

Sno-King School Retirees



July-August 2000

The SKSR Bulletin

A message from our president

Looking forward to next year

by Jack Rogers, 206-367-7153

I hope this coming year will be a fun and interesting experience for both me and you. After being retired for four years, I have slowly come to realize that these are the best years yet. Retired school employees have so many opportunities to enjoy life and to contribute to society as well. This is the time to enjoy and participate in those activities you never had time for. In the same vein it is also a time to find constructive avenues for participation in our society. I believe that retired educators are one of the greatest human resources in the country. We care deeply, not only for our family and friends, but also for the society in which we live.

I encourage all of you to become more involved in our communities, our schools and our government through the volunteering your time. Time and talent are our greatest assets, and now we have the luxury of choosing how we wish to make use of them. Many requests, no doubt, come your way for time and energy, but now, at least, we have the opportunity to choose how we will participate.

One avenue, of which I am particularly fond, is the political arena. Support of pro-education candidates to public office pays off for us as retired educators over time. It is a way to affect the future. By working to elect candidates to public office who support education, we can make a great difference in society. Thomas Jefferson said, "A country cannot be uneducated and hope to remain free." I fervently believe that public education is the backbone of our democracy, and we must not allow it to become a second priority among our elected leaders.

This summer and fall is again a "political season." U.S. House and Senate seats will be hotly contested. The entire State House of Representatives is up for election, along with some State Senate seats. Many worthwhile initiatives will be on the ballot, ranging from cougar hunting to cost of living increases for teachers. All of these are worthy causes. Retired teachers who work for candidates and issues make a difference, not only in the outcome of the elections, but also in securing the ears of the gratefully elected. Participation in the elective process assures us a greater chance to be heard and to affect positive change. I encourage you to devote some of your time to this very important process.

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YOU'LL FIND INSIDE

- President's Message 1
- Calendar of Events 2
- Joanne Dunn Tribute 3
- Health Tips 4
- Travel Column 5
- Membership 8
- Bulletin Board 8
- Members on the Move 10

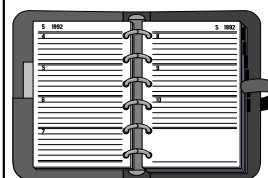
Picnic information

SNO-KING ANNUAL PICNIC HONORS NEW RETIREES
JULY 20-NOON-RHODODENDRON PARK, KENMORE

Bring a friend—maybe someone you haven't seen for a long time. Non-members are welcome. Retirees 2000 are our guests. Sno-King is hosting, but a \$5 contribution from members helps defray some of the costs. Please RSVP by July 10 to Betty Odle (206-525-8276) or Rita Requa (206-362-5020) so we will know how much food is needed. Bob Jones will provide us with special keyboard entertainment.

Picnic Directions

Take Bothell Way NE (522) to Kenmore. Turn south at the light at 68th (Taco Time is at this intersection). Take a left at the Simonds Road light (east). Then turn left at Kenmore Park (6910 NE 170th—about one-tenth of a mile). Look for the balloons and Sno-King members in their bright blue-green T-shirts. Parking is somewhat limited, so carpooling is a benefit to all!



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

July 20 Annual Picnic, 12:00
Rhododendron Park, Kenmore

This is the final event scheduled for the 1999-2000 school year.

This annual picnic not only provides a social opportunity for all of us to renew acquaintances from our working years, it also lets us welcome the newcomers to our organization and honor their years of service to students and communities.

Be sure you join us at Kenmore's Rhododendron Park for this great afternoon of food and friends.

See you there.

Former SKSR President Joanne Dunn Passes Away

Tribute to Joanne paid by Rita Requa at WSRTA State Convention, June 2000



Joanne Dunn died May 30 at the Hospice Center at Northwest Hospital in Seattle.

Joanne Dunn served as a social studies teacher at Bothell High School before retirement in 1990. She was president of the Northshore Education Association from 1976-1980, during which time collective bargaining was enacted. Northshore EA's contract was a beacon, and Joanne made sure that NSEA members had training in contract maintenance. Joanne had always been known as an advocate for

teacher rights.

