

# Sno-King School Retirees



October 1999

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Jack Rogers, President-Elect  
Don Denton, Membership  
Gail Bromley, Secretary  
Donna Murrish, Treasurer  
Dave Johnson, Program  
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Barbara Berg, Member Services  
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Betty Odle, Historian  
Marilyn Alaniz, Hospitality  
Ruthanne Warren, Phone  
Linda Fitzgerald & Keith Lindaas, Scholarships  
Jo & Bruce Caldwell, Editors

## The SKSR Bulletin

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» A message from our president

### A great membership

by *Rita Requa, president*

I have always been impressed with the altruistic activities of our retired members. Not only do many volunteer their time with a variety of organizations, but they also are involved in raising money for various charitable organizations.

Sno-King as an organization does some of the same. Scholarships and grants will occupy many members of the Sno-King this month. We are sponsoring three activities to raise money for our scholarship fund: the selling of *Entertainment 2000* books, the October 21 Scholarship Luncheon, and the selling of raffle tickets for one dollar with prizes as varied as two Husky tickets, dinners at local restaurants and bowling games at the newly remodeled Spin City in Richmond Beach. We will also be collecting applications and awarding grants to our active members.

One of the responsibilities of our elected leaders is to attend coordinating council meetings. Coordinating councils are authorized in the WSRTA Bylaws. The purpose of the council is to serve as a communication link between the WSRTA board, WSRTA committees and the local units of WSRTA and as a means to coordinate and promote the goals and activities of WSRTA.

Sno-King, Sno-Isle and Whatcom County all belong to NW-1 Coordinating Council. The composition of the councils includes unit officers, local unit committee members, state committee members and the state board representative, David Thurman, and members of local units.

The NW-1 Coordinating Council meetings are held three times yearly in Mount Vernon from 9:00-1:00, including lunch. We share areas of mutual concern, share ideas in areas of programs, membership promotion and other services to members.

The first meeting is October 2. Sno-King usually has 8-10 people attend. If you would like to attend one of these meetings, call me at 206-362-5220 so we can include you in our car pooling arrangements.

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# October scholarship luncheon

Yes, Virginia, there IS a free lunch!

Please join us on Thursday, October 21, for the fall scholarship luncheon at the Edmonds Unitarian Church. In addition to a delicious lunch, you can treat yourself to chances to win two tickets to a Husky home game, one of our *Entertainment 2000* books, dinner out or bowling games.

Especially appealing are the FREE LUNCHES for any SKSR member who brings a guest who joins SKSR at the luncheon. Both the current and new members eat for free!

Highlighting the luncheon will be a presentation by Debbie Dimitre of *Around the World with Nellie Bly*, our first female investigative journalist. Any of you have heard Debbie in her Patchwork Tales heroines know Nellie Bly will be with us on the 21<sup>st</sup>.

The menu features Sno-King cooks' special hot dishes and salads—always delicious. Please call Cheryl Bickford, 206-363-2731, or Betty Odle, 206-525-8276, by Monday, October 11 for reservations for the \$5 donation luncheon. If you can contribute a salad or hot dish, please let Cheryl or Betty know when you make your reservation.

We will be awarding \$3,000 worth of scholarships this year—\$1,000 each to a graduating senior in the Edmonds, Northshore and Shoreline school districts. In January information will be sent out to the schools regarding the scholarships, so if you know worthy seniors in those districts, encourage them to apply.

If you cannot attend the luncheon, you can contribute to the scholarship fund using the form on page 3.



## MARK YOUR DATEBOOKS

### Coming Events for Sno-King School Retirees

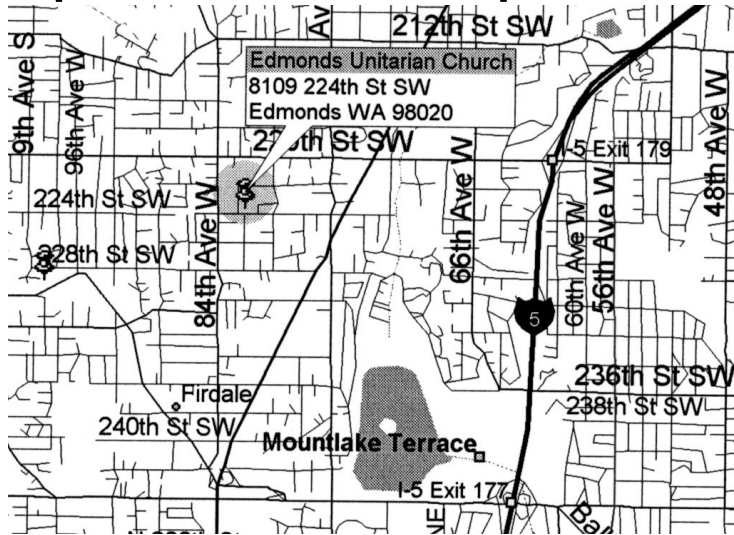
Please note new time for general meetings – 1:00

