* Notes: This and previous Book Reviews are available on the website: [www.wvu.edu/wwura](http://www.wvu.edu/wwura)  
Village Books gives WWURA Members a discount.

## COOKING FOR ONE (or two)

Suzanne Krogh

It was almost exactly sixty years ago that this month's recipe had its origins. In those days, Barbara Davidson and her new husband Mel often gathered with other grad students for dinner parties that included explorations in cooking. Barbara's reliable sources included Fanny Farmer, Betty Crocker, and Julia Child, with Julia providing the go-to recipe for Barbara's showpiece chicken fricassee.

The delicious, if complicated, five-page recipe remained a mainstay of Barbara's dinner party repertoire for decades. But, in recent times, with Mel no longer with us, Barbara has been more interested in new low-effort, cooking-for-one experimentation. Thus, although the inspiration for today's recipe came from the grad school fricassee, the foundation for its ingredients is a grocery store rotisserie chicken, and the main kitchen tool, Barbara's beloved 8-inch iron fry pan. The whole approach is "free style".

This recipe gives you two choices: a creamy version using cream cheese, or a simpler one with an added sprinkle of parmesan cheese or a bit of salt.

### Barbara Davidson's Free-Style Stir-Fry Chicken for One

#### Ingredients

1 tablespoon butter/oil  
1 cup chopped vegetables, your choice  
  
1/3 cup chicken broth  
Optional: dash of Italian or  
or other seasonings  
  
1 teaspoon lemon juice  
¼ pound diced, cooked chicken  
1 cup cooked rice  
Spinach or broccoli florets  
  
Optional: cream cheese,  
Parmesan cheese, salt

#### Instructions

1. Quickly saute' vegetables in butter or oil.
2. Stir in broth and flavorings, and simmer about 5 minutes.
3. Add lemon juice, chicken, rice, and spinach or broccoli. Heat to serving temperature.
4. Just before serving, stir in cream cheese until melted or add parmesan cheese or salt to taste.

#### Tips

1. Vegetables Barbara recommends include carrots, celery, and sweet onions. For a fast meal, we both utilize a bag of frozen, mixed vegetables. Garlic can be added as well.
2. Because this recipe is truly "free style", other meats, vegetables, grains, noodles, seasonings, and broths can be used – whatever is on hand.

The Washington State Death with Dignity Act, Initiative 1000, codified as Chapter 70.245 RCW, passed on November 4, 2008, and went into effect on March 5, 2009. The act allows terminally ill adults seeking to end their life to request lethal doses of medication from medical and osteopathic physicians. These terminally ill patients must be Washington residents who have less than six months to live.

**Compassion and Choices Organization** describes medical aid in dying as “A trusted and time-tested medical practice that allows a terminally ill, mentally capable adult with a prognosis of six months or less to live to request from their doctor a prescription for medication they can decide to self-ingest to die peacefully in their sleep.” The terms “assisted physician suicide,” “physician aid in dying,” “death with dignity,” and “euthanasia” are considered misleading and factually incorrect. Medical aid in dying is not assisted suicide, suicide, or euthanasia. “Medical aid in dying protects patients, affords dying people autonomy and compassion during the most difficult time, improves end-of-life care, and costs states almost nothing to implement, except for the minimal costs associated with collecting data and producing the annual statistical reports.”

**The American Association of Suicidology (AAS)** reports that the practice of medical aid in dying is distinct from the behavior that has been traditionally and ordinarily described as “suicide.” The distinction comes down to who administers the means to a peaceful death. Euthanasia is an intentional act by which another person (not the dying person) administers the medication. Euthanasia is illegal throughout the United States and Voluntary Euthanasia is illegal in most of the United States

**End of Life Washington** is “recognized nationally for its advocacy of choice for the terminally ill and its commitment to improved treatment of pain and other symptoms. End of Life Washington’s service includes ongoing relationships we develop between our Volunteer Client Advisors and clients who want to explore end literature despite some key notable differences. “Compassionate care” is increasingly considered by patients, family members, and policymakers as a core dimension of quality care, particularly in palliative care. Catholic interpretation of the word “compassion” means to “suffer with someone, with the sense of coming to the person’s aid. It is an emotion in us caused by some evil or dire condition.”

A “death doula” is “someone who makes him or herself available to assist a dying individual and, typically, also the family before, during and after a death occurs — often referred to as the pan-death ‘spectrum,’ ‘process’ or ‘journey’ — in order to provide physical, emotional, psychological and even spiritual support.” An End of Life Doula is a non-medical person trained to care for someone holistically (physically, emotionally, and spiritually) at the end of life.

**Sources/resources to consider: Washington State:** <https://endoflifewa.org/>

- Understanding medical aid in Dying: <https://www.compassionandchoices.org/end-of-life-planning/learn/understanding-medical-aid-dying/>
- <https://www.verywellhealth.com/what-is-a-death-doula-132512>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5405806/>
- National Institute on Nursing Research on definitions of palliative care, hospice, and end of life terminology at <https://www.ninr.nih.gov/newsandinformation/what-is-palliative-care>.

Note: Check Bellingham Herald (Jan 25) “Experts question the value of advance care planning.”

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**Random Acts of Kindness  
Week is Feb. 13-19**

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