Her interest in retirement issues started while she was teaching. She did the research, prepared comparisons and distributed material so effectively that the WEA representative assembly included, for the first time, improvement of retirement benefits as a legislative goal in the 1980s. Through her efforts, perseverance and commitment to retirement issues, she was instrumental in the founding Northshore Education Association's retirement committee.

Joanne served in a variety of leadership roles for Sno-King School Retirees; she was president of Sno-King School Retirees in 1996-97. She participated in and led formal committee work on our local Legislative Committee. Joanne was often appointed or volunteered to chair local ad hoc committees. For those of us who have hearing difficulties, we are grateful for her persistence. It was through Joanne's instigation that our local

unit purchased an amplification system that was used for both local and co-ordinating council meetings.

She was determined in her pursuit of membership goals. She assisted in Sno-King and WSRTA membership drives by making many presentations in local schools, where she recruited many actives into WSRTA and educated them on the need for reform of the state pension system. She was also very effective recruiting members to participate in unit activities and to volunteer as leaders. Joanne would invite one out to breakfast and before the last drop of coffee was drained from the cup, a new officer, committee chair or volunteer was "had."

Joanne served as chair of NW-1 Co-ordinating Council in 1998-99. She instituted the practice of using amplification at those meetings so that all could hear. Her wisdom influenced the

See Dunn, page 6

55 Alive



AARP's 55 Alive Mature Driving Class is a refresh 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.

Fall 2000 Classes
September 6 and 7
October 4 and 5
November 1 and 2
December 6 and 7

Health tips for you

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

CAREGIVING CONFERENCE

About 150 of us who have primary caregiving responsibilities attended a full day conference June 5 at the Embassy Suites in Lynnwood. There were 17 sessions covering self-care for the caregiver, legal and financial issues in caregiving, home modifications and equipment, dementia caregiving, etc.—all conducted by experts in these specialties.

Being a caregiver, taking full care for a patient at home can be overwhelming, causing severe problems of stress, feelings of guilt for not being able to do more, helplessness, anger—because you don't know what else to do. Most of those caring for family members are female who have quit their jobs for this full time unpaid service—a sometimes devastating change of life style, family and financial strains that cause caregivers extreme stress. Some symptoms are depression, headaches, stomach aches, sleeping difficulties, crying or feeling angry, lack of concentration and eating, smoking and drinking more.

For strategies for coping positively with the day to day challenges faced by caregivers, Kamilia Dunsky offers free

one-on-one counseling—call 425-290-1260. Thanks to the conference sponsors: Snohomish County Long Term Care and Aging, Adult and Aging Services Administration; AARP, Wells Fargo Bank, Senior Services of Washington, Frontier Bank, Providence Home Care and Hospice of Snohomish County.

NEW TREATMENT FOR HEARTBURN

Gastroesophageal reflux disease or GERD sufferers have had two options: take a drug every day forever, or for severe cases, surgery. Now, the FDA has just approved two new options. One, the Stretta procedure, zaps the lower esophageal sphincter with radio frequent energy, causing the lining of the lower esophagus to expand slightly, moving the valve to tighten up, providing a better seal between the esophagus and the stomach

The second technique, known as the Bard Endoscopic Suturing System, uses a tiny sewing machine in a flexible tube that enables a doctor to put tuck stitches in the lower esophageal sphincter. Either procedure can be done in a one day out patient visit. Data from *New England Journal Health News*, June

2000, p. 3, article by M. Michael Wolfe, MD.

NEW STROKE THERAPY

You all probably know about the study that shows the brain can be coaxed into reorganizing its circuitry so a stroke patient can regain nearly full use of his/her paralyzed limbs in just a couple of weeks. Even if the stroke was years ago, immobilizing the good leg or arm can force the patient to use the crippled limb enough to get the brain circuitry to restore leg or arm nerve impulses.

The *Journal of the American Heart Association* article cautions that the study was not scientific. Dr. Larry Goldstein, a Duke University expert on strokes, says it is too soon to know how successful the procedure will be, and the six-hour treatment daily may not stimulate the proper brain cells. Also, the research was done with a small group. More studies are under way. It's worth a try.

SACCHARIN IS SAFE!