**October 21 ..... Scholarship Luncheon, 12:00 –2:30**  
**Edmonds Unitarian Universalist Church**  
**8109 224<sup>th</sup> Street SW, Edmonds**  
**\$5.00 donation (Hot dish or salad would be appreciated, too)**

Storyteller **Debbie Dimitre** will make a presentation on Nellie Blye, first female investigative journalist in America. Debbie brings the stories of historical women to life through dramatic storytelling, folklore, legends and poetry. Debbie has performed throughout the Northwest at schools, churches, libraries, historical groups and museums. She has performed for the NW Folklife festival. Debbie is a member and former board member of the Seattle Storyteller guild.

November 18.....General Meeting, 1:00  
 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

### Map to the October Scholarship Luncheon



#### **SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND**

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$ \_\_\_\_\_

As a special gift \_\_\_\_\_

Or in memory of \_\_\_\_\_

Or in honor of \_\_\_\_\_

on the occasion of \_\_\_\_\_

**Please send acknowledgment to**

Name \_\_\_\_\_

Address \_\_\_\_\_

Donor's name \_\_\_\_\_

Address \_\_\_\_\_

Make check payable to *Sno-King School Retirees' Scholarship Fund*.  
Mail to Sno-King School Retirees, PO Box 33962, Seattle WA 98133-0962.

#### **HIGH-YIELD RETURNS OFFERED ON SMALL TO MEDIUM INVESTMENTS OF TIME, CONVERSATION AND GOOD HUMOR**

**Foss Home and Village**, 13023 Greenwood Avenue North, Seattle—a non-profit continuing care and assisted living facility—is looking for volunteers. Apply for a good interest rate—meaningful experiences with senior residents. Openings now for one-to-one visitors, bus or van drivers, activity and mealtime helpers, beauty shop escorts, outing companions, manicurists and others. Contact volunteer coordinator at 206-834-2586.

## **AARP**

AARP in Washington is recruiting for a special AARP volunteer opening: Washington State President. You may know of potential candidates who would be interested in applying for this state-level volunteer position.

As the lead volunteer in Washington, the AARP state president's responsibilities include working with the media as the primary spokesperson and chairing the Volunteer Leadership Council, which meets quarterly. Public speaking, interpersonal skills with volunteers and staff, and a strong interest in aging policy and related activities are important characteristics.

The state president needs to be 50 years of age or older and may come from within or outside of AARP. Interested persons from all walks of life and gender, ethnic and racial diversity are encouraged to apply. All expenses are reimbursed and volunteer training and staff support are provided.

If you or anyone you know might be interested in this position, please contact the state director for AARP, Jo Senter, at 9750 Third Ave NE, Suite 102, Seattle WA 98115. The phone there is 206-517-9348.

### *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](mailto:dmurrish@aol.com). Books are still only \$40. \$8 from each sale goes to the Scholarship Fund.

## Some helpful health ideas

by Gordon Bowers, health services chair

### HEAD COLDS

According to the King County Department of Public Health and the Hope Heart Institute, colds can last from 5 to 10 days, but it's normal for a cough to last for a month. The average adult gets two to four colds a year. The average kid gets up to eight colds; teens get two to four colds. Home care: drink at least one quart of liquids a day. Use aspirin to treat fever and discomfort, and get enough rest. Ask your pharmacist to recommend over-the-counter medications. Do not rely on TV commercials for advice. Call your doctor if you have a temperature over 102F, difficult or painful breathing, chest pains, green, brown or red mucous from nose or from cough; stiff neck, diarrhea or vomiting that lasts more than eight hours, earache, eye discharge, or any other changes that worry you. To prevent colds, wash your hands frequently; keep them away from your face. Eat well; get enough exercise and rest.

