

Sno-King School Retirees



March 2000

The SKSR Bulletin

A message from our president

Buenas Dias! Tequila! Ole! Adios!

by Rita Requa—206-362-5220

Greetings to all from sunny Puerto Vallarta. I read the following and thought you might enjoy pondering this quote from Thomas Wolfe's *You Can't Go Home Again*.

"Some things will never change. Some things will always be the same. Lean down your ear upon the earth, and listen. The voice of forest water in the night, a woman's laughter in the dark, the clean, hard rattle of raked gravel, the cricketing stitch of midday in hot meadows, the delicate web of children's voices in bright air—these things will never change."

Hello to all. It's beautiful down here.

Legislative Update

by Jack Rogers, Legislative Chair—206-367-7153

The governor would balance the budget by reducing state pension fund contributions. There are many commendable programs in Governor Locke's proposed Supplemental Budget and we hope he achieves them, but not at the expense of the state pension system. His proposals would reduce pension contributions by approximately \$70 million (on top of \$325 million rate reduction already in the existing budget) and divert those funds to the state supplemental budget.

WSRTA opposes any further reduction in pension contribution rates for the following reasons: By not funding the pension system now, funds are not available for future investment thereby depriving the fund of earnings. The unfunded liability is continued and increased thereby shifting increased burdens on future taxpayers. Reducing contribution rates reduces any safety net on the pension fund realized from extraordinary investment earnings.

See Legislative, continued on page 3

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March Meeting Information

by Phyllis Enger—425-486-1127

The March general meeting of Sno-King School Retirees will be held in the Fellowship Hall of the Bothell First Evangelical Church which is located at 10207 North East 183rd Street (near down town Bothell).

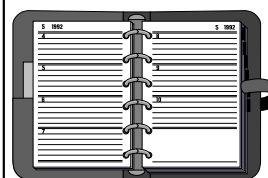
Please note, the date will be March 22nd at 12:00 noon. The meeting will be a joint meeting with Sno-King and the Overlake RTA. The cost of the luncheon will be \$5.00.

Please send or phone your district treasurer to let him/her know if you will be there. The registration is to enable the planning committee to have a more accurate count for ordering food.

The speaker for the meeting will be the state WSRE President, George Eisentrout. He will present a very interesting account of the Lewis and Clark expedition to our state. Again, please note the change of date—March 22nd. I hope to see you there!



Lewis or Clark?



MARK YOUR DATEBOOK

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

March 22..... Luncheon with Overlake, 12:00
First Evangelical Church
10207 North East 183rd Street, Bothell
This joint luncheon with Overlake will feature
George Eisentrout,
Washington State School Retirees President.
He will speak on Lewis and Clark.
\$5.00 cost—reservations requested
(call your treasurer)

April 20..... Scholarship Luncheon, 12:00
Edmonds Unitarian Church
May 19..... Luncheon with Sno-Isle, 12:00
June 15 General Meeting, 1:00
July 20 Annual Picnic, 12:00

GOD CREATED THE FIRST TEACHER

On the sixth day, God created men and women. On the seventh day, he rested.

Not so much to recuperate, but rather to prepare himself for the work he was going to do on the next day. For it was on that day—the eighth day—that God created the FIRST TEACHER. This teacher, though taken from among men and women, had several significant modifications. In general, God made the teacher more durable than other men and women.

The teacher was made to arise at a very early hour and to go to bed no earlier than 11:30 PM—with no rest in between. The teacher had to be able to withstand being locked up in an airtight classroom for six hours with 35 “monsters” on a rainy Monday. And the teacher had to be fit to correct 103 term papers over Easter vacation.

Yes, God made the teacher tough...but gentle too. The teacher was equipped with soft hands to wipe away the tears of the neglected and lonely student... of those of the 16 year old girl who was not asked to the prom.

And into the teacher God poured a generous amount of patience. Patience when a student asks to repeat the directions the teacher has just repeated for someone else. Patience when the kids forget their lunch money for the fourth day in a row. Patience when one-third of the class fails the test. Patience when the text books haven't arrived yet, and the semester starts tomorrow.

And God gave the teacher a heart slightly bigger than the average human heart. For the teacher's heart had to be big enough to love the kid who screams, “I hate this class—it's boring,” and to love the kid who runs out of the classroom at the end

of the period without so much as a “good-bye,” let alone a “thank you.”

And lastly, God gave the teacher an abundant supply of hope. For God knew that the teacher would always be hoping. Hoping that the kids would someday learn how to spell...hoping not to have lunchroom duty...hoping Friday would come...hoping for a free day...hoping for deliverance.

