

Sno-King School Retirees



December 1999
January 2000

Rita Requa, President
Jack Rogers, President-Elect
Don Denton, Membership
Gail Bromley, Secretary
Donna Murrish, Treasurer
Dave Johnson, Program
Terri Malinowski, Communications
Bob Jones, Community Service
Gordon Bowers, Health Services
Barbara Berg, Member Services
Phyllis Enger, Retirement Planning
Ellie Bonanno, Grants
Betty Odle, Historian
Marilyn Alaniz, Hospitality
Ruthanne Warren, Phone
Linda Fitzgerald & Keith Lindaas, Scholarships
Jo & Bruce Caldwell, Editors

The SKSR Bulletin

» A message from our president

Have a happy holiday season

by Rita Requa, president—206-362-5220

Christmas, a season of anticipation, preparation, recreation, relation, prostration, and recuperation, is almost upon us.

Remember to take time for yourself in this busy holiday season. One of the first things you might do is come to the December 9th general meeting. Come anytime after 1:00 PM for special Christmas treats. The program, featuring the Meadowdale High School Impressions, Janet Moore, Director, will begin at 2:00 PM. We look forward to hearing these fine voices of our youth, along with seeing our old friends. This would be a great time to bring a guest and potential member to our holiday program. Do come and enjoy yourself.

This past month Sno-King awarded 5 grants to active members. Dave Potts, Inglemoor High School Special Education teacher in Northshore will use his grant money to buy a digital camera so that students will be able to add photos to their web pages. Barbara Escandon, 2nd and 3rd Grade teacher from Chase Lake Elementary School in Edmonds will be printing books about Edmonds history based upon student research. The money she receives will go to cover printing costs. Alice Barnard-Rundle, Library Medial Specialist at North City Elementary in Shoreline will be purchasing books to support the Accelerated Reading Program. Sue Hatchel and Virginia DeLisle, 4th grade teachers from Parkwood Elementary in Shoreline, will use their funds to purchase books and research materials for a student research project on family traditions. Finally, Renee Colleran, a PE teacher at Woodmoor Elementary in Northshore, will purchase a digital cameral for photos for Web pages to celebrate student achievements and activities in PE and music classes. The students will be making the Web page during their Fitness Music Class before school. Congratulations to all. We look forward to seeing more about the projects in upcoming issues of the SKSR Bulletin.

I wish you all a very happy and healthy holiday season. May the year 2000 bring you all your dreams.

YOU'LL FIND INSIDE

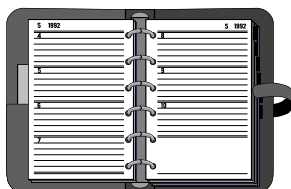
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Happy Holidays



from your

SKSR Board



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

Please note new time for general meetings – 1:00

December 9 General Meeting – 1:00-3:00
Edmonds School District Administration Center

The Meadowdale *Impressions* will provide us with some bright holiday music. Come enjoy the festivities of the season as Kathy Moore and her students entertain us with song.

And bring your voice as we may sing some holiday music if time permits.

January	NO MEETING!
February 17	General Meeting, 1:00
March 22	Luncheon with Overlake, 12:00
April 20	Scholarship Luncheon, 12:00
May 19	Luncheon with Sno-Isle, 12:00
June 15	General Meeting, 1:00
July 20	Annual Picnic, 12:00

Board Minutes

Sno-King School Retirees Executive Board Meeting October 14, 1999

Call to Order: President, Rita Requa, called the meeting to order at 1:00 PM.

Minutes: Approved as read after date correction to September 9, 1999

Treasurer's Report: Dave Johnson presented the budget report and distributed copies of the Category Summary Report. At this point we will break even on the Entertainment books. They will also be on sale at the October, 21st luncheon along with the raffle items.

In Attendance: Barbara Berg, Cheryl Bickford, Ellie Bonanno, Gordon Bowers, Gayle Bromley, Don Denton, Phyllis Enger, Dave Johnson, Bob Jones, Betty Odle, Rita Requa, Jack Rogers.

