

Sno-King School Retirees



May 2000

The SKSR Bulletin

A message from our president

We appreciate our member volunteers

by Rita Requa, 206-362-5220

A lot of work goes on “behind the scenes” by many members in your organization. Here’s a glimpse of their recent activities.

Cheryl Bickford coordinated the recent Scholarship Luncheon, securing a variety of donated dishes and volunteers to set-up and clean up the church hall. Once again, it was an epicurean delight. Decorations again by **Betty Odle**. And weren’t those Swinging at 70 Dancers grand!

Linda Fitzgerald and **Keith Lindaas**, scholarship co-chairs, have been organized for months. They sent out the announcement of scholarships to all high schools in the three districts, collected many applications from excellent candidates and finally selected three outstanding seniors.

Phyllis Enger orchestrated all the preparations for the joint luncheon with Overlake in March. Not only did she order the food, but prepared table decorations and the tables themselves. She did all this with graciousness and good humor.

After receiving requests from Rita and Jack, all three districts’ school boards passed resolutions to recognize Retired Teachers’ Week in March.

New officers under the leadership of **Jack Rogers** were elected at the April meeting. If you have a few extra hours a month, please consider volunteering your services—Jack would welcome your call.

Betty Morton was presented with a Certificate of Honorary Membership signed by George Eisentrout in early April. Ellie Bonano, Gordon and Edith Bowers and I visited her at home prior to the presentation. Honorary Members must have reached 90 years of age and be nominated by their local unit. Look for the article in this newsletter.

Preparations are under way to send 27 Sno-King delegates to the Annual Meeting of WSRTA in Yakima June 5-7. At press time there were still a few vacancies for delegates. If you are interested, call me at 206-362-5220.

Our own **Don Denton** will be serving as chair of the NW-1 Coordinating Council for 2000-2001. We congratulate Don and wish him the best.

I hope to see many of you at the joint meeting with Sno-Isle at Mill Creek Country Club at noon on May 18. I’ve been told the program is a surprise. Cost for the luncheon is \$14. To make your reservation, call Rita (206-372-5220) and mail check to Dave Johnson, 814 Sixth Avenue South, Edmonds, WA 98020. Deadline May 10. More information on page 2.

Rita Requa, President
Jack Rogers, President-Elect
Don Denton, Membership
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Bob Jones, Community Service
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Marilyn Alaniz, Hospitality
Ruthanne Warren, Phone
Linda Fitzgerald/Keith Lindaas, Scholarships
Jo & Bruce Caldwell, Editors

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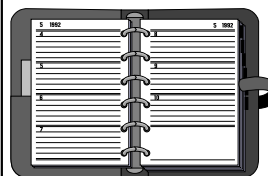
Our May 18 meeting needs YOU!

Each year a joint meeting of Sno-King and Sno-Isle School Retirees is held in May with each organization alternating hosting. In the past we have had a great lunch and wonderful entertainment. We look forward to the same experience on Thursday, May 18, 2000, (20 years after Mount St. Helens erupted!) at 12:00 noon at the Mill Creek Country Club, located at 15500 Country Club Drive, Mill Creek.

This year's host, Sno-Isle, selected the menu of a three-salad lunch with beverage, rolls and dessert for a mere \$14. No details of the program are known at this time, but experience has told us that it will be entertaining.

To make your reservation

1. Call Rita by May 10.
206-362-5220
2. Send your check for \$14 to:
Dave Johnson
Assistant Treasurer
814 Sixth Ave S
Edmonds WA 98020
3. See you there!