### PREVENTING HEART ATTACKS

Walk an hour a week. A recent study of over 800 people between the ages of 25 and 74 suggests that at least an hour a week of walking or yard work may lower heart attack risk just as much as jogging, aerobic dance and other heavy duty exercise. When active and sedentary people were compared, those who walked regularly were 73% less likely to have a cardiac arrest; those who gardened regularly were 66% less likely to have a cardiac arrest. Only walking and gardening were measured in this study. The hour of exercise may be broken up into segments, such as three 20-minute bouts of exercise. However, exercising to the point of exhaustion can weaken your body's immunity. Elite athletes often complain of constant head colds. "Every time you go for a brisk walk, your immune system gets a lift that should increase chances of fighting off colds," according to Dr. David Nieman, in a study at Appalachian

University, NC. Source: *Archives of Internal Medicine*, Vol. 159, No. 7.

### SECRETS TO A LONG AND HEALTHY LIFE

Cheerful insider tips from *Mayo Clinic Health Letter* (Vol. 7, No. 7, 1999). With all the emphasis on genes, you may think your health is simply a function of your genetic makeup. But that's not entirely true. Research shows that genes account for only about one-third of the health problems associated with aging. Lifestyle factors account for the rest. It's never too late to take steps to improve your health. Research with heart attack survivors, for example, shows that those who exercise regularly can reduce their risk of a second, fatal heart attack by up to 25%.

### THE MAYO PRESCRIPTION FOR LONGEVITY

Lifestyle measures likely to increase longevity and delay the onset of disease and disability include regular, moderate exercise, a healthful diet and good personal practices regarding tobacco, alcohol and sun. Also important is a social support system of family and friends. Exercise is the single most important anti-aging measure anyone can follow, regardless of age. It helps prevent coronary artery disease, high blood pressure, stroke, diabetes, obesity, osteoporosis, senility and possibly certain cancers. It can also ease stress, depression, insomnia and arthritis. To help your body stay young, try to get at least 30 minutes a day of moderately rigorous physical activity in addition to walking. Try an aerobic activity, weight lifting or stretching. But don't overdo it. More is not better!

### SWEET NOTHINGS

Low-calorie sweeteners are chemicals that mimic the sweetness of sugar. They have no appreciable calories or food value. The FDA has approved four low-calorie sweeteners:

all are safe, except those that *must carry a warning on the label*.

SACCHARIN, though banned for several years, is now approved. ASPARTAME known as Nutrasweet or Equal is safe for all ages except for people who have a rare hereditary disease, phenylketonuria, or PKU. ACESULFAME-K (Sunset) is safe, more sugar-like taste. SUCRALOSE (Splenda) is the only sugar substitute made from sugar.

Some nutritionists recommend limiting yourself to two servings per day of foods containing sugar substitutes. Other info from the Mayo Clinic—Sugar substitutes may help you lose weight if you use them to reduce the number of calories in your diet, but studies show most people who use them do not lower the total of calories consumed each day.

In fact, America's weight problem has gotten worse as consumption of low-cal sweeteners has increased.

### FLU SHOTS

Get them in October. Medicare and most Medicaid are free!



### INSURANCE INFORMATION

**FALL 1999 OPEN ENROLLMENT PERIOD**—October 18 – November 19 for PEBB sponsored health plans. Watch the mail for the 1999 PEBB Open Enrollment materials, because Aetna USHC of Washington, Regence Blue Shield, Providence Health Plan and Kitsap Physicians Services will not be offered through the PEBB in 2000. Watch for further information in articles in the WSRTA Journal. For further information contact the HCA at 1-800-200-1004

### ATTENTION NEW RETIREES—

Contact the state Health Care Authority IMMEDIATELY regarding the state subsidized HCA/PEBB medical/dental insurance programs. If you miss the application deadline (60 working days from your last working day) you may be excluded forever.

## Legislative program needs your support

### Governance representation is the key issue for this session

by Jack Rogers, *president-elect*

Legislative chairs from local retired school employee groups around the state met in Olympia September 15 & 16 to prepare for the upcoming legislative session in January. The key issue before the group is to secure retired school employee representation on the state pension board. Legislative sentiment seems in favor of some limited, yet nonvoting representation. (Therein lies the rub!) See item I.C. below. Check in with the hotline once the session starts in January. 1-800-221-1269.

The Washington State Retired Teachers Association has five overall goals that it seeks to present before the legislature each year. They are as follows:

- I. Provide an adequate pension and a reasonable retirement age.
  - A. Improve benefits for retirees using excess earnings on Pension Reserve Fund investments. (Currently excess earnings are distributed biennially. WSRTA is seeking annual distributions.)
  - B. Enhance Cost-of-Living adjustments (COLAs) for all retirees. (TRS I people who retire after 30 years must wait as long as 14 years to receive a COLA.)