Absent: Bruce Caldwell, Jo Caldwell, Linda Fitzgerald, Keith Lindaas, Terri Malinowski.

Committee Reports

Community Service: Bob reported that the dates are set for 55 Alive from January to June. As a community service project, Rita suggested that we can write congratulatory letters to students who have read the most books at Highland Terrace Elementary School in Shoreline. Jack also suggested bringing a sign-up sheet to the October luncheon for other retirees to write letters to students.

Health Services: Gordon passed out articles on health and mentioned that everyone check their health insurance status in the October issued state PEBB booklet. He also talked about a new inhaler on the market to protect against the flu.

Legislative: The Lake Ballinger clubhouse will be the venue for our legislative breakfast on December 3rd, Friday from 8:00 to 10:00 AM. The money from the state Trip fund will be used to finance the breakfast. We had 32 people attend last year and are hoping for 40 this year.

Member Services: Barb, Georgie, and Betty will bring their cameras to the October luncheon and Barb will distribute the sign-up sheet for letter writing to students at Highland Terrace.

Membership: Rita saw Don in action. He signed up the Edmonds superintendent of schools. Don hopes to visit all the Edmonds schools this year. Ellie also sent a list of new members.

Retirement Planning: Phyllis announced that there would be four meetings instead of five this year.

The state will be sending someone to speak January 26th. The meetings will be held at Edmonds-Woodway High School and the cost will still be \$5 total for all meetings.

Grants: Ellie says the application deadline for teacher grants is October 27th. Get the word out. Only one grant application has come in so far.

Newsletter: Collating pages took too much time last month so Rita asked Dave for a budget analysis. There was considerable discussion on this topic.

Scholarship: Cheryl reported that 48 people have signed up for the luncheon and the building will be opened by 10:30 AM to set up. If Hal cannot come Don will pick up the PA system from him to bring. Remember potluck item, \$5, and extra money for raffle items. Donna has the raffle tickets. Debbie Dimitre will be our storytelling entertainment. Officer Reports Rita informed us that Betty Morton's name has been sent to the state for Honorary Membership. Discussion ensued regarding the state honorary membership program itself. ... Jack told us the Sno-King website is up and running at www.sksr.org. Check it out.

Old Business: The Sno-King directory will be coming. Donna is learning the Access program.

New Business: Joanne, Don, Jack and Rita are forming a sub-committee to address Dave Thurman's goals for NW1. Fair representation on the state board was discussed and was rejected as too divisive. It was felt, however, that it might be feasible to look for the best person anywhere in the state as the next state president (instead of the nine coordinating councils taking turns in pairs of two or so.)

Dates: October 28th at 9:30 AM is newsletter mailing; Nov. 11th at 1:00 PM is Executive Board. The meeting was adjourned at 2:40 PM.

Respectfully submitted,

Gayle Bromley, Secretary

Sno-King School Retirees Executive Board Meeting November 11, 1999

Call to Order: President, Rita Requa, called the meeting to order at 1:08 PM.

Minutes: Approved as corrected.

Treasurer's Report: Dave passed out the monthly summary; it was discussed and approved.

In Attendance: Barbara Berg, Gordon Bowers, Gayle Bromley, Don Denton, Phyllis Enger, Dave Johnson, Betty Odle, Rita Requa

Absent: Cheryl Bickford, Ellie Bonanno, Bruce Caldwell, Jo Caldwell, Bob Jones, Linda Fitzgerald, Keith Lindaas, Terri Malinowski

Committee Reports

Community Service: Rita told us she had a request for retirees to read for kindergartners. It was suggested that she include this request in our Sno-King Bulletin.

Health Services: Gordon mentioned that assisted living facilities can cost \$2,200 a month. He also passed around copies of health related topics.

Legislative: The legislative breakfast will be December 17th, Friday at the Lake Ballinger clubhouse instead of December 3rd as originally planned. Jack would like about five more people to sign up if possible.