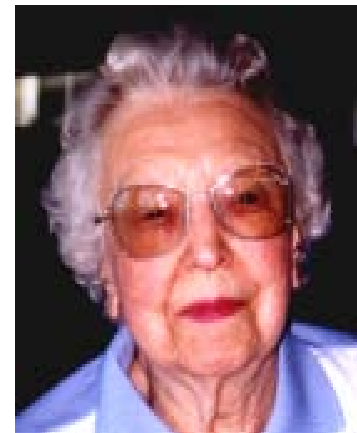
MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

Please note new time for general meetings—1:00

- May 18..... Luncheon with Sno-Isle, 12:00
 Mill Creek Country Club
 15500 Country Club Drive
 Mill Creek
 Sno-Isle's keeping the entertainment secret but assures us it will be great. Be sure to make your reservations before May 10 so meals can be ordered.
- June 5-7 State Convention
 Yallima Convention Center
- June 15 General Meeting, 1:00
 Edmonds School District Board Room
- July 20 Annual Picnic, 12:00
 Rhododendron Park, Kenmore

A special recognition of SKSR co-founder, Betty Morton



Betty Morton, new honorary member of Washington State Retired Teachers Association.

Betty Morton was presented an honorary membership in the Washington State Retired Teachers Association "in recognition of longevity of life and in appreciation of exceptional dedication" to the group. Betty has been a member of our group since 1972 when it was Sno-Isle RTA and meeting in Everett. When the group became too large, she helped organize Sno-King in 1977. She served as hospitality chairman, helped at retirement seminars and baked cookies for the meetings.

Her first teaching position was at Lacamas Prairie near Chehalis by old Highway 99 and a quarter mile from Lewis and Clark State Park. It was a one-room school house for grades one through six. She also taught at Camas, Puget Island, Stanwood and Monroe, and then finished her career in Edmonds. Bill Borgert, one of her principals, recalled that she was great and "the children fell in love with her."

You can always spot Betty and her sister, Winnie, at our meetings wearing their Sno-King t-shirts.

Our special congratulations to her!

A Tribute to Betty Morton

by Gordon Bowers

Betty Morton and Pat Svendsen helped Paul Weaver organize SnoKing RTA. They both helped nurture the organization in 1977 from the first day. Then Betty helped RTA grow through preretirement sessions. To help members through the hard knocks of retirement lessons. She was there, helping with arrangement for meetings and conventions. Also dealing with last minute changes and RTA frustrations. Besides name tags and refreshments to genuine concern for us all. We could always depend on her and Winnie being on the ball. Board meetings in members' homes through the years were a pleasure. The arts and craft raffles for scholarships were a super treasure.

What is the measure of worth in life?	Built through years of classroom giving
What gifts do we leave behind?	Stored in each child's heart and mind.
Many who claim great things in the strife	We know Betty's gifts to students are living
May have contributed very little, we find.	And they and we owe her a huge debt
But Betty's gifts to children are living	For the many years of dedicated giving
Of a lifelong untarnished treasured kind	And the kindnesses we'll not soon forget.



SKSR President Rita Requa presents Betty with her honorary life membership.

55 Alive

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

May 3 & 4—June 7 & 8

Health tips for you

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

Could you lose a pound a year?

Studies reported last month by the American Heart Association used data from the landmark 1948 Framingham Heart Study which followed the health of 5,209 residents of Boston in this 52 year research. If you are overweight and could lose just a little bit and keep it off, you may substantially lower the risk of high blood pressure over the rest of your life. High blood pressure makes the heart work harder and is the usual cause of strokes, heart attacks and kidney disease.

Dr. Lynn Smaha, president of the heart association, said the studies show that crash diets and big weight loss are not the best for good health. The payoff was especially big for people 50-65 when they took off a few pounds—their risk was 30% lower! Please give it a try—we need you, that's why! (Data from American Heart Association & AP.)

More on caregiver confernece

It's June 5 at the Embassy Suites Hotel in Lynnwood—for family, friends, neighbors and paid staff who care for loved ones as they face chronic illness or disability. Join other caregivers in learning how to deal with the day-to-day stresses of caregiving. Sponsored by Snohomish County Division of Long Term Care and Aging.

This valuable conference will put you in touch with up-to-date resources and the latest in ideas and techniques to help you through your

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day. The information is from Kamilia Dunska, who will be one of the speakers at the conference. It is also sponsored by the Washington State Administration on aging and AARP of Washington.

New data on herbal supplements

The herbal industry is expanding rapidly. Since 1994, sales have increased from \$8.8 billion to \$15.7 billion (projected for 2000), according to *Nutrition Journal*. Although the Federal Food & Drug Administration periodically issues warnings about such supplements, almost all supplements are exempt from federal regulations, none have to be screened nor do the manufacturers have to prove they are safe.