More than two decades after a study on rats erroneously caused scientists to link rat cancer and

See Health Tips, page 6

PRESCRIPTION DRUG COSTS

These keep going up and won't go away. One of the major concerns is that drug manufacturing companies sell to favored customers here and abroad at a much lower rates than to local Washington seniors. For example, First District Congressman Jay Inslee's staff conducted a comprehensive study of hundreds of drug costs, and here are some of the typical comparisons:

DRUG	USE	FAVORED CUSTOMER	WA SENIORS	INCREASE %
Zocorcholesterol	\$34.80	\$107.15	206%
Procardiaheart problems	\$115.70	\$217.83	88%
Synthroidhormone	\$1.75	\$27.85	1,491%
Micronasediabetes	\$10.05	\$51.26	410%

As a follow up, Rep. Inslee said, "I am working to expand prescription drug coverage through Medicare. This is a good first step toward broad access to affordable prescription drugs."

Returning to Vietnam

By Terri Malinowski, Travel Chair, 425-483-8344

Edmonds School District retiree Kathy Hoff is making a pilgrimage of a different sort this fall when she returns to Vietnam after 30 years. She'll be part of an eight-person group visiting former battle zones September 4-20 under auspices of "Quest for Healing."

The trip is designed for veterans who want to "go back" where they once fought. The other seven in the group are men, Kathy explained. The trip will take them from Seattle to Korea, then to Saigon. After traveling on the Saigon River and seeing the cuchi tunnels where many of the Viet Cong were based, the group will visit former battle areas, including the Mekong Delta, Da Nang and Bien Hoa.

They'll also have an opportunity to sit down with Vietnamese veterans and exchange reminiscences and experiences. "It'll be hot and muggy in September there," she said, "but I'm anxious to revisit under different circumstances."

Kathy was a lively, 23-year-old special education teacher in 1969 when she answered the call of the American Red Cross to volunteer in Vietnam. "The school district gave me a military leave; I was the first female in the Edmonds district to receive one," she said. "We received two weeks training in Washington,

D.C. , and then we were shipped to Bien Hoa, where eight of us lived in a small hut. There were cockroaches on the floor, and we never dared eat in the hut.

"I was one of the women called 'Doughnut Dollies' while we were there," she said. "Each day we took helicopters to various fire bases to provide a break for the soldiers. We also ran the recreation center in Bien Hoa." She recalls the stark fear of the helicopter trips. There was the constant possibility of enemy fire, and masking tape striped the helicopter windows to reduce injuries from shattered glass. Kathy also worked at the base hospital, talking to the wounded, writing letters and reading to them.

On her weekly day off, she volunteered at a local orphanage where she taught English and learned a little Vietnamese. ("What else was there to do in Bien Hoa on a day off?") When her year in Vietnam was over, Kathy returned to the Edmonds district, this time as a fourth-grade teacher, remaining until her retirement last year.

* * * * *

An opportunity of a different sort is available to retirees who enjoy learning and keeping their teaching skills in use. Elderhostel offers travel to other countries, combined with learning or teach-

ing. The teaching trips can be a tax writeoff.

One recent trip for a retiree involved staying a three-star hotel in the "boot" area of Italy for two weeks, seeing the countryside and teaching conversational English in the community. For information about these teaching/learning trips, contact Elderhostel at 877-426-8056 or online at www.elderhostel.org.

There are also overseas or North American programs for children and parents or grandparents, aimed at families with children 8 to 15. The trips stress learning as well as fun. Prices for adults are around \$2,500 to \$3,000 (with discounts for children); programs usually last about 10 days. Call Familyhostel at 800-733-9753 or go online for information—www.learn.unh.edu.

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

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Call **John Casebeer** at **425-672-7087**

Acceptance of this paid advertisement does not imply SKSR endorsement.

Health Tips - *continued from page 4*

saccharin to human cancer, officials at the National Institute of Environmental Health Sciences now state that there was no clear association between saccharin, an artificial sweetener and human cancer. **FREE MEDICAL ADVICE AND SERVICES**

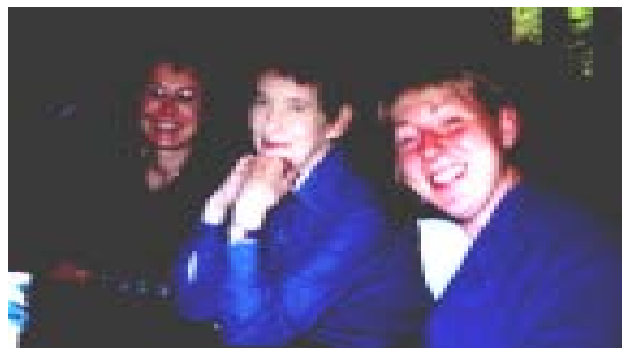
Are you one of the 25 million Americans with osteoporosis? Don't wait for a fracture to find out—ask your physician about bone density testing. For more information, call the Northwest Osteoporosis Center at 206-368-6000. Data from *Northwest Hospital MED-INFO*, June, p. 3.