Member Services: Barb said scheduling activities is hard because there is not enough advance notice of special events. It was suggested she get on the E-mail list from 3rd Place Books so the calendar of

events there might be earlier for her. Barb will be in Arizona from January until March.

Membership: We have 40 people, who are cash payers, who are not paid up this year so Don will be addressing that situation. We have to get 126 more people to meet our state ten percent increase which may not be possible.

Retirement Planning: Phyllis has sent letters to the speakers. There is a need of extra help for the first two meetings on Jan. 12th and 19th to pass out registration materials. The other three dates: Jan. 26th, Feb. 2nd, and 9th at Woodway High School.

Grants: The active teacher grants have been awarded to one Edmonds teacher, two Northshore teachers, and three Shoreline teachers.

Newsletter: Items are to be in to Bruce by Nov. 16th, Tuesday.

Officer Reports: The website is coming along.

Old Business: For the March meeting at Bothell First Lutheran the lunch cost will be decided at the February executive board meeting and will probably be between \$5 and \$7.50.

The meeting was adjourned at 2:15 PM.

Important Dates: Newsletter mailing: Nov. 30th, Tues., 9:30 AM; December general meeting: Dec. 9th, Thursday, 1:30 PM; Legislative breakfast: Dec. 17th, Friday; Next executive board meeting: Feb. 10th, Thursday, 1:00 PM

Respectfully submitted,

Gayle Bromley, Secretary

Entertainment

2000

A big THANKS to all those who purchased an *Entertainment Book* through Sno-King. Because of you, more than \$300 has been added to our Scholarship Fund.

The books will continue to be available until December 15 but then we must close out the sale and return and unsold books.

So if you plan to purchase a book either for yourself or as a gift, please call Donna soon!

(206) 363-5753
e-mail: dmurrish@aol.com.

► Update on your health

Holiday cheer helps you stay healthy

by Gordon Bowers, health services chair—425-778-9202

UPDATE ON LASER HEART SURGERY

According to *Health News*, October 1999, published by the Massachusetts MEDICAL SOCIETY, the last ditch procedure for relief of chest pain (angina), is using a laser to drill tiny holes in the heart wall. To perform this treatment, the chest does not have to be opened. The laser functions through a slit between the ribs and a series of tooth pick size holes are drilled. Patients recover faster and the cost is much less. Since we reported on this transmyocardial revascularization surgery several month ago, three new studies on same found that the patients were able to walk farther without pain. However, Dr. Anthony DeMaria, Associate Editor of *Health News*, cautions that "The objective evidence that it works is not definitive, but once patients with life-limiting angina have exhausted all other options, I think TMR is worth a try." More info later!

NEW ALZHEIMER STUDY

A biotech company (AMGEN) in Thousand Oaks California reports that their researchers have found the enzyme that causes brain cell damage, opening the door to developing drugs that might block it, or slow the disease. This enzyme had

eluded researchers for many years, but it was known to exist, given the name beta-secretase. The study was reported by Dr. Martin Citron in the *Journal Science* and *New York Times* (October 22, 1999)

HOW ABOUT NEW BRAIN CELLS?

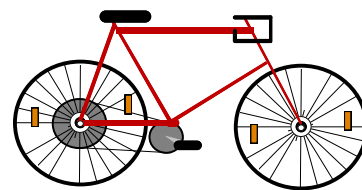
Up to now, brain researchers believed that the thinking center/cortex of the brain was unable to grow new cells or neurons to replace those that wear out. As reported in *Journal Science* October 15, 1999, Princeton University's team led by Dr. Elizabeth Gould, injected monkeys with a compound called bromodeoxyridine, or BRDU, that is taken up by cells in the process of making new cells. Examination of the brains a few hours later showed that the cells in one area of the brain took up the BRDU, proving that they were dividing, and making immature neurons. A further exam a week later showed the new neurons had become a part of the cortex. How these neurons function is not known, but is cheerful news that our old brains can be rejuvenated. Don't hold your breath on this one – maybe our grandkids will benefit!

WANT TO LIVE LONGER?

