

Sno-King School Retirees



April 2000

The SKSR Bulletin

A message from our president

I'm back!

by Rita Requa, 206-362-5220

I have returned. Mexico was great, sunny, warm and getting more expensive with each year. Too bad our TRS checks are not keeping up there either. Thanks to Jack Rogers for taking over my duties.

At our March meeting District Rep. David Thurman explained the three-tiered strategy aimed at getting some control of our retirement system and money into our retired members' hands.

The first was LEGISLATIVE. WSRTA didn't fare too well there: (1) the Cathy Wolfe Bill which would have expanded JCPP membership to include both retired and active members did not get out of the House Appropriations Committee and (2) continued underfunding of the pension system, i.e. state contribution rate reduction to TRS. (Both D & R budget proposals and the governor's budget proposal reduced the rates.)

The second is the LAWSUIT. Jack Rogers' has information about the WSRTA lawsuit.

The third tier is the INITIATIVE which has been filed by Stan Bianchi of Whatcom County Retired Teachers Association. The effect of the initiative is to replace the JCPP with a Pension Management Board. Among their responsibilities: review pension policies, treat the pension funds as a trust, and establish pension contribution rates. (Call Rita to get a copy of the initiative for complete text.) While WSRTA or Sno-King has not taken an official position on the initiative to replace the JCPP with a Pension Management Board, it is printed and available.

Dave was very positive that we are moving forward and is confident some action will occur. Please keep informed about these vital issues.

Rita Requa, President
Jack Rogers, President-Elect
Don Denton, Membership
Gail Bromley, Secretary
Donna Murrish, Treasurer
Dave Johnson, Assistant Treasurer
Terri Malinowski, Communications
Bob Jones, Community Service
Gordon Bowers, Health Services
Barbara Berg, Members 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

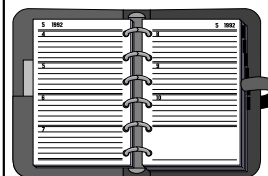
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55 Alive

AARP offers interactive driving classes and a one-on-one course teaching preventive measures that save lives when driving. Pay \$10 materials fee 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.

April 5 & 6—May 3 & 4—June 7 & 8



MARK YOUR DATEBOOK

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

April 20..... Scholarship Luncheon, 12:00
 Edmonds Unitarian Church
 8109 224th Avenue SW, Edmonds
 Tap dancing group will entertain
 Election of officers for 2000-2001
 Good food
 Great companionship

May 19..... Luncheon with Sno-Isle, 12:00
 Program and place to be announced next month

June 5-7 State Convention
 Yakima Convention Center

June 15 General Meeting, 1:00
 Edmonds School District Board Room

July 20 Annual Picnic, 12:00

Board Minutes

Sno-King School Retirees
 Executive Board Meeting
 March 9, 2000

Call to Order: Rita Requa, president, opened the board meeting at 1:10 PM
 Minutes: Approved

Treasurer's Report: Betty Odle moved that we adjust the back records to reflect the true amount of money in the bank. It was seconded and passed. Dave will pay the church for its use for our fall and spring scholarship luncheons
 In Attendance: Gordon Bowers, Gayle Bromley, Dave Johnson, Betty Odle, Rita Requa, Jack Rogers.

Absent: Barb Berg, Cheryl Bickford, Ellie Bonanno, Bruce Caldwell, Jo Caldwell, Don Denton, Phyllis Enger, Linda Fitzgerald, Keith Lindaas, Terri Malinowski.

Officer Reports: The WSRTA Convention is June 5th to 7th in Yakima. We are allowed 27 delegates. Sign up to go. Rita moved that we of Sno-King take an official position of support for the bylaws amendment proposed by Unit 32 and Dave Thurman. It was seconded and passed. Rita also reported on other NW1 coordinating council activity from the March 7th meeting in Mt. Vernon.

At that meeting NW1 was in favor of paid recruiters for state membership expansion to be paid for through the state office.

Committee Reports

Health Services: Gordon states that aspirin is still the drug of choice for what ails you. If you are depressed call Kamilia Dunsky at 425-290-1260 for a free consult. Gordon also distributed good health articles for us to peruse.

Legislative: Remember our website for up to date information and list of legislators and districts. Jack thinks the state will eventually be sued to keep our pension funds from being impacted by subterfuge every legislative session. He has written to both Carolyn Edmonds and Ruth Kaggi about the funds as has Rita.