FREE PROSTATE SCREENING

For men 50 and older, the Northwest Prostate Institute will again screen—prostate exam, blood test for PSA. Call 206-633-4536.

Scholarships presented in April


Edmonds School District scholarship winner Amy Thompson sits between her mother and Keith Lindaas, SKSR Scholarship Committee co-chair.



Member Diane Renstrom is flanked by Shoreline School District scholarship winner Kelsey Weidkamp and her mother.

Dunn - *continued from page 3*

actions of others. Joanne had a very keen political mind and understanding of how politics worked. In 1998, when she saw the need for educating members to be active in the political process, Joanne initiated and developed a very successful NW-1 Legislative workshop, attended by 40 members.

Joanne was a member of the State Legislative Committee for over eight years. Her effectiveness in working with members of the JCPP and the legislature was in part due to her personal acquaintance with many of those members. Her eloquence and intellect were compelling components of her advocacy.

Joanne was tireless in her volunteer political action activities. Her actions in the campaign to elect Senator Darlene Fairley resulted in Joanne's appointment as legislative aide to Senator Fairley in 1993. She continued to volunteer in electing candidates friendly to education, even when her health was not its best. She was relentless in her volunteer efforts to elect Representative Carolyn Edmonds of the 32nd Legislative District. Her personal contact with legislators was invaluable when pursuing WSRTA legislative goals.

Ill health did not stop Joanne's determination, focus and commitment to our legislative and organizational goals. Joanne called when she had an issue or concern about a membership activity, a philosophical position taken by the unit, or she had heard about a good idea. And when she called, we listened.

She will be missed, not only personally, but professionally.

THE SENILITY PRAYER

God, grant me the senility
to forget the people
I never liked,
the good fortune
to run into
the ones I do,
and the eyesight
to tell the difference.

WSRTA Annual Convention and Delegate Assembly Report

June 5-7, 2000, Yakima, Washington

By Rita Requa, SKSR President

At the awards banquet of the WSRTA annual convention, Sno-King School Retirees was recognized as a *Unit of Highest Distinction*. This award is given to local units who have completed 25 goals as set by the state organization. These goals range from publishing a newsletter and directory, having a program on health related issues, appointing committee chairs, attending leadership training, and more.

Sno-King was also recognized for the achievements of membership growth—all time high with 1,256 members, 14 consecutive years all-time high membership, an increase of 75 Automatic Dues Deduction members, and 75 new retirees became members. Many thanks to Don Denton, membership chair, for our continued success in membership growth.

Convention speaker, AARP Washington State President Ed Singler, spoke of four issues.

1. "Social Security is not perfect, but it isn't broke." It is funded through 2040 and then at the 75% level for the next 100 years.

2. Two out of three persons will need long term care in their lifetime.

3. A major priority will be to pass a Managed-Care Bill of Rights nationally. The bill in Washington state was passed with one dissenting vote. Who was that?

4. Medicare is funded to 2023, then Medicare becomes a budget problem. AARP suggests using budget surplus to solidify the program until 2100. A prescription drug benefit is a major priority of AARP. "Don't be fooled by those TV ads."

John O'Brien, Vice President of the Retired Public Employees Council, spoke about the reduced contributions to the pension fund by both state and individuals. He cautioned, as did WSRTA, that that reduction in contributions reduces chances for future improvements to our pensions. (This is sometimes referred to as COLAS, your outgoing president likes to refer to them as "adjustments" as the adjustment does not fit the recognized standard for COLA.) There have been discussions to form a Retirees Coalition with WSSRA and RPEC.