Increasing numbers of Americans of all ages are falling seriously ill or dying after taking supplements that promise everything from extra energy to sounder sleep and more, according to the *Washington Post* study by Gul Gugliotta (March 19, 2000). Ask your doctor before taking herbal supplements.

New studies on the increasing use of drugs for pre school children

Ritalin, a stimulant is one of a number of drugs that is on the increase to treat hyperactivity and attention deficit problems. Prozac and others are being prescribed by doctors to treat behavioral problems. On March 21, White House officials announced that a five year, \$5million research project carried on by the US Department of Health and Human Services will study children taking these drugs for a variety of psychiatric problems.

Dr. Steven E. Hyman, Director of the National Institute of Mental Health, summed it up when he said, "As a rule of thumb, doctors, psychologists and social workers should attempt to modify the behavior of a child and deal with family crises before drugs are prescribed." Data from *Journal of the American Medical Association*, March 19, 2000.

Reducing need for chemotherapy

After breast cancer, it may not be necessary to routinely give chemotherapy treatments to all women after surgical removal of the tumors. If the cancer has not spread to the lymph nodes, in the past it has been unclear whether chemotherapy is necessary as protection against the tumor recurring. A research project reported at the San Francisco meeting of the American Association for Cancer Research (April 4, 2000) found that women with low levels of proteins UPA and PAI-1 had less than 10 percent chances of cancer recurring.

Laser surgery report from Mayo Clinic

Lasers have been used in medicine since the 1960s but are not "magic wands." They are used successfully only in special areas of medicine: *dermatology*—plastic surgery, wrinkles, freckles, skin cancer; *ophthalmology*—correct nearsightedness, farsightedness, astigmatism; *gastroenterology*—to remove or reduce tumors that block esophagus or colon, gall bladder and gall stones; *gynecology*—lasers can destroy pre-cancerous lesions, vaporize fibroid tumors, open blocked fallopian tubes; *urology*—very useful on kidney stones, enlarged prostate glands; *cardiology*—effective as a substitute for angioplasty, bypass surgery and other heart/circulatory problems; *neurosurgery*—lasers assist in removing tumors of the spinal cord; *otorhinolaryngology*—ear, nose and throat specialists use lasers to remove small tumors as in vocal cords; *orthopedics*—lasers are used on herniated disks, to trim torn tissues in the knee and tighten ligaments around the shoulder.

Impressive as it sounds, lasers should be used only when absolutely necessary. In many cases, conventional surgery is more effective than laser, especially in examples such as hemorrhoids or varicose veins.

Travels with Terri

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

A trip to Hawaii during the grey days of winter in western Washington can be a happy, sunny experience. For those on a budget, the packaged trips can be very economical because they include airfare, hotel room and often, the car rental. Sometimes, instead of a hotel, the package offers a condo. "Eating in" for breakfast and/or dinner can cut down on costs nicely. Packages are widely available by calling travel agents or scouting ads in the travel sections of local newspapers.

But once you've done a packaged trip or two, you notice there are places other than high-rise hotels and multi-complex condos to stay. Maybe it's time then to seek out some housing alternatives of your own in Hawaii when the rains come and the clouds hang low for weeks here.

We've developed a few favorites over the years, places where the condos are less crowded, less noisy and hopefully, less expensive. In sharing them with readers, I hope you, in turn, will share some of YOUR favorite winter getaways, whether they're in Hawaii, Mexico, Arizona, southern California or the Florida Keys.

On the Big Island of Hawaii, one place to try is Knutson and Associates, (800) 800-6202. Or contact them by email: knutson@aloha.net. Check out their website: <http://planet-hawaii.com/knutson>. This is a real estate agency which manages 14 vacation rental sites on the Kona coast, south of the village of Kailua.

All have private lanais, fully equipped kitchens, TV, ceiling fans or air conditioning and laundry facilities. Most are oceanfront, but the lava formations on the Big Island leave little room for swimming beaches. So, most of these units have sizable pools. Some even have two pools, one with fresh water and the other with salt water.