- C. Establish a state pension board of trustees with statutorily delineated benefit design, pension funding, and fiduciary responsibilities.
  1. Reduce COLA eligibility age for Plan 1 retirees.
  2. Improve Plan 2 and Plan 3 retirement benefits.
  3. Retain the services of an actuary to analyze distribution of excess earnings; develop long range strategies for enhancing retirement benefits, and explore other pertinent funding issues.
- II. Improve health insurance benefits and secure lower premiums for retirees.
  - A. Improve Public Employees Benefits Board (PEBB) sponsored health insurance

benefits and obtain a Medicare eligible retiree subsidy which keeps pace with premium increases.

- III. Secure a more fair tax system and appropriate relief for seniors.
  - A. Support reduced property taxes for senior citizens.
- IV. Improve the general welfare of seniors.
  - A. Support other senior citizen legislative actions as consistent with WSRTA goals.
- V. Improve the health and vitality of the public school system.
  - A. Monitor and evaluate legislation that affects the educational process.
  - B. Be an advocate for "Teachers recruiting future teachers."
  - C. Support full funding for public schools from the state level.



## Opinion on Initiative 695

by Jack Rogers

At a legislative training session for local units held in Olympia by WSRTA, September 15 & 16, a presentation on the potential effects of the passage of Initiative 695 was made. If I-695 passes, the overall effect to the state budget would be about a two to three percent reduction in revenue. However, the most drastic effects will be on local municipalities which depend upon license tab revenues to maintain police, fire, roads, and health care responses for its citizens. Many cities will face cuts of 25 percent or more to their public safety budgets should Initiative 695 pass. This could result in a severe reduction in police and fire protection in communities across the state.

Remember, whenever a reduction occurs in state revenues, competition for remaining dollars to fund needed programs increases dramatically, and someone usually gets left out in the cold as a result. This initiative is short-sighted and has unintentional adverse effects upon essential state programs and the ability for state government to function effectively.

## Some important consumer tips

### Beware of scams and other money-grabbing schemes

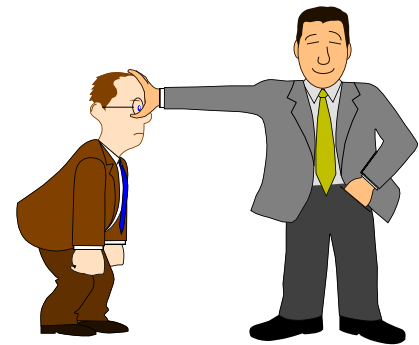
*Notes on a presentation from the president and CEO of the Better Business Bureau of Yakima at the Member Services Workshop, WSRTA conference, August. 26, 1999*

- To get rid of junk mail, write:  
Mail Preference Service  
Direct Marketing Association  
PO Box 9008  
Farmingdale NY 11735-9008
- To get rid of telemarketing, write:  
Telephone Preference Service  
Direct Marketing Association  
PO Box 9014  
Farmingdale NY 11735-9014
- Beware of solicitations from Police and Firefighter Organizations. Your local fire department is not likely to receive any funds. Questions to ask: Send you their solicitation in writing so you can review. 1) Ask for as much info as possible, such as financial statements and financial goals. Find out how much of the organization's income is spent on its programs and services versus how much is spent on fund raising and administration. 2) Is there a professional promoter involved? Be advised, that in general, if a professional promoter is involved, many times the majority of your contribution goes to the promoter instead of to the charity's programs and services. Ask the solicitor specifically what percentage of your contribution goes for programs and services. 3) Ask about any affiliations the group might have with other organizations. Don't make assumptions about the organization's affiliations based on its name alone. 4) If you decide to give, make out the check to the organization and not to any individual.
- The Federal Trade Commission's "three-day cooling-off rule" for door-to-door sales over \$25 doesn't apply to sales made entirely by mail or phone, except for real estate, insurance, securities and sales for emergency home repairs. The item must be sold to you outside the normal business site. Cancellation

by certified US mail with a return receipt requested notice within three business days (Sunday is the only day not considered a business day). Remember the cooling-off rule provides protection for consumers who purchase items at a business' temporary location, such as a party given in a private home or a sale set up at a rented hotel room.

- Beware of loan companies out of Canada, as it's difficult for US citizens to pursue unsatisfactory service/rip-offs.
- It is a good idea to check credit history once yearly. Call a local credit bureau.
- Beware of any call with 809 prefix, as that is for the Bahamas and, once again, difficult to track.
- Never give out Social Security or credit card number over unsolicited phone calls.
- For www selling sites, look for the Better Business Bureau torch for assurance that site complies with BBB standards.

