

Sno-King School Retirees



November 1999

The SKSR Bulletin

A message from our president

Will you be insured next year?

by Rita Requa, president-206-362-5220

Thanks to all of you who attended the Scholarship Luncheon in October. Not only was there wonderful food, great entertainment by Debbie Dimitre, winners of Husky tickets, dinner at Cutter Loose, an Entertainment Book, and bowling games at Spin Alley, but our scholarship fund has grown. It was a sterling event! Thanks to all who made it happen.

I hope to see many at the November 18 meeting at the Edmonds School District Board Room where our program will feature Bill Holm, curator emeritus of the Burke Museum. His program will feature puppetry of the NW Coast Indians. Our meeting starts with refreshments at 1:00 PM, and the program will begin at 1:30 PM.

Have you received the mailing from Washington State Health Care Authority in the last few weeks? Read carefully, it is an important piece of mail. If you were covered under Aetna USHC of Washington, Providence Health Plan, Regence Blue Shield or Kitsap Physicians Service, you must choose another provider during the open enrollment period, October 18 through November 19. If you have been enrolled in one of those plans and fail to select a different plan, this inaction will result in termination of coverage effective December 31, 1999.

For more information about the details of PEBB health plans and changes in benefits for the year 2000, contact HCA at 1-800-200-1004. Web page www.wa.Gov/HCA.

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Marilyn Alaniz, Hospitality
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Linda Fitzgerald & Keith Lindaas, Scholarships
Jo & Bruce Caldwell, Editors

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November meeting features Northwest author

Learn about cultures of the Northwest

Born in Roundup, Montana, in 1925, Bill Holm began his lifelong involvement with Native American art and culture playing on the sandstone bluffs in the Musselshell Valley. After moving to Seattle as a teenager, his interests broadened to include the cultures of the Northwest Coast.

Following Army service in the World War II, he entered the University of Washington, earning a bachelor's degree and MFA in painting. He taught in the Seattle schools for 15 years. The publication of his first book, *Northwest Coast Indian Art: an Analysis of Form* (now in its 13th printing), led to appointments in the Burke Museum as Curator of Northwest Coast Indian Art and in the Art History Division of the UW School of Art.

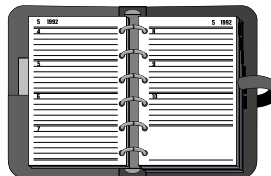
Bill retired in 1985 after 17 years as curator and professor. For 32 years he had focused on teaching, research and field work

among Northwest Coast people. In his retirement he began a series of paintings, mostly in acrylic, of the Native people of the Plains, Plateau, and Northwest Coast.

He has always been interested in the materials and technology of Northwest Native cultures, making nearly every kind of object, from full size plank houses, canoes, and totem poles to bead and porcupine quill decorated clothing of the Plains and Plateau. He has published eight books and many articles on Native Northwest arts and cultures, has lectured widely in Europe and North America and has served as a consultant on Northwest Coast art for many major museums.

Bill and his wife, Marty, live in Seattle. Their daughter, Carla, lives in Brussels, Belgium, and their daughter, Karen, in Seattle.

The title of his slide presentation for our November meeting is *Bringing Spirits to Life: Puppets in Northwest Coast Ceremony*.



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees
 Please note new time for general meetings – 1:00

November 18 General Meeting, 1:00-3:00
 Edmonds School District Board Room
 20640 68th Ave West, Lynnwood

Retired teacher and museum curator **Bill Holm**, brother of SKSR member Betty Odle, will bring us a slide show.

- December 9 General Meeting, 1:00
- 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

Travel with our travel editor

Visiting the British Isles



You've probably heard all about the United Kingdom and Ireland—the scenery is beautiful, the food is bland and boring, bed-and-breakfast (B&B) hosts are wonderfully hospitable, coffee is dreadful, prices are escalating, left-hand driving is frightening, the castles are incredible, the roundabouts are an exercise in terror.

As with much of what we hear but haven't experienced, about 50% is correct and the other 50% simply tempered by our own prejudices and pre-conceptions.

Having just returned from our fourth trip to Great Britain, and our first to Ireland, I'm trying to decide if we were prejudiced in 1978, 1985 and 1990, or if some things really HAVE changed. Probably some of both. Here's what we discovered in the four weeks of a sunny, crisp September, punctuated by only two days of rain/mist.