Scholarship: Even though Keith and Linda were not present they are gathering applications for scholarships at this time.

Sunshine: Five cards have been sent this month for ailing members. Also Rita reported that Mary Perkin's husband died in January. David Eddy's widow, Patricia, passed away February 16.

No Reports: Communications, Community Service, Member Services, Membership Expansion, Retirement

Planning, Newsletter.

Old Business: Rita will check with Bruce to find out how much money is needed to get our Fran Peters' designed logo put into permanent form.

New Business: It is Sno-King's turn to elect a chairperson for NW1 Coordinating Council for next year. Dave Johnson moved that we nominate unanimously Don Denton for chair. It was seconded and passed. For our joint meeting with Overlake on March 22nd, Wednesday, we need to call Donna with our reservations. It will be at Bothell Evangelical Lutheran Church at 10207 NE 183rd St in Bothell, WA. The cost is \$5. George Eisentrout will speak on Lewis and Clark.

Future Dates: March 22nd—Meeting with Overlake, noon; April 13th—Board meeting at Cocos in LFP at 1:00 PM-no host lunch; April 20th—Scholarship luncheon at noon at Edmonds Unitarian Church; May 19th—Lunch with Sno-Isle at noon; June 15th—General meeting at 1:00 PM; July 20th—Annual picnic at noon.

The meeting was adjourned at 2:15 PM.

Respectfully submitted,

Remember why you became a teacher? So do we.

Good teachers needed. You love to teach. And at Sylvan, that's just what you get to do. Right now, we have after-school employment opportunities in communities throughout the Snohomish area for certified teachers of all grades. Our programs were developed by educators, and our 3:1 student-to-teacher ratio allows you to give each student personalized attention. The results speak for themselves. Last year, Sylvan helped more than 175,000 students dramatically improve their reading or math skills. Find out more. Call today.

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 Telephone: (425) 774-3922
 Fax: (425) 775-6475
 Email:sylvan202@earthlink.net
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Snohomish, WA 98290
 Telephone: (360) 568-2600
 Fax: (360) 568-5056
 Email:sylvan223@earthlink.net



Health tips for You

by Gordon Bowers, Health Chair, 425-778-9202

NEW, SUPER HI-TECH CURES

Egyptian doctors prescribed herbal medicines such as saw palmetto for treatment of prostate problems in the 15th century BC, according to *NW Hospital Med-Info* and *The Journal Of American Medicine* (vol. 840, #18). Dr. Phillip G. Pearson, urologist at NW Hospital said, "In Europe, 75 to 80 percent of the initial treatment for benign prostate hyperplasia (BPH) is herbal. In the US, 10 to 15 percent of the initial treatment is herbal, but the effectiveness of herbal remedies for prostate is still being researched and that any therapy for medical condition should be used with common sense and some precaution."

Curious, I checked several drug stores and found saw palmetto products with labels stating, "To be used for prostate problems." Probably, the 15th century BC doctors would have gotten a chuckle out of this product's lasting popularity for so many centuries.

WONDER DRUG

Exciting "new" health benefits from our old friend aspirin. At last, a low cost drug that is used worldwide is getting credit for curing more than a headache, pain or fever. Aspirin, used since 1899, is now being credited in new studies that indicate it is helpful in fighting a wide range of serious illnesses. For example, regarding Alzheimer's, Dr. Charles H. Hennekens, Miami University School of Medicine says, "Elderly people who take aspirin have a lower rate of

cognitive loss, so aspirin may have an impact not just of Alzheimer's, but on the large number of patients who experience memory loss with age."

On diabetes and aspirin, the American Diabetes Association recommends low doses aspirin to reduce the development of cardiovascular disease. Regarding aspirin and cancer, the American Cancer Society studies show that non-steroidal anti-inflammatory drugs, including aspirin, inhibit tumors including cancers of the colon, esophagus and stomach, according to Dr. Michael Thun.

On heart attacks and aspirin, though aspirin has been useful in preventing heart attacks, the FDA went a step farther in 1998 advising individuals experiencing symptoms of a heart attack to immediately chew two aspirin. Chewing causes quicker absorption than swallowing whole—every second counts.

Dr. Hennekens cautions that regular aspirin use may not be appropriate for people with digestive disorders or gastrointestinal bleeding. It is not recommended for children or teens. But Dr. Hennekens still says, "I think aspirin is the wonder drug of the 21st century." For more information on this, see the *Reader's Digest* article by Harriet Webster, March 2000, pp. 34-39.