- Sno-King has the current 1999 BBB bulletin, which charts the charities that met the BBB standards for charitable solicitations, based on BBB's most current evaluation. It lists only the charities most frequently requested.



#### A good warning, received "on line"...

"I received a telephone call from an individual identifying himself as an AT&T Service technician who was conducting a test on our telephone lines. He stated that to complete the test, I should touch nine (9), zero (0), the pound sign (#) and then hang up. Luckily, I was suspicious and refused. Upon contacting the telephone company, I was informed that by pushing 90#, you give the requesting individual full access to your telephone line, which allows him or her to place long distance calls billed to your home phone number. I was further informed that this scam has been originating from many of the local jails/prisons.

"I have also verified this information with UCB telecomm, Pacific Bell, MCI, Bell Atlantic, GTE and NYNEX. Please beware. **DO NOT press 90# for ANYONE.** The GTE Security Department requested that I share this information with EVERYONE I KNOW. PLEASE pass this on to everyone YOU know. If you have mailing lists and/or newsletters from organizations you are connected with, please pass this information on to them, too."

## Civil War travels

by Terri Malinowski, travel services chair

Looking for fall colors in all the usual places? Here's an alternative that encompasses colonial history, Civil War sites, scenery that won't quit, hiking trails galore and best of all, fall colors magnifique. It's the Shenandoah Valley of western Virginia, at the foot of the Blue Ridge Mountains.

The trip was one of those accidental finds that left us wishing for more time. After a business conference in Washington, D.C., we escaped with a rental car for a week on our own. But where to go? What to explore? I remembered my paternal ancestors had migrated in the 1700s from Lancaster, PA, to Rockingham County, VA, so we decided to visit that area briefly. Now we know why they stayed; so did we.

The Shenandoah Valley is only 90 minutes from Dulles Airport via westbound I-66, but it is a literal step back in time, culture and pace. Alternates to the freeway route from the airport vicinity are Highway 50, meeting the valley at Winchester, or Highway 211, intersecting the valley at New Market. Along the way, spend a few hours at the Manassas National Battlefield Park along I-66. It is a poignant reminder of 19<sup>th</sup>-century history and the tragedy of war.

Quoting from the park service brochure: "On a warm day in July 1861, two great armies of a divided nation clashed for the first time on the fields overlooking Bull Run (a local stream). Their ranks were filled with enthusiastic young volunteers in colorful new uniforms. Confident that their respective foes would run at the first shot, the raw recruits were thankful that they would not miss the only battle of what would surely be a short war. But the soldiers were stunned by the violence and destruction they witnessed. At day's end, nearly 900 young men lay lifeless on the fields.

"In August, 1862, Union and Confederate armies converged for a second time on the plains of Manassas. The naive enthusiasm of the earlier encounter was gone. War was

not the holiday outing or grand adventure envisioned by the young recruits of 1861. The seasoned veterans now knew well the reality of war. The Battle of Second Manassas, lasting three days, produced even greater carnage—3,300 killed." My husband and I left the restored battlefield that afternoon, sobered and saddened by a glimpse of two battles that involved such well-known names as Stonewall Jackson, Robert E. Lee, Pierre Beauregard, Irvin McDowell, George McClellan and Jefferson Davis.

Reaching the Shenandoah Valley, we found peaceful towns and tranquil roads, studded by stands of red and gold-leafed trees. The nearby foothills of the Blue Ridge were ablaze with color. The place names were reminiscent of colonial days: Old Tavern, Woodstock, New Hope, Haymarket, Fort Defiance, Flint Hill, Buffalo Gap.

Interstate 81, which races down the valley following the Shenandoah River, was once a buffalo and Indian trail. But we began with the 105-mile-long Skyline Drive, which meanders southward through Shenandoah National Park, linking up with the Blue Ridge Parkway, a 470-mile route called "America's most scenic drive." We like the Indian word Shenandoah, "Daughter of the Stars." Standing high on the edge of Skyline Drive, the stars indeed seem very close.

At Charlottesville, we reentered modern civilization briefly to see Thomas Jefferson's beautiful hilltop retreat, Monticello, and James Monroe's Ash Lawn. We lunched at Michie Tavern, where both presidents ate in their day. The Thomas Jefferson Center for Historic Plants pays tribute to his lifelong quest for useful and ornamental plants. Visitors can even purchase the offspring of original Monticello plantings. South of the city, we returned to the parkway, which passes through the George Washington National Forest on its way to the Great Smoky Mountains in North Carolina and Tennessee.