Keynote Speaker, Dr. Rudy Crew, executive director of the Institute for K-12 Leadership at the UW, was inspiring. His visionary statements spoke

to the academic proficiencies, curriculum, or standards, not vary from school to school, city to city, or state to state. Students need to answer: What does it mean to "have a life?" moral center? What does it mean to be a member of a community? We need to develop a sense of "we."

John Charles, director of Washington Retirement Systems, addressed the assembly for the third year. He highlighted some of the achievements of the DRS. Most impressive: In 1999, 52% of incoming calls went to voice mail, at the present time only 16% go to voice mail.

Thirteen Sno-King deceased members were remembered in the memorial service. President George Eisentrout asked Rita Requa to give a tribute to Joanne Dunn after the memorial service.

Committee reports were received and goals approved. A budget of \$900,000 was approved. The large increase is due to the downpayment of WSRTA's office building, located in Lacey.

Your delegates elected Marion Hughes as president-elect and—to the WSRTA Foundation.

The major actions of the assembly occurred on Wednesday, June 7.

After considerable discussion, 14 proposed amendments, the constitution and bylaws of WSRTA were combined into one document, called Bylaws. The amendment submitted by NW-1 to allow the WSRTA Delegate Assembly to initiate bylaws and act upon such at the same assembly failed.

Two resolutions passed.

1. WSRTA strongly urge our Congressional delegation to eliminate federal income tax on Social Security benefits.

2. Establish a WSRTA Pension Defense Fund, to be used for lawsuit/actions to improve benefits for our members.

The motion to support an initiative to replace the JCPP with members of retirement systems failed.

The 24 Sno-King delegates attended every session with interest, commitment and vigor.

Our membership chair speaks New member time!

by Don Denton, 425-787-7881

At the State School Retirees convention in Yakima, our Sno-King unit was again given the highest recognition for increasing membership. For 14 consecutive years we have added to our numbers. The Chelan-Douglas unit with 16 years is the only group with a longer standing record. Yakima, with three years, is the next closest.

This tradition of growth and improvement, which has been nurtured by many, many Sno-King members, creates an awesome responsibility for me, your membership chairman. You, our retired or retiring members, can help us maintain our momentum by inviting a non-member retiree to accompany you to our picnic on July 20th. Although I will be sending each of the retirees a letter, it is your personal invitation that will make the difference. And besides, it would be great to see you there, too. It is a fun event.

The \$3,800 per month cost of my mother-in-law's assisted living facility is mostly paid by her long-term care insurance. Who will pay if you need care?

For no-hassle information from an independent agent, contact Don Denton.

(425) 787-7881
dondenton@jps.net

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SKSR BULLETIN BOARD

WWW.SKSR.ORG

Visit the new SKSR Website for updates on meetings, events and legislative news. Send suggestions to Jack Rogers at jrogers735@aol.com.

CLEAN-UP TIME NEEDS YOUR HELP

Yes, that's right. We are having a "Spring Fever in July" day on July 18. It's time for our annual COMMUNITY PROJECT. This year we will have an added benefit besides helping others because the big plan is to clean and spruce up the park in Kenmore just two days before our annual picnic there on July 20th. So dust off your favorite garden tool, gloves and clothes; mark your calendar and let Bob Jones know you are coming. He can be reached at 425-787-3737 or bobjones@premier1.net. We need to know who will be helping in order to plan the lunch at the Fortune Inn across the street afterward.

Bob Jones, Community Service Chair

SKSR BULLETIN OFFERS ADVERTISING

In order to help keep up with the rising cost of publication of the Bulletin, and in the interest of providing our membership with added awareness of services available, the SKSR board of directors has decided to formalize the opportunities for advertising and to set rates for the 2000-2001 school year.

For 2000-2001, display advertising will be accepted that will be of interest and service to our membership. Members can advertise services or products of interest. Businesses can also advertise their services, but business ads must each be approved by the board prior to publication. At this point, there will not be classified advertising available.

Here are the rates and guidelines for Bulletin advertising next year.

	Member	Non-member
Full Page	\$90.....	\$180
Half Page.....	\$50.....	\$100
Quarter Page	\$35.....	\$70
Variable Size	\$15.....	\$30

Variable size ads are those which are less than one-quarter page and are designed by the SKSR publishers to fit available space. They will not necessarily be the same size as other variable size ads. Advertising wording must be sent to the editor.