The facilities include Kona Isle, Casa de Emdeko, Sea Village, Kona

Surf & Racquet Club, Kona Reef, Alii Villas and Holualoa Bay Villas, ranging in price from \$80 to \$300 per night—less if you take a weekly or monthly rate. There are also three waterfront homes: Sylva Cottage, Gomes House and the Christenson Estate, two of which have their own pools. Such a life!

On the island of Maui, we've found a small, quiet condo complex in the Kihei area called Waiohuli. Located on a short street which dead-ends at a long stretch of beach, Waiohuli has a huge pool, two-story building and lots of lawn. Located next to a bird sanctuary, you wake up to birdsong each morning. A supermarket is two blocks away. The prices range from slightly under \$100 to more than \$150. You can reach the manager by calling 808/879-5396.

A block or two away, up a quiet side street on the beach, is the condo called Leilani Kai—smaller, no pool, but a lovely beach and lots of lawn. The number is 808/879-2606.

Further north along the Kaanapali Coast is one of our early favorites, dating to the days when we packed up the children and went off for a week or two. We couldn't afford to eat out, so a condo with kitchen was a must then, too. That's why Hale Kai was perfect. It has perhaps 20-30 units, shaded by palm trees. The pool is small, but that's all right when you have children to monitor. The individual lanais are virtually beachside, with spectacular views of Molokai and Lanai islands. Next door is a small grasslawn park for the occasional frisbee toss or other games.

Hale Kai has units with one to three bedrooms, and it's a cozy, homey place. Call the manager at (800) 446-7307 or check the website at <http://www.halekai.com>.

For a tad more luxury and a setting that can't be beat, we recommend Kiahuna Plantation on the island of Kauai. Kiahuna is a grouping of plantation-style bungalows that are one, two and three-story high, scattered across acres of green lawn. Poipu Beach and its fabled golden sands stretch across the width of the complex. The view is southward, across the blue Pacific, with nothing but ocean between you and Samoa and Tahiti, 1,000 miles away. Poipu Beach is known for perpetual sunshine, even when tropical rains are pelting the north and east sides of Kauai.

A less expensive alternative on Kauai are the condo units near Kapaa on the east side. One example is the older Wailua Bay Villas, with a wonderful expanse of beach.

The Kiahuna cluster is owned by individuals but is managed by two different agencies, both with offices on the grounds. One is Outrigger Hotels, (800) 688-7444, and the other is Castle Resorts, (800) 367-5004. Specify the Kiahuna rentals on Kauai when you call. But we dealt directly with a condo owner who lives in Seattle, which eliminates the management fee. Several Kiahuna owners advertise in the Seattle Times, or I can share phone numbers if you call me.

Now it's your turn. Do you have some favorites?

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is just a phone call away.

I have several Edmonds district employees as references.

Call John Casebeer at 425 672-7087

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Our membership chair speaks
Membership

by Don Denton, 425-745-1525

Each May and June, this committee focuses on new retirees. Traditionally, about one third of those who will be retiring this year from Edmonds, Northshore, and Shoreline will already be members of Sno-King and WSRTA. The rest need to be!

Please ask retiring colleagues if they are members and, if not, ask them to join. Then call or e-mail me (dondenton@jps.net) and I will send them a membership form. Even if some prospective members won't give you a commitment, please let me know their names and addresses so I can contact them later.

Why belong to Sno-King and WSRTA? Because we are the only organization whose sole mission is to enhance the benefits for school retirees, no matter what their job title. Please make it your responsibility to help with recruiting of new members.

With over 600 member deaths in our state each year, we need lots of new members just to maintain the state membership level at 16,000. We need your help.

When shopping for Long Term Care insurance, look at more than one plan.
As an independent agent, I can show you products from four major companies and compare them to other quotes you have received.

For no-hassle information, 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.