The *Mayo Clinic Health Letter* (November 1999), has some happy suggestions for

Christmas time and all other days of your life. In a seventeen-year study of 7,000 Californians, results show that the people who enjoy "social support" – good relationship with family, friends and partners – tend to live longer, healthier lives. Mayo writers summed it up this way: "Older age can be a lonely time, but it doesn't have to be. It can be a time of opportunities. You may have more free time to make new friends, forge new bonds with family or volunteer in your community. One of the best support sources is a healthy, fulfilling long-term relationship. Make that relationship a priority in your life. Take time to be there for each other. Encourage family members who aren't living with you to communicate on a regular basis. E-mail can be a handy and inexpensive way to stay connected – or a phone chat instead of a machine. In addition, make time to regularly do something with your friends. If you don't have many immediate social contacts, think about building them. An important first step is to "get out there." If you're outgoing, it shouldn't be too hard. If you're not, take it one person at a time. Asking people about themselves and their work or hobbies is a good icebreaker. Although it may take some effort, staying socially connected is important for your mental and physical health and your longevity." HAPPY HOLIDAYS!!!

55 and Alive



AARP's 55 Alive Mature Driving Class is a refresher course teaching preventive measures that save lives when driving. Pay \$8 materials fee (\$10 beginning in the year 2000) to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Possible discount on auto insurance. Classes meet 9 AM to 1 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations call Bob Jones at 425-787-2727.

FALL (\$8)—December 8 & 9

WINTER (\$10)—January 5 & 6—February 2 & 3—March 1 & 2

SPRING (\$10)—April 5 & 6—May 3 & 4—June 7 & 8

Heading South for the winter?

As the rains commence and cold weather seems inevitable, thoughts often turn to warm-weather destinations after the holidays. Put in a little planning time now, and you can reap the benefits when January or February blues call for sun.

The path of least research, of course, points toward Arizona or southern California. Try the internet or call the state tourism bureaus in either state to ask for accommodation guides and touring ideas. For Arizona, the number is 888-520-3433. The website is www.arizonaguide.com.

For California, call 800-862-2543 or go to the website <http://gocalif.ca.gov>. Airfares are competitive and reasonable among Alaska, United, Southwest, Reno Air, Frontier and others.

Speaking of airfares, Alaska is offering excellent prices for another fair-weather destination—Mexico. In fact, the airline has added regular service to Manzanillo/Costa Alegre and Ixtapa/Zihuatanejo, two locations that formerly required an

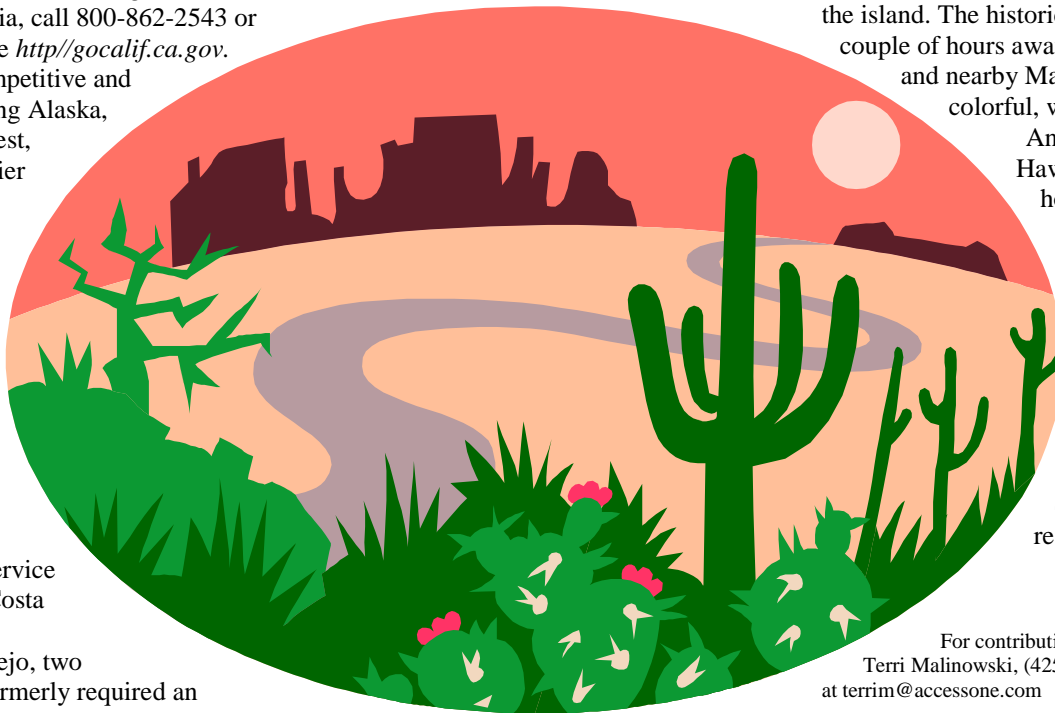
airline change in Los Angeles to Mexicana Airlines or Aero California. If you like lively resort areas, try Mazatlan, Puerto Vallarta, Ixtapa or Acapulco. If you prefer peaceful days in the sun and water, look to smaller towns or suburbs of the livelier cities. Zihuatanejo, adjacent to Ixtapa, is one choice. Bucerias and Sayulita are two small towns just north of Puerto Vallarta.