We constantly turned westward toward the West Virginia border to view rolling farmlands, lush orchards and one jewel of a village after another. We saw weathered cabins, gristmills and split-rail fences as well as ageless wonders like Natural Bridge and Luray Cavern. There are quaint antique shops by the dozens, a sugar-maple festival, wine tastings and historic homes to tour.

George Washington surveyed parts of this valley, Woodrow Wilson and Admiral Byrd were born here, and General Sheridan quartered at Winchester, which one Civil War diarist says changed hands 72 times during the course of the war. A gatepost near one of our B&Bs still carries an embedded cannonball from an encounter between a Confederate regiment and a Yankee incursion.

**Barbara Berg and Georgiana Young** have been on the trail, too, literally. In June, they attended the annual meeting of the Nez Perce National Historic Trail Foundation in Wallowa, OR, at the invitation of Georgie's Nez Perce friend from college days. The beautiful setting in northeast Oregon's Wallowa Mountains was the homeland of Chief Joseph and his Nez Perce band. The historic trail traces the route taken by him and his people as they tried to flee to Canada in 1877 to escape reservation confinement. The band was captured in Bear Paw, MT, and exiled to a reservation in Oklahoma.

The meetings were emotionally charged, as Nez Perce Indians spoke of the pain and damage their families experienced. The meeting was to be the beginning of a healing time among treaty and non-treaty Nez Perce, and Christian and non-Christian Nez Perce. An Interpretive Center is being built on a 160-acre piece of land in Wallowa, purchased for the Nez Perce in 1977 through local efforts. For an educational and fascinating driving tour of Chief Joseph's route, get a book called *Following the Nez Perce Trail*, written by Cheryl Wolfgang, who was present at the June meeting.

For contributions or questions, call Terri Malinowski, 425-483-8344 or e-mail her at [terrim@accessone.com](mailto:terrim@accessone.com)

## Membership

by Don Denton, chair

We have been issued a challenge, actually a quota, by our state association, WSRTA. Each regional unit (like SNO-KING) has been asked to increase its membership by 10%. For us, that means 124 new members. While we have been fairly successful with recruiting in the past, 124 new members by April 15 will be a stretch. I need help, your help!

Our WSRTA membership has been declining slightly because there are more deaths each year than new members, statewide. This, of course, puts a bind on the state budget for services and legislative lobbying.

Remember that our very affordable \$4.00 monthly dues support our efforts to improve retirement benefits. Those over 66 now receive the ever-increasing COLA, and all of us under 65 with a PEBB medical plan are subsidized by over \$100 per month, each. Yes, it could be worse! And, there is a new plan to increase the Medicare subsidy annually. These recent gains are clearly worth the \$4.00 per month. How about sharing that information with a non-member friend? Here's a deal for you:

**Bring a non-member recruit to our October Scholarship Luncheon and you both eat FREE if (s)he joins!** If someone's name isn't in the directory, (s)he probably isn't a member. For recent retirees, call Donna Murrish (206 363-5753) or me for up-to-date status.

### LONG TERM CARE INSURANCE

Receive comparative quotes from four major companies.

Call or e-mail for no-hassle info.

The younger you apply, the less it costs!

**DON DENTON**  
**425-787-7881**

dondenton@jps.net  
Toll free 1-877-462-0409

Paid Advertisement  
This ad does not indicate endorsement by SKSR

## SKSR Announcements

### ATTENTION SNOWBIRDS!!!

For those of you who take off for sunnier climates during the winter, please let me know when you're going and when you plan to return. The post office doesn't forward the newsletters to your temporary address and we get them returned with a message that says "temporarily away" and are charged 80 cents for that. So if you'll please just let me know your plans, we can mail your news directly to your winter address. I will pass along the information to the state office because they have the same problem. Thanks! Have a safe trip and a good winter.

*Donna Murrish – 206-363-5753 or e-mail: dmurrish@aol.com*

### DUES INFORMATION

For those of you who pay your dues yearly by check, the new fiscal year began in July. If you haven't yet sent your dues for 1999-2000, there will be a red dot on the address label of this newsletter. Unless we hear from you by the time the new directory is printed, your name will be dropped from the membership list. If you would like to change from paying yearly to dues deduction (\$4 deducted each month), please contact either Don Denton (425-787-7881) or Donna Murrish (206-363-5753) for a membership form. If you choose to continue paying yearly, just send your \$48 check to Sno-King School Retirees, P.O. Box 33962, Seattle, WA 98133-0962.