AARP SENIOR HEALTH DAY

Several hundred of us from all corners of the State met with legislators in Olympia

(Feb.23) to urge their support of legislation: Patient's Bill Of Rights (HB2331) and Washington State Family Caregivers' Initiative (HB2454). This bill has passed, but needs a foot in the door funding of one million dollars. The legislative session next year should have this as a #1 priority. The WSRTA legislative update number is 1-800-221-1269.

FREE DEPRESSION SCREENING PROGRAM

Kamilia Dunsky, geriatric mental health specialist is available for brief, confidential mood screening, or will schedule an educational presentation for groups. She was one of our speakers at the September SnoKing meeting, and gave a super good summary of the various senior help resources of Snohomish County.

Do you, or someone you know, get down in the dumps, feel unmotivated, feel anxious or irritated, feel fatigued, have trouble with sleep or appetite or suffer undiagnosed aches and pains? Problems with mood may be related to physical illness, medicine side effects, environmental factors or stressful life situations. For a brief confidential mood screening, call Kamilia at 425-290-1260.

Also, if you would like to have an educational SNOKING program on depression, learn effective, fun ways to reduce stress and beat the blues, then let me know. I'll urge the program committee to schedule a program with Kamilia for next fall. Also, she will be one of the main speakers at The Caregiver's Conference/Seminar, June 5, Embassy Suites, Lynnwood. More on this later.

Membership

by Don Denton, 425-787-7881

The membership committee has now visited the following Edmonds schools to provide retirement information and enroll new "active" members: Brier, Cedar Way, Chase Lake, Hilltop, Madrona, Seaview, Terrace Park, Westgate, Woodway, Meadowdale Middle School and Edmonds-Woodway High School.

New members have been listed separately in this and previous *Bulletins*. We also had a number of new members enroll at the retirement seminars that we sponsored.

Why do we recruit "actives"? Because some day they will be "retired," and it is more effective to spread our message to groups rather than individuals. It also gives them the opportunity to contribute (through dues) to our efforts toward improving retirement benefits.

In your 50's?

That is the optimum time to investigate long-term care insurance.

Have a family member needing care?

Then you know why financial planning beforehand is essential.

For no-hassle quotes, contact

Don Denton

(425) 787-7881 dondenton@jps.net

Acceptance of this paid ad does not imply SKSR endorsement.

SKSR BULLETIN BOARD

DELEGATES NEEDED FOR WSRTA CONVENTION
Sno-King School Retirees is entitled to 27 delegates to the WSRTA Convention in Yakima, June 5-7. Delegates elect officers, decide on constitution and bylaws issues, vote on new business items, and hear inspiring stories of members, students and the education community. Sno-King pays for a double room and gives each delegate a meal allowance. Mileage is paid by the state association. If you would like to attend this important yearly meeting, please let Rita know ASAP by calling 206-362-5220 or email: rrequa19@idt.net

NW-1 COORDINATING COUNCIL MEETING

Five Sno-King members traveled to Mt. Vernon on March 7 for the last Co-ordinating Council meeting of this year. Reports were heard from various state committee members, including our own Gayle Bromley who serves on the Communication Committee. WSRTA's membership chair reported on the results of the membership drive, which has as its goal for every local to increase its membership by 10%. Some small locals have achieved that goal. Sno-King's quota was to increase by 126 members. We made the 5% threshold with 1259 members as of March 1. There was a recommendation that WSRTA hire some paid membership recruiters. We heard a detailed report from David Thurman regarding the three-tier approach to improving our pension system. Each local president also gave a report about the activities of his/her local. It was an informative meeting.

WHAT-CHA DOIN', VOLUNTEERS?

Volunteers don't seem to "toot their own horns." However, we still need to know what you are doing. Many units in the state are telling how much, where and what their volunteers do. We have no clue what you are doing. Sno-King would like to be able to "show & tell" what we are doing. There is a kind of a contest both state and nationwide. The State Community Service Committee is interested in entering. This is a unit entry compiled of what each person does, so everything counts. Rewards and recognition aren't fully revealed yet. More to come later. Please tell us what you do for kids, schools, hospitals, your church, tutoring, other groups, etc. No matter if it is one hour a day, a week or a whole month; it all adds up. Tell Bob Jones at 425-787-2727 (not long distance from 206), e-mail bobjones@premier1.net, or inform Rita Requa at 206-362-5220, e-mail rrequa19@idt.net.
Bob Jones, Community Service Chair

SCHOLARSHIP UPDATE

Scholarship applications are arriving to the co-scholarship chairmen, Keith Lindaas and Linda Fitzgerald. After the postmark deadline of March 24, the scholarship committee will meet and judge the applications for the three winners. One \$1000 will be awarded to a student in each of the participating school districts—Edmonds, Northshore and Shoreline. The three recipients will be honored at the scholarship luncheon on April 20. Plan to attend the luncheon and help us welcome three potential teachers into our profession.