Call the Mexican tourism people at 800-44-MEXICO. They'll send colorful booklets and brochures.

One of our favorite small towns is

Barra de Navidad, 30 minutes north of Manzanillo by car. This delightful, sparkling-clean town is just large enough to have several markets and friendly shops, five to six small hotels, excellent restaurants, a couple of condominium clusters and several private homes for rent on the beach. Six of us rented a house (owned by Oregonians) three years ago and we've wanted to return ever since. Little launches provide transport from Barra to a nearby island where life is very rustic. Seafood cafes cluster along the beach, a marina takes in visiting boats, and a luxury hotel sprawls across one end of the island. The historic city of Colima is a couple of hours away for an excursion, and nearby Manzanillo is a colorful, working city.

And then there is Hawaii, just a six-hour hop across the ocean. Let's deal with that topic in the next newsletter because there are so many options. Send me your ideas and/or favorite sites there, or give me a call. Let's pool our resources!



For contributions or questions, call Terri Malinowski, (425) 483-8344 or email her at terrim@accessone.com



Oberammergau Passion Play

MUNICH—LUCERNE—GENEVA—EDINBURGH—LONDON

JULY 10 TO JULY 24, 2000

FROM SEATTLE, ESCORTED.

ESTIMATED PRICE \$3343, PPDO.

CONTACT SKSR MEMBER DEAN JAMIESON, 206-546-2298 FOR BROCHURE.

SPACES STILL AVAILABLE.

Acceptance of this paid ad does not imply Sno-King School Retirees endorsement

Member Information

by Don Denton 425-787-7881

Not much to write about this month. I made a presentation to the Edmonds principals on November 16th, but probably won't start visiting schools until January.

A big THANK YOU to those on automatic dues deduction. That really helps us with budgeting and maintaining a consistent membership. A thank you also goes to those annual cash dues payers who promptly send in their money each July. If you are a cash dues payer and would like the convenience of having just \$4 per month deducted from your pension or payroll check, please call me and I'll send you the form.

Have you asked a non-member to join? A majority of our dues goes toward the WSRTA budget where the number one objective is to improve retirement benefits.

Retiring?

Wanting to"

Or wishing you would have done something different with your retirement money?



See me for Rollover IRAs, Annuities, and 403(b)s.

Free consultations.

Don Denton

425-787-7881

dondenton@jps.net

or Toll free 1-877-462-0409

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SKSR Bulletin Board

DO YOU HAVE TIME TO HELP IN A CLASSROOM?

Do you have some time to volunteer in a Kindergarten classroom? Alena Gordon, Kindergarten teacher at Sherwood Elementary in Edmonds, would like to have a few retirees who would be will to read stories to students and also help with journals. If you are interested call Alena at school- 425-670-7311 x 3556.