We spent the first two weeks with another couple (our neighbors) driving the perimeter of Britain—from tiny Bradwell-on-the-Sea in Essex to York, the Highlands and Keswick in the Lake District. We visited the castles of Lincoln, Howard and Edinburgh.

Along the way, we found a ghost in a tiny Lincoln restaurant, prowled the Yorkshire Museum, explored Hadrian's Wall and let our imaginations run free among the well-preserved Roman forts. Edinburgh was delightful as always, and the Scottish Highlands offered up Pitlochry, Inverness and the tiny Loch village of Drumnadrochit. Turning south and crossing the border again, we found the

pleasures of the Lake District.

In past years, we had explored the Cotswolds, Bath, the Isle of Wight, Cornwall and the south coast, so we omitted those in favor of a two-week foray to Ireland, where we rendezvoused with a third couple (our other neighbors). In retrospect, we could have used the whole four weeks for Ireland. What a mystical, green treasure!

We passed up well-touristed areas like Killarney, Blarney and the Ring of Kerry in favor of less-trodden places like Malahide, Carrickmacross, Derry, Lough Swilly, Rathmullan, Dunluce Castle, Killybegs, Spiddal and the Gallarus Oratory.

But, yes, we saw the Rock of Cashel, the Cliffs of Moher, the Waterford crystal factory and the Dingle Peninsula. We wandered Dublin streets and ferried to the Aran Islands. We watched Donegal weavers at work, marveled at the peat cutters, listened to the melancholy pub tunes of the Irish singers, warmed ourselves by smoldering peat fires in Irish cottage B&Bs and ate our way across the UK, Northern Ireland and Eire.

You need to know that most English and Irish food is excellent—gone are the mushy vegetables and overcooked meat. Routinely, our meals included an accompanying platter of tender-crisp carrots, broccoli, cauliflower and/or green beans. Not everything is battered, dipped and fried these days—the grilled Scottish salmon was excellent, and the lamb chops were outstanding.

There still are chips (French fries) with every entree, but few can beat the British in preparing chips. However, alternatives of mashed, steamed and browned potatoes are available or simply appear on the table, too. Salads used to be non-existent and still are minimal, the coffee continues to be bad, and pub food has gotten more costly. But the desserts—ahh-h. The baked Alaska we savored in a York restaurant near our B&B was the best

we've ever eaten, and we seldom passed up the berry tarts in tearooms.

Virtually all B&Bs now offer "en suite," meaning that every bedroom has its own bathroom. The breakfasts often include French-press coffee (excellent), whether you eat a simple breakfast of fruit, cereal and toast—or opt for the extravagant full breakfast of cereal, bacon, sausage, eggs, mushrooms, tomatoes, scones and toast.

Prices run about \$60-65 per couple per night for the English B&Bs and \$40-45 for the Irish. If we ate heartily at breakfast, we would buy fruit, cheese and rolls for a picnic lunch. Dinners ranged from \$20 to \$36 per couple, depending on whether we had coffee, dessert and wine.

Indeed, the left-side driving takes a bit of getting used to, and constant vigilance is the price. Watch the narrow, stone-fenced roads and those protruding side-view mirrors as you pass oncoming vehicles, especially lorries and tour buses! We soon began to enjoy the roundabouts, however, because they offer options that our four-way intersections don't. If you move into a round-about toward an exit on the other side and decide it doesn't look like the right one, you can continue around the circle (again and again if necessary) until your map-reader decides which exit is the one you want.

In terms of reserving B&Bs ahead, the internet here gives you instant access to homes (info and pictures) before you leave. After you arrive, the tourist information bureaus in every town can house you that night or book ahead in other towns across the county or the country for the next night. And the people definitely are hospitable, gracious and kind.

As our neighbor said about his first trip abroad, "The UK is a good place to start—I can understand the language!"

For contributions or questions, call Terri Malinowski, 428-483-8344 or email her at terrim@accessone.com

» Update on your health

Stay healthy this winter

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

FLU SHOTS

Flu season is early this year, though it generally runs from November to March or April. Symptoms usually appear within two to four days of infection, and a person is considered to be contagious for another three or four days after symptoms appear. Symptoms include fever, chills, dry cough, nasal congestion, sore throat, headaches and muscle aches. The shot is 90% effective in preventing types A and B influenza. Twice as many Americans die from the flu each year as die from AIDS, breast cancer or prostate cancer.