### PRE-RETIREMENT PLANNING COMMITTEE

Our *Year 2000* pre-retirement planning sessions will be Edmonds-Woodway High School. The dates have been set and are awaiting confirmation. Be looking for further information in November. *Phyllis Enger, Retirement Planning Chair*

### SNO-KING WEBSITE UPDATE: [www.sksr.org](http://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 or e-mail: jrogers735@aol.com*

### GRANTS AVAILABLE FOR OUR ACTIVE MEMBERS

SNO-KING SCHOOL RETIREES announces the open application period for the annual grant program for our active members, Sno-King members who are not retired, but still actively employed in education. The purpose of the program is to provide active members with a source of funds to purchase materials or attend inservice that will benefit their students. In order to make this process as simple as possible, there is no formal application blank. Active Sno-King members are urged to apply for grants of \$100 to \$300 for classroom needs. Just follow the directions below.

- List your name, grade level/subject, building and district.
- Write a brief paragraph describing your proposed project and how it will benefit your students.
- Detail objects to be purchased/in-service and approximate cost and/or support requested.
- Send application with self-addressed, stamped envelope by October 27 to Rita Requa, 19121 Ballinger Way NE, #102, Seattle, WA 98155, or email to rrequa19@idt.net.

The Grants Committee, headed by Ellie Bonano, plans to make awards by November 1.



## Board Minutes

### Sno-King School Retirees Board Retreat August 12, 1999

**Call to Order:** President, Rita Requa, called the meeting to order at 9:15 AM after coffee and special treats.

**Minutes:** Approved as read

**Treasurer's Report:** Dave, Don, and Donna reported on finances. It was decided that we take \$300 from the contingency fund since only \$1000 was set into the budget for printing the Sno-King directory and Don found out it will cost us a minimum of \$1200 plus tax to print it. Donna will update the directory, put it together and take it to the printer. The directory will be sent out with the November mailing and Dave recommended we approve the budget as corrected. Dave also mentioned the need of extra money for the scholarship fund so that the fund itself can continue to draw interest and larger scholarships or more numbers of scholarships can be given. Dave suggested another raffle for the next two general meetings. Jack volunteered two Husky football tickets. A motion was made by Phyllis Enger to accept Jack's offer. It was seconded and passed. Ellie will ask about lunch tickets for Scott's or Arnie's restaurants. Call Jack about other raffle items to donate.

**President's Report:** Rita asked each of us how we will welcome in the millennium. We introduced ourselves and our positions on the board and gave answers about the new year of 2000. She then had us check for accuracy

on the board officers and committees sheet and also the phone tree. Add Keith Lindaas' e-mail address: sklindaas@worldnet.ATT.net

**In Attendance:** Marilyn Alaniz, Barb Berg, Ellie Bonanno, Gordon Bowers, Bruce Caldwell, Jo Caldwell, Don Denton, Joanne Dunn, Phyllis Enger, Dave Johnson, Bob Jones, Keith Lindaas, Terri Malinowski, Donna Murrish, Betty Odle, Fran Peters, Rita Requa, Jack Rogers, Ruthanne Warren

#### Discussions

**Website:** Jack asked that we consider having a website for computer users. It would cost about \$25 a month to run. To begin with, it can be used for Sno-King minutes, legislative updates, a calendar, and the newsletter. A webmaster will be used to get us started. Jack will write an article for the newsletter to discuss this new feature. Barb Berg made a motion that we proceed with the website by January. It was seconded and passed.

**Newsletter:** Bruce and Jo Caldwell have set the deadline for news for August 19<sup>th</sup>. The date will usually be the third Thursday of the month. All committee chair reports should be e-mailed to Bruce or sent to: Box 1117, Edmonds, WA 98020. Please make hard copies double-spaced. We all need to write our own reports. Give photos to our editors, too, as they can scan them for publication. Rita will write an article about our July picnic. Bruce asked if we wanted to spend extra money for collating and folding the newsletters. It was decided we would try it for our first issue this fall. Jack Rogers made a motion that Jo and Bruce choose the name of the newsletter. It was seconded and passed. August 30<sup>th</sup> or 31<sup>st</sup> will be our folding newsletter party.

**Programs:** For this year we will hold our general meetings, except for luncheons, at 1:00 PM. It was decided that we would discuss the March joint luncheon meeting with Overlake at a later board meeting.