When God finished creating the teacher, he stepped back and admired the work of his hands. And God saw that the teacher was good. Very good!

And God smiled, for when he looked at the teacher, he saw into the future. He knew that the future is in the hands of the teachers.

And because God loves teachers so much, on the ninth day God created “Snow Days!”

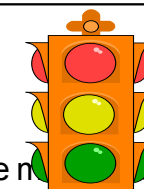
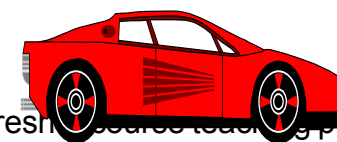
Submitted by Dave Johnson

Legislative continued from page 1

It is WSRTA's position that if pension contribution rates were to remain stable, there would be sufficient funds to enhance retiree benefits and accelerate the amortization of the unfunded liability.

PLEASE CONTACT YOUR LEGISLATORS AND THE GOVERNOR AND ENCOURAGE THEM TO OPPOSE ANY REDUCTION IN CURRENT PENSION CONTRIBUTION RATES.

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.

March 1 & 2—April 5 & 6
May 3 & 4—June 7 & 8

Some health tips for you

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

GAMMA KNIFE

In case you didn't know, Northwest Hospital has had a Gamma Knife Center since 1993, treated more than a thousand patients for Parkinson's disease, brain tumors, abnormal entangled blood vessels and trigeminal neuralgia-pain in face, mouth or teeth. The Gamma Knife procedure is a bloodless alternative to brain surgery, allowing neurosurgeons to operate on areas of the brain without making an incision. The technique, called stereotactic radiosurgery uses gamma rays to precisely target and destroy abnormalities in the skull without damaging healthy tissues.

Patients experience minimal pain, recover quickly, usually resuming normal activities the next day. For more info about the Gamma Knife Center, call 206-368-1626. Data is from *Northwest Hospital Medical Information*, December 1999, pp 1-2.

YOUR HEART

The Hope Heart Institute and the American Heart Association want to remind us all of the signs of a heart attack: uncomfortable pressure; fullness; squeezing or pain in the center of the chest that lasts more than a few minutes or goes away and comes back; pain that spreads to the shoulders, neck or arms. Along with chest discomfort there may be light-headedness, fainting, sweating, nausea or shortness of breath. You might also have stomach or abdominal pain, dizziness, weakness, palpitation, cold sweats or paleness. Not all of these symptoms will occur in every heart attack, but if some occur, get help quickly because

new treatments that break up blood clots must be administered with the first few hours—usually three hours after symptoms start. Heart disease remains the number one cause of death in the US for both men and women. Data is from *The Hope Heart Institute Health Letter*, vol. 20 no. 2, February 2000.

BIRTH WEIGHT

Low birth weight tends to lower achievement in school and later life, according to a study published in the *Journal of the American Medical Association*, February 2, 2000. The British study tracked one thousand full-term babies who weighed less than 5.5 pounds at birth, and followed up at ages 10, 16 and 26, compared to a control group of babies with normal birth-weights.

But even though the low birth-weight group earned about 10% less as adults than the normal birth-weight group, and fewer became professionals by age 26, all felt equally good about their education, hours worked, marital status and satisfaction in life. Albert Einstein was not a good student in elementary school, but got along pretty well in life!

FATS AND YOU

The Mayo Clinic would like for you to know your fats. In the world of cholesterol there are good and bad fats, but the terminology can be confusing. *Monounsaturated*, for example, means a good fat such as olive oil, which helps lower blood levels of LDL (bad cholesterol) without lowering protective HDL (good cholesterol) that protects against coronary heart disease.

Other good sources of "mono" fat include canola oil, avocados, peanut butter (nonhydrogenated), salmon (sockeye), almonds and peanuts.

Saturated fats (bad) raise blood cholesterol, increasing the risk of coronary heart disease. Foods high in these fats: most red meats, milk products containing fat, coconut and palm oils. *Polyunsaturated fats* (bad) are found in vegetable oils such as safflower, corn, sunflower, soy and cottonseed.

When polyunsaturated fats are hydrogenated so that they become solid at room temperature, the result is *trans fats*, used in margarine, processed fast foods, etc. These fats raise blood cholesterol levels and lower good HDL. Avoid foods labeled with words "hydrogenated" or "partially hydrogenated." Enjoy your meal! Information from *Mayo Clinic Health Letter*, vol. 17, no. 12.



Travels with Terri

by Terri Malinowski—425-483-8344
terrim@accessone.com

Northshore retiree Lynda Humphrey and her husband, Larry, have been splitting their time between their Lake Forest Park home and an apartment in Puerto Vallarta, Mexico, that they sublet at an incredibly modest price together with a Seattle friend. The Humphreys and their friend alternate use of the apartment several months each year.