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

SCHOLARSHIP UPDATE

We had over 20 outstanding applicants for the Sno-King School Retirees Scholarships and each applicant was a worthy recipient. The following winners were selected:

- Northshore School District
Meggan Kimball, Bothell HS
- Edmonds School District
Amy Thompson, Meadowdale HS
- Shoreline School District
Kelsey Weidkamp, Shorecrest HS

Meggan plans on attending Brigham Young University and will study art history and visual arts. She will obtain a degree in education and would like to teach at the secondary level.

Amy writes; "As a student in the public school system, I have felt successful for the past twelve years because of encouragement and faith from my teachers and parents. In my life, my highest goal is to be able to pass that feeling of success on to another generation." She plans on attending Whitman College and will major in education and get a master's degree.

Kelsey plans on attending the University of Puget Sound and will obtain a master's degree and will teach at the elementary level. The area she is most interested in is physical education.

Each of these winners will receive a \$1000 scholarship.
Keith Lindaas and Linda Fitzgerald
Scholarship Committee Co-Chairs

CONVENTION DELEGATES NEEDED

Remember, if you are available and would like to be a delegate or an alternate to the state convention in Yakima June 5-7, please call President Rita Requa (206-362-5220) immediately. SKSR helps with most of the expenses. We still have a few spots open as of press time.

Keeping an eye on our Legislature

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

gone home for a while. The legislature will likely reconvene in the near future to attempt once more to adopt a supplemental budget. House and senate versions of the proposed budget are very similar. They both contain contribution rate reductions to the pension system in order to balance the budget. (This is not in our best interest!)

The differences lay in how much tax relief to give to the citizens and at what level social service programs should be funded. The senate version offered a property tax reduction to all home owners while the house offered only a reduction for senior citizens. With a 49-49 distribution of Republicans and Democrats in the house, agreement on the weather is problematic, let

alone a budget proposal.

The rub comes because there has to be a virtual three way negotiation process to achieve anything. House Republicans, House Democrats and the Senate all have to reach consensus for anything to pass.

Bill 8530 did pass and awaits the Governor's signature as of press time. This bill effectively reduces early retirement penalties for teachers in Plans 2 or 3 of TERS.

If and when the legislature reconvenes, please be prepared to send messages to legislators advocating NO reductions in pension rate contributions in order to balance the budget. The message line number is 1-800-562-6000.

As of press time, the House and Senate are at loggerheads over the supplemental budget and have

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HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is Thursday, May 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.

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

THE CHANGING MEMBERSHIP SCENE

Address Correction

Arlen M. Vixie—19020 90th Pl NE, Bothell 98011-2243, 425-483-8634

Change of Address

Dorothy Brenchley—18200 15th Ave NE, #302, Shoreline 98155-3824
Gary P. Reul—4425 Providence Pt Pl NE, Issaquah 98029, 425-369-0223
Steven Tucker—3437 S Conway Dr, Kennewick 99337-3046

New Members

Barbara C. Barber—5610 149th Pl SW, Edmonds 98026, 425-743-7716
Bruce M. Beaman—1245 Begelow Ave N, Seattle 98109, 206-284-9790
Mary J. Betts—315 221st St SE, Bothell 98021, 425-483-8816

Kimberly A. Copeland—707 N 75th St, Seattle 98103, 206-789-8084

George R. Davenport—1329 Ninth Ave N, Edmonds 98020-2607, 425-776-6317

Paula C. Donahue—2710 NE 184th Pl, Lk Forest Park 98155, 206-363-4625

Gloria E. Geyer-Burkhardt—11115 236th Pl SW, Edmonds 98020, 206-542-7602

Janet L. Lamont—23418 NE 156th Pl, Woodinville 98072, 425-788-3629

Evelyn C. McCabe—15920 68th Ave W, Edmonds 98026

Kathleen R. Moellenberndt: 21307 76th Ave W, #10, Edmonds 98026, 425-670-2365

Jennifer Rhodes—2210 Minor Ave E, #8, Seattle 98102, 206-323-4731

Kelly Ann Shaughnessy—512 NE 195th St, Shoreline 98155, 206-363-8767

Sally Staser—5500 Harbour Pointe Blvd, #F102, Mukilteo 98275-5158