**Committee Reports:** Our committees need members. In our reports we should ask for input, tell what the committee does, ask if people would be willing to be on call or help with just one or two activities. Give a phone number to contact that committee chair.

**Leadership Conference:** This is August 26<sup>th</sup>, Thursday, in Wenatchee. We will meet at the NE corner near Sears at the Alderwood Mall at 6:00 AM. Rita gave us a copy of Dave Thurman's letter to her. He is asking for suggestions, comments or other items to bring up at the August 25<sup>th</sup> executive board meeting. E-mail him before August 22<sup>nd</sup>.

**Other:** Dave Johnson would like to have receipts for Sno-King expenditures. Joanne Dunn made a motion to send \$50 to the WSRTA foundation in honor of Roland Stemmer. After discussion it was decided to send \$25 to the state and give \$25 to our own scholarship fund. It was seconded and passed. Mary Ellen Gardiner will send a card to Roland's family with the notification of the contribution made in his name. The next executive board meeting is Sept. 9<sup>th</sup> at the AARP office at Northgate and the next general meeting is Sept. 16<sup>th</sup> in the Edmonds boardroom at 1:00 PM. Meeting was adjourned at 11:35 AM.

Respectfully submitted,

Gayle Bromley, Secretary

## Remembering . . .

### WEBSTER HAYDEN

From Auburn news came in mid-September of the death of Webster Hayden, husband of Connie Hayden. Connie had been a counselor in the Edmonds School District. Webster will be missed by all who knew him.

### CHUCK POLLACK

Many retirees from Shoreline were saddened to hear of the passing of Chuck Pollack, long-time custodian for Cromwell Park School. Chuck opened the school in 1956 and

remained there until just before the school was closed in 1971.

Chuck remained a friend and helper to many teachers until he became "too old to climb ladders," at about the age 93. He passed away in June, just a short while before his 96th birthday.

### RUTH WESTERHUIS

Ruth Westerhuis died on September 14 at the age of 85. She taught business education and DECA for 20 years, from 1955 to 1975, at Edmonds High School.

Ruth was adopted as a child and was very close to her mother. After her mother's death in 1977, Ruth became part of Marge and Darris Schlieman's family. Their grandchildren called her "Gramma Ruth."

She was a very long-time member of Sno-King. Pat Svendsen remembers the millions of cookies Ruth baked and donated to scholarship luncheons and retirement seminars.

### DON WORRALL

Don Worrall, a veteran Shoreline School District

teacher and track coach, died September 2, at the age of 61.

He built his life around a belief that outdoor pursuits make for a satisfying life. As a student, he set records in pole vaulting at SPU. He taught math and physical education and coached track in Shoreline secondary schools for 30 years, retiring in the early 1990s. Don continued to compete in masters' level athletics, but also took time to enjoy life.

He is survived by his wife, Marjorie, who taught in the Edmonds School

District, three children and four grandchildren.

## Highlights of our September meeting

by Rita Requa, president

Kamilia Dunsky of the Senior Services gave a very interesting and informative presentation about care giving. She highlighted the importance of the health of the care giver as well as tips for care giving. Of special note were ways to deal with mild depression—from exercising, nutritious diet, socializing, including laughter in your life, importance of regular medical check-ups. Her handouts were informative and resourceful. Check out the website: [www.sssc.org](http://www.sssc.org).

Kennie Endelman, special assistant to Congressman Jay Inslee, spoke about Social Security and Medicare issues. She noted that there were many ideas floating around for changes, but no changes in Social Security are expected in the next couple of years. Questions were asked about the proposed coverage of prescription medicines in Medicare and the televisionads featuring "Flo who didn't want the government involved."

It was noted that pharmaceutical companies are sponsoring the ads under a foundation name. She urged people to call their Congressman and Senators with their concerns and ideas. You can reach *Representative Jay Inslee's* office by phone, 425-640-0233 or email; *Kennie.Endelman@mail.house.gov*. *Sen. Patty Murray*: 206-553-5545, or *senator\_murray@murray.senate.gov*. *Sen. Slade Gorton*: 425-451-0103 or <http://gorton.senate.gov>.

### HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

The deadline for the next newsletter is **Thursday, October 14**. Send materials to Jo or Bruce Caldwell PO Box 1117, Edmonds WA 98020, [WMEAeditor@aol.com](mailto:WMEAeditor@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 Thursday, October 28, call **Betty Odle** at 206-525-8276.

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

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