The best things you can do for flu are to rest in bed, drink plenty of liquids and doctor yourself with your favorite over-the-counter remedies for fever and body aches, according to the September 1999 *Secure Horizons Newsletter*. If a fever is 102 or higher, and persists for two full days, call your physician!

SINUS INFECTION

Here's the latest from the Mayo Clinic (October 1999). If you have had a head cold for weeks and it won't go away, maybe that's because it's not a cold but a sinus infection. Sinusitis may last only a couple of weeks or can linger for months. It can be a harmless irritation or can lead to serious infections of adjacent bones and even the brain.

Your sinuses are not there just to cause trouble, but they warm and filter the air you breathe, aid your sense of smell and improve the sound of your voice. Sinuses can become blocked, bacteria can multiply and cause infection and swelling which further complicates the problem, spreading to surrounding areas. You may have acute sinusitis if you have some of these signs and symptoms: a "roller-coaster" (just when you're getting over a cold, congestion and discomfort return); a stuffy or runny nose; thick,

yellowish-green nasal discharge; facial pain or head ache that can be worse on one side; pain that increases when leaning forward; a cough or sore throat that gets worse at night; dental pain, especially in the upper teeth; fatigue; or decreased or lost sense of smell. If you have some of these symptoms, please see your doctor.

PEBB HEALTH PLAN CHANGES

The 2000 open enrollment period is October 18 through November 19. Please study the data in the open enrollment packet you should have received October 8. **If your health plan isn't available to you for 2000 coverage and you don't select another plan during open enrollment, you will lose your coverage effective January 1, 2000, with no future opportunity to enroll in PEBB coverage again.** (*PEBB Perspective*, September 14, 1999, page 2)

PROGRESS IN MEDICINE

A first year medical student at the University of Southern California discovered a natural protein that appears to inhibit a gene common among breast cancer patients, and that the protein ultimately kills the harmful tumors. Scientists will begin testing the small molecule, called herstatin, in mice, rats, and finally human cancer patients in the hope that the protein

will develop another tool in the fight against cancers of various types. (*National Academy of Science Journal*, September 14, 1999)

NEW CARDIAC ARREST PROCEDURE

Electric shock has been supplemented with a drug, amiodarone, to stop irregular heart contractions. The research was conducted by the University of Washington and the Seattle Fire Department, and was reported in the *New England Journal of Medicine* in September 1999. Amiodarone stabilizes the heart muscle, making it less likely that a disorganized spasm will return after a shock. "The next step is to see if drugs like this can improve long-term survival after cardiac arrest," according to Dr. Peter Kudenchuk, study director, and University of Washington Professor of Medicine. (Data from the *Seattle Times*, October 1999, by Warren King)

NEW INHALER

Now there's protection against influenza types A & B. It's nearly 80% effective in keeping family members from getting the flu bug when a relative brings it home. The FDA approved the medicine, relenza, in July. Another pill form, similar product is expected to get FDA approval soon. "These drugs are a major step forward," according to Dr. Frederick Hayden, University of Virginia, lead researcher in the project.



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)—November 3 & 4—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

Membership

by Don Denton, chair 425-787-7881

A special welcome to new member, Wayne Robertson, the new Superintendent in Edmonds. Wayne has not only joined but has encouraged us to bring our message to all Edmonds employees.

About half of the Edmonds schools were visited by Ruthanne Warren and Ellie Bonanno and their membership team in 1995. It is our goal to visit the remainder this year. They are: Beverly, Brier, Cedar Way, Chase Lake, Hilltop, Lynnwood, Madrona K-8, Seaview, Sherwood, Terrace Park K-8, Westgate, and Woodway elementaries plus Meadowdale Middle, Edmonds-Woodway HS, and Meadowdale HS.

As always, our visits to schools go better when a retiree from that building is along for recognition purposes and to spread some cheer. If your old school is listed, please call me and volunteer to go along. You won't have to do anything but show up and say "Hi" to old friends.

Have you asked a non-member to join? Call me and I'll send him or her the proper form.

Have you planned for the time when you can no longer care for yourself?

I provide comparative quotes from four major long-term-care insurance companies.

Shop and compare!