Full, half and quarter page ads must be submitted camera-ready. Ads must bear the wording (small size font acceptable):

Acceptance of this paid ad does not imply SKSR endorsement.

Advertising from businesses must be submitted at least one month in advance of the first publication issue desired and is subject to SKSR board approval.

Once submitted, advertising will run monthly through the July issue unless the advertiser requests it be stopped or changed.

Advertising copy must be submitted to Bruce or Jo Caldwell, PO Box 1117, Edmonds, Washington 98020-wmeaoffice@aol.com

SKSR does not bill. The advertiser is responsible to send a check for the appropriate amount when the ad has been published. The check should be made out to SKSR and mailed to Dave Johnson, 84 Sixth Avenue South, Edmonds, Washington 98020.

Real Teachers...

- ...grade papers in the car, during commercials, in faculty lounges and have been seen grading in church.
- ...cheer when they hear April 1 does not fall on a school day.
- ...drive older cars owned by credit unions.
- ...clutch a pencil while thinking and make notes in the margins of books.
- ...can't walk past a crowd of kids without straightening up the line.
- ...have disjointed necks from writing on boards without turning their back on the class.
- ...are written up in medical journals for size and elasticity of kidneys and bladders.
- ...have been timed gulping down a full lunch in 2 minutes, 18 seconds (master teachers can eat faster than that).
- ...can predict exactly which parents will show up at Open House.
- ...never teach the conjugations of lay and lie to eighth graders.
- ...know it is better to teach forgiveness than to ask permission.
- ...know the shortest distance and the length of travel time to the office.
- ...can sense gum.
- ...know the difference among what must be graded, what ought to be graded and what probably should never see the light of day.
- ...are solely responsible for the destruction of the Rain Forest.
- ...have their best conferences in the parking lot.
- ...buy Excedrin and Advil in bulk.
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- ...know paraprofessionals run the school.
- ...hear the heartbeats of crises; always have time to listen; know they teach students, not subjects; and are absolutely non-expendable.

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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3333 184th Street SW Ste M
- Lynnwood, WA 98037
Telephone: (425) 774-3922
Fax: (425) 775-6475
Email:sylvan202@earthlink.net
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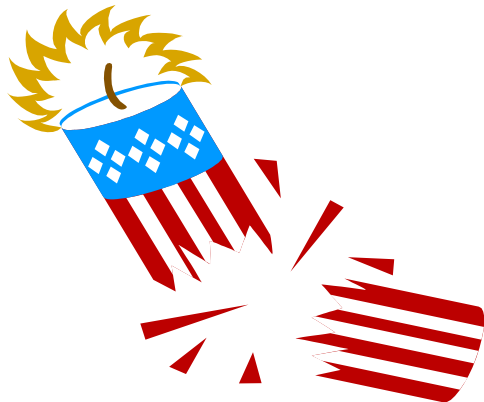
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ADDRESS SERVICE REQUESTED



HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is Thursday, August 18.

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.
Please send TRAVEL news to Terri Malinowski, 15341 158th Ave NE, Woodinville WA 98072, terrim@accessone.com, 425-483-8344.

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 Past President Rita Requa (206-362-5220).

To help with mailing our next Bulletin in late August, call Betty Odle (206-525-8276),
Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

The Changing Scene

New Addresses

Mathea Bryn 1120 - 5th St NE, #202, Valley City ND 58072-2400
Robert E. Downey 123 N. 84th St, Seattle 98103-4209 206-788-0123
Carol Hotchkiss PO Box 5, Everett 98206-0005
Virginia P. Johnson 605 W. Sigler St, Hebron, IN 46341
Emrose C. Linn..... 24003 SE 241st St, Maple Valley 98038-5214 206-533-9077
Susan R. McDowell..... 1606 NW 198th St, Shoreline 98177-2232 206-542-8231
Cora McMurry 6450 Beaver Creed R, Fairhope, AL 36532-5601
Barbara Sivertsen..... 14619 - 62nd Pl W, Edmonds 98026..... same phone
Celia M. Wilson..... 9835 Riverbend Dr, #101, Bothell 98011-4052 425-488-0614

Deceased

Joanne Dunn (May 30, 2000)