In 1999, they spent January, February and March there, returning in October, November and December for more time in the apartment. In addition to enjoying the sunny climate and nearby beach, Lynda and Larry have made numerous new friends in Puerto Vallarta.

They assist with a program called "Feed the Children" as well participate in the Animal Protective Association. They feed the street dogs and take them to a vet if necessary. But the Humphreys also take time for occasional trips to other areas of Mexico. Here, Lynda describes one such jaunt-to view the world sanctuary for Monarch Butterflies-which she thinks other travelers might enjoy as well.

"In November, we traveled to a little town called Tuxpan where we have friends. Tuxpan is in the state of Michoacan, about two hours west of Mexico City and a bus ride of more than 12 hours from Puerto Vallarta. We started in Puerto Vallarta by boarding one of Mexico's first-class modes of travel, an ETN bus. We paid the equivalent of \$40 USD to ride five hours north and east to Guadalajara and then continue on southeast to Morelia

for another five hours.

"The bus system in Mexico is really outstanding, with connections to anywhere you want to go. The first-class buses are similar to the interior of aircraft: air vents, air conditioning, reading lights, magazines, book holders, fold-out tables, arm rests, etc. They are actually better than what we've experienced in most airlines (unless you have flown Quantas Business class!). That's because they have leg rests that fold out, and the comfortable seats recline into a sleeping position. The buses contain only 24 seats so you are in spacious comfort. A meal is served, and coffee, tea and a restroom are always available.

"When we arrived in Morelia, we caught another bus (\$5 US) to take us 2.5 more hours to Tuxpan, a small town of 10,000 people, where we stayed with some dear Mexican friends. While there, we visited Zitacuaro and some ancient Turascan Indian pyramids and ruins. We climbed right to the top. Tuxpan is at 8,000 feet and is very beautiful country. It's sunny and warm during the day but cool at night, and the land is much like Washington's Methow Valley.

The real highlight of the stay was a visit to the World Sanctuary for the Monarch Butterflies, located not too far from Tuxpan. We traveled on a difficult road made of shale, slowly navigating our way and climbing to 9,000 feet over a period of two hours. We crossed a small river by driving through it, passed many horses and burros hauling huge piles of corn stalks on their backs, and every now and then stopped and asked people along the way if we were still headed in the right direction. 'Yes,' they

said, 'it's only a little farther!'

So we kept going and finally did arrive at the parking lot and entrance to the sanctuary. Here we left our car, paid our 10-peso admission fee (\$1 US) and were assigned our 71-year-old guide. Then we hiked from 9,000 feet up to the 10,500-ft level. (I can't wait to tell my cardiologist!) Needless to say, we went slowly and rested as needed. There were times when we weren't sure we were correct in our heads for attempting this venture, but we kept going. Our guide traverses the mountain four times a day, so we were motivated.

"We found the Mariposa Monarchs clustering in groups of hundreds on the Oyamel fir trees (Douglas firs to us), snuggling together for warmth on the boughs of the trees while hibernating from November to February. The weight of the numbers of butterflies bent the boughs of the trees straight down. In February, the sky becomes orange with flying butterflies. They enter the wake-up stage, engage in a mating frenzy and head off north toward the USA and Canada to lay eggs along the route and die. The butterflies who return next year are third-generation Monarchs. What genetic imprinting!

"The site has only been known since 1975. Each February, 2,000 visitors make the arduous trek daily to see what I now consider to be the eighth wonder of the world. We were overcome with awe. Making this journey is somewhat arduous, but well worth it. Many people come from all over the world to witness this miracle of life. We highly recommend it to you."

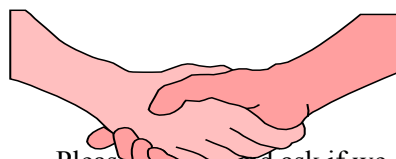
Our membership chair speaks

Membership

by Don Denton—425-787-7881

We have begun visiting some of the Edmonds schools to share retirement information with staffs and recruit new "active" members.

You are invited to come along as we visit a school where you know some of the staff. It really helps them associate our organization with "real" retirees.



Please call me and ask if we have your old school scheduled. You won't have to do or say anything other than saying "Hi" to your friends. Have you asked a non-member to join?

Every new member's dues help to increase our efforts toward improving retirement benefits.

Saving enough for retirement?

Ready to retire and thinking about withdrawing your contribution?

Questions about Plan 3?

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

Free consultations.