Don Denton

425-787-7881

dondenton@jps.net

Toll Free-1-877-462-0409

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

SKSR BULLETIN BOARD

PRE-RETIREMENT PLANNING

Our Year 2000 pre-retirement planning sessions will be held at Edmonds-Woodway High School. The dates will be: January 12, January 19, January 26, February 2, and February 9. They will run from 7:00 to 9:00. The presenters for each will be announced in December. Please tell your friends and be watching for information from your district human resources office.

Phyllis Enger, Wes Grande, and Katy Sherwood, committee planners

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) on or before November 24.

SNO-KING WEBSITE UPDATE: www.sksr.org

The Sno-King School Retirees Association is in the process of developing a website through the services of website consultant and designer, Pam Stucky. Pam was able to get our address with the initials of the organization. We are in the process of deciding the content and design of the site. It should be completed soon. It is intended to be a supplement to other forms of communication already in use. It will contain schedules of events, legislative updates, news of members, photos of events, links to other important sites, and other items of interest to retirees. The website will be on an experimental basis for one year to see if its usefulness is worth the effort. Suggestions for other items of interest that could be included on the website are welcome.

Jack Rogers—206-367-7153, jrogers735@aol.com

CONSUMER TIPS

The latest NRTA Bulletin has an article about older people being targeted. Home-repair scam complaints are increasing. To avoid being a target for these con artists here are a few tips to follow:

- Don't do business with anyone you don't know who knocks on your door.
- Know what repairs you want done. Get advice from family, friends and neighbors.
- Check references, and get three estimates.
- Don't let a contractor arrange financing.
- Don't pay the full amount until the work is completed satisfactorily.
- Remember that it is a good idea for a single homeowner to have a relative, friend or neighbor with you when talking to someone who will work in or about your home.

Barbara Berg, member service chair—425-483-2671

MEMBER MERCHANT DISCOUNT

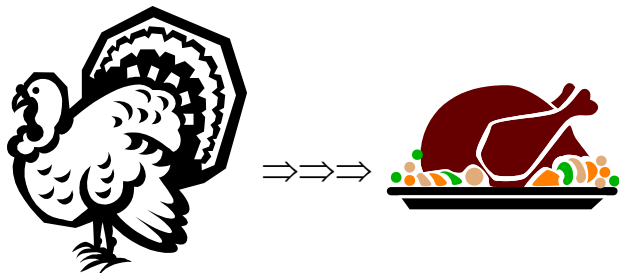
Retired educators receive 20% discount at Third Place Books in the Lake Forest Park Towne Center.

Barbara Berg, member service chair—425-483-2671

Sno-King School Retirees
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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is **Thursday, November 18**. Send materials to Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, WMEAoffice@aol.com, fax 425-776-1795, or phone 425-778-9390.
Please send us news about other members as well as about your activities.

If you know of illness, please call Sunshine Co-Chairs, **Gayle Bromley** (206-364-1314) or **Frances Peters** (206-361-8594) or call President **Rita Requa** (206-362-5220).

To help with mailing our next **BULLETIN** on Tuesday November 30, call **Betty Odle** at 206-525-8276, **Ellie Bonanno** at 425-778-0751 or **Ruthann Warren** at 206-367-0742.

Sunshine Committee
Caring together

by Gayle Bromley-206-364-1314

Dave Johnson's mother died Tuesday, October 12. Please remember Dave and Marlene in your thoughts and prayers. . . . **Bill Stevenson** has returned home after double bypass surgery. Betty Jean, his wife, said things went well and he will be recovering for awhile. Bill is a former superintendent of schools for Shoreline. He would enjoy hearing from his many friends. Cards may be sent to his home at 18016 14th Ave. NW, Shoreline, WA 98117-3209.

Entertainment 2000

The new Entertainment 2000 Books are available now! Do yourself a big favor and help the **Scholarship Fund** at the same time. Put **Entertainment** on the top of your shopping list. It makes a great gift that lasts all year!

- Hundreds of 2 for 1 discounts
- Live theater, concerts and movies
- More than 400 great restaurants
- Local, national and international
- Popular sporting events
- And LOTS MORE!

To make arrangements for getting your books, you can call Donna Murrish at 206-363-5753 or e-mail her at dmurrish@aol.com. Books are still only \$40. \$8 from each sale goes to the Scholarship Fund.