FREE LEGISLATIVE BREAKFAST

You are invited to a Legislative Breakfast, to be held Friday, December 17, at the Ballinger Park Clubhouse, 23000 Lakeview Drive, Mountlake Terrace. Sno-King School Retirees are inviting our legislators to join us from the 1st, 21st, 32nd and 44th districts. This will be an opportunity to review our legislative agenda for the coming session and to hear from our representatives on issues facing the state. It's also an opportunity to meet and get to know our legislators. Admission is free, but space is limited. *Please RSVP to Jack Rogers (206-367-7153) ASAP*

CONTACTING YOUR LEGISLATORS

Below are listed legislative addresses of which members should take note. We will need to send messages to our representatives during the upcoming legislative session. All reps have an email address that begins with last name-underline mark-First two letters of first name and then "@leg.wa.gov For example, Carolyn Edmonds, 32nd Dist Rep is "Edmonds_Ca@leg.wa.gov." Please note these addresses for future reference.

The Honorable Rosemary McAuliffe

State Senator, District 1
P.O. Box 224
Bothell, WA 98041

The Honorable Al O'Brien

State Representative, District 1
22208 48th Ave. W.
Mountlake Terrace, WA 98043

The Honorable Jeanne Edwards

State Representative, District 1
P.O. Box 40600
Olympia, WA 98504-0600

The Honorable Paull Shin

State Senator, District 21
8910 189th Place SW
Edmonds, WA 98026

The Honorable Mike Cooper

State Representative, District 21
P.O. Box 1324
Edmonds, WA 98020

The Honorable Renee Radcliff

State Representative, District 21
13619 Mukilteo Speedway #356
Mukilteo, WA 98275

The Honorable Darlene Fairley

State Senator, District 32
17430 Ballinger Way NE
Lake Forest Park, WA 98155

The Honorable Carolyn Edmonds

State Representative, District 32
660 NW 178th Place
Shoreline, WA 98177

The Honorable Ruth Kagi

State Representative, District 32
19553 35th Ave. NE
Lake Forest Park, WA 98155

The Honorable Jeanine Long

State Senator, District 44
14730 24th Ave SE
Mill Creek, WA 98012

The Honorable Dave Schmidt

State Representative, District 44
3003 168th St SE
Bothell, WA 98012

The Honorable John Lovick

State Representative, District 44
P.O. Box 40600
Olympia, WA 98504-0600

IS EXERCISING FOR YOU?

Afternoon exercise class at the Shoreline Senior Center at N.185th and 1st Ave. NE. This is an aerobic/weight training class on Monday, Wednesday and Friday at 2:00 PM. First class is complimentary. If this is what you are seeking it will be two dollars per hour session. The Northshore Senior Center serves lunch every day for a very reasonable price--- \$2.50.
Barbara Berg-425-483-2671

Directory Changes

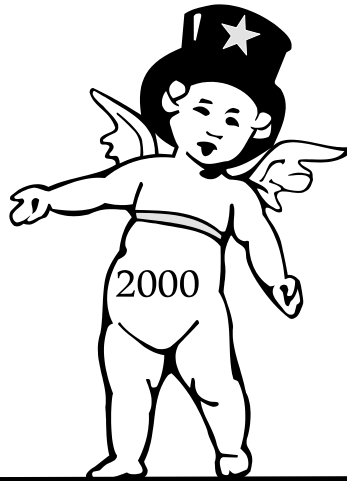
by Donna Murrish—206-363-5753

Last month your SKSR Directory was included with your *Bulletin*. We hope that you will find this new directory useful and will keep it handy. Before you use it again, though, we do have some changes. Please take a moment right now and go through your directory, marking the changes so that YOU will have all the correct information. If you discover any other errors, please contact Donna right away.

Sno-King School Retirees
P. O. Box 33962
Seattle WA 98133-0962

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ADDRESS SERVICE REQUESTED



JANUARY NON-MEETINGS

Remember that there are no Executive Board or General Meetings scheduled in January. Take the time off to enjoy yourself. Have a great new year!