Don Denton

(425) 787-7881 dondenton@jps.net

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

SKSR BULLETIN BOARD

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@idit.net.
Bob Jones, Community Service Chair

SKSR WEBSITE

The website is open: Visit SKSR.org. We hope you will find the information helpful. Besides general information about SKSR, there is an information-packed legislative page with information about how to communicate with state legislators, congressional representatives, and other government officials. Don't forget to check out the links to other web pages. If you have any suggestions for content, contact Jack Rogers (206-367-7153) or Rita Requa (206-362-5220).

RETIRED TEACHERS' WEEK

The third week of March is designated as "Retired Teachers' Week." Rita wrote to all three district superintendents and asked them to acknowledge that at one of their board meetings.

PRE-RETIREMENT SEMINARS SUCCESSFUL

This year we again had successful seminars on pre-retirement planning. The canceled meeting of January 12 was rescheduled for February 16, and was well attended. The guest speaker was Glenda Fairchild from the Health Care Authority. Edmonds-Woodway HS has been a very acceptable location for our meetings. The theater there has been roomy and comfortable. Some found their daily exercise enhanced by the large campus and a long walk before finding the correct building. Attendance was fairly consistent, with about 120 participants for most sessions and a larger turnout for the February 16th meeting, which had a prepaid registration of over 200 people. Many thanks are due to the number of retirees who have turned out every session to help with registration and serving coffee and cookies. Also, thanks to the speakers and the four school districts for their contributions. Other contributors are Pemco Insurance, AARP and the WSREA state office for the many materials provided. The proceeds of the seminars will go to the scholarship fund.

HELP WANTED FOR RETIRING RETIREES

Phyllis Enger and Wes Grande have announced their resignation from the Pre-retirement Committee after many years of service. It is hoped some younger retiree will step forward to take over the helm. It is a worthwhile and enjoyable service. Please contact our president, Rita Requa, or the president-elect, Jack Rogers, and offer your help.

Remembering . . .

Maybelle Chapman, well-known community leader, passed away February 7, 2000, at the age of 92. She taught history and was a college counselor at Edmonds Senior High School from 1963 to 1972. Education was a life-long passion of hers. Maybelle and her husband, Stuart, were founding members of the Edmonds Unitarian Universalist Church and were ordained by that congregation as ministers in 1969.

She always felt public service is every citizen's obligation. She is remembered for her leadership role and service in education, youth

and church service. Some of her many contributions are: PTA Council president of the Edmonds School District, member of the Edmonds School Board and served as president, founding member of the Public Education Fund, Edmonds School District Living Legend in 1984 and founding member of the Creative Retirement Institute at Edmonds Community College.

The Community Forum was named the Maybelle Chapman Community Forum in honor of her leadership in education, social concern and change.

We remember how wonderful she was to make arrangements at the Edmonds Unitarian

Universalist Church for us to have our scholarship luncheons at that facility.

Her memorial was Friday, February 18th, at the Unitarian Universalist Church. Remembrances may be made to the Unitarian Universalist Church, 8109 224th SW, Edmonds, the Creative Retirement Institute or the Sno-King School Retirees Scholarship Fund.

Don Shaw, former Edmonds School District teacher and librarian, was among those who lost their lives on Alaska Airlines flight 261.

Remember why you became a teacher? So do we.

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Join Sylvan and help kids achieve success!

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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, March 9.

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 call president Rita Requa (206-362-5220).

To help with mailing our next Bulletin on Thursday, March 30. call Betty Odle (206-525-8276),
Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

More changes for your SKSR Directory

by Donna Murrish—206-363-5753

CHANGES

- 1 *June Anderson*—change to: 2842 Forest Grove Dr, Henderson NV 89052
- 31 *Richard Lewis*—change to: 22422 45th Ave SE, Bothell WA 98021-7946
- 43 *Patricia Phipps*—change to: 16907 River Rock Dr, Lynnwood WA 98037, 425-742-5020
- 56 *Dennis Twibell*—add phone number: 425-774-3353

NEW PEOPLE

- 16 *Jack E Eschrich*—5323 173rd Pl SW, Lynnwood WA 98037, 425-743-4136
- 17 *Ann K Fox*—12051 Third Ave NE, Seattle WA 98125, 206-364-5580
- 55 *J Ellen Tibert*—2626 201st St SW, Lynnwood WA 98036, 425-776-0429

E-MAILS

- 63 *Rachel Lake*—change to: rk_lake@msn.com
- 64 *Dennis Twibell*—add ls.tbell@juno.com

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**Bear Creek
Country Club**

Clubhouse Maintenance Person
Includes mowing and trimming
Seven or eight month job

contact

Bob Horkleroad
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