Linda Fitzgerald and Keith Lindaas
Scholarship Committee Co-Chairs

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

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ADDRESS SERVICE REQUESTED

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is Thursday, April 6.

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, WMEAoffice@aol.com. fax 425-776-1795, phone 425-778-9390.

NEW MEMBERS AND MEMBERS ON THE MOVE

The addresses for the following members have changed from
Seattle to Kenmore (their street address remains the same)

*Elaine & Ronald Belcher; Lois Hacker; Allen Haynes, Shyoko Hiraga,
Joette Larson, Susan Mitchell, Stacey Neble, Janice Seferos, John Serl,
Elizabeth Travis.*

New Addresses

Emily Richards Apartment number changed from 428 to 916
Delbert W. Hansen 10014 135th St NW, Gig Harbor, WA 98329
Esther F. Vice 20420 Marine Dr, BW #30, Stanwood, WA 98292, 360-
654-9961

New Members

Jerry L Allen 5132 219th St SE Woodinville 98072, 425-486-5061
Sonia Y Ambalada 22703 82nd Ave W Edmonds 98026, 425-776-0362
Sandra L Bailey 18355 Ridgefield Rd NW Shoreline 98177, 206-542-9037
Maryln J Barlow 1301 Harbor Ave SW #408 Seattle 98116, 206-937-5875
Carol Ann P Barr 1832 Rucker Avenue Everett 98201
Kimberlie A Beglau 3369 NE 178th St Seattle 98155
Patricia J Boyle 8111 Frederick Pl Edmonds 98026
Robert E Cheesman 1540 9th Ave N Edmonds 98020, 425-776-2154
Evelyn L Cohu 4828 180th St SW Lynnwood 98037
Domenica Cook 127 N 193rd St Shoreline 98133, 206-542-0803
Renee A Costan 117 239th Pl SW Bothell 98021, 425-482-9425
Patricia J Dean 22910 90th Ave W, #C6 Edmonds, 98026
Susan D. Doughten 4716 45th Ave NE Seattle 98105, 206-524-6661
Ann K Fox 12051 3rd Ave NE Seattle 98125, 206-364-5580
Timothy J Hartford 7714 196th St SW #106 Edmonds 98026, 425-771-2807

Michael G Hess 7518 164th St SE Snohomish 98296, 425-486-8389
Craig T Hopkins 6518 NE 196th Pl Kenmore 98028, 425-486-3007
Richard A Jacobs 13211 39th Ave NE Seattle 98125, 206-364-7793 (F)
Renee' Jones 1510 Debreton Lane Mukilteo 98275 425-355-5663
David R McElliott 331 143rd St SE Everett 98208 425-743-4583
Valaria K Metcalf 18904 86th Pl W Edmonds 98026
Denise E Olmer 15503 Larch Way Lynnwood 98037, 425-743-4670
Randy R Partee 2902 21st St Everett 98201
Joyce M Peck 19620 109th Pl NE Bothell 98011
Michael L Prato 2441 Birch St NE Tacoma 98422, 253-927-5786
Sara B Rice 795 Willows Rd NE, #410 Redmond 98052
Gail M Shepard 22131 88th Ave W Edmonds 98026, 425-775-5359
Jeanne M Smart 14609 14th Ave SE Mill Creek 98012
Phil W Sowards 20933 42nd Ave SE Bothell 98021, 425-481-1907
Reid E Stevens 15203 NE 108th Pl Redmond 98052
Julie A Stroncek 4908 222nd St SW Mtik Terrace 98043, 425-776-1878
Joanne E Walmsley 740 N 188th St Shoreline 98133
Alan D Zugel 834 2nd St Mukilteo 98275 425-348-4645

Two newsletters were returned with no forwarding addresses. If anyone knows the location of these people, please call Donna (206-363-5753):
Victoria Clark and *Barb Sievertson* (both from the Edmonds District).