

# Sno-King School Retirees



April 2005

www.sksr.org

## The SKSR Bulletin

A message from our co-presidents

### Spring brings activity

by *Ellie Bonanno*, 425-778-0751, [efbonnanno@aol.com](mailto:efbonnanno@aol.com)

and *Donna Murrish*, 206-363-5753, [donnamurrish@comcast.net](mailto:donnamurrish@comcast.net)



*Ellie Bonanno*



*Donna Murrish*

April is here! How beautiful the flowers, trees and shrubs look. Our Spring scholarship luncheon is on Thursday, April 21, at the Edmonds Unitarian Church. The 2005 scholarship winners will be our guests. Our scholarship committee has been busy choosing seniors from the three districts who are interested in an educational career. It is always a thrill to meet these young people and hear their future plans.

The entertainment will be the Swandee family, playing and singing a variety of music including country, blues and classical. The parents have sung with the Seattle Jazz Singers and traveled extensively through Christian music. Their 15-year-old daughter joined them a year and a half ago, so it promises to be great fun. Do plan to come. It's a great time to bring a guest. The cost is only \$5 and that goes into the scholarship fund. If you can't attend, you can still contribute to the scholarship fund.

On March 18<sup>th</sup> we traveled to the Newcastle Country Club for lunch hosted by the East King SRA. The view was spectacular, especially driving up to it, and the East King group was so friendly. The Silver Chords, a barber shop quartet, were fantastic, singing many familiar songs. Ed Gonion, WSSRA executive director, reminded us that Idaho, Iowa and Alaska retired school employees have retained 100% of their purchasing power, while we struggle to keep 80%. We must keep working on this.

see PRESIDENT on page 9

Ellie Bonanno, Co-President  
Donna Murrish, Co-President  
Rachel Lake, Past President/Legislative  
Jack Rogers/Phyllis Flege, Legislative  
Dave Johnson, Treasurer  
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Barbara Berg, Scrapbook/Member Services  
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Virgil Rayton, Membership Expansion  
Alice Bingaman/Bob Jones, Retirement Planning  
Rita Requa, Education/Grants/NW-1 Chair  
Betty Odle, Historian/Picnic  
Cheryl Bickford, Luncheons  
Marilyn Alaniz/Marlene Johnson, Hospitality  
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Ellie Bonanno/Ruthanne Warren, Phone  
Linda Fitzgerald/Keith Lindaas, Scholarships  
Mary Ellen Gardiner, Scholarship Correspondent  
Gayle Bromley, NW-1 Secretary  
Winnie Smith/Pat Jones, Sunshine  
Jo/Bruce Caldwell, *Bulletin* Editors

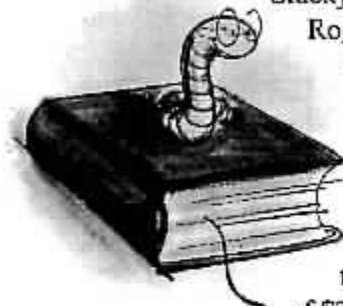
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Shoreline Schools History Book

Hundreds of people are currently working on a special project describing and picturing the history of the first 60 years of the Shoreline School District. The committee in charge invites you to be a contributor to this project.

This project is chaired by Dr. William Stevenson, former Shoreline superintendent. The steering committee includes Dick Stucky, Ken Noreen, Lynn Waller, Jack Rogers, Dick Sacksteter and James Welsh, Shoreline superintendent.



The timeline for publication is June 2006; however, funds are needed to produce the first printing. Please consider being listed as a founding member in the campaign to underwrite the approximate costs of \$30,000 to produce this historic book.

Checks should be made payable to the Shoreline Historical Museum, a 501 C 3 organization which is serving as the depository for this project. With a minimum individual donation of \$100, one of the first copies of the book will be yours, and your name will appear in the book as a sponsor. Any unused funds will be distributed to the Shoreline Museum and the Shoreline Public Schools Foundation. Please mail contributions to Shoreline Historical Museum, Shoreline History Book Project, PO Box 55594, Shoreline, WA 98155.



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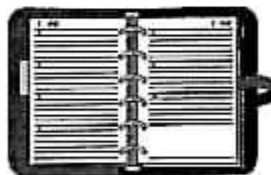
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[www.sksr.org](http://www.sksr.org)

SKSR Board Meetings  
1:00 PM, Edmonds SD ESC  
20420 68th Ave W, Lynnwood  
Everyone welcome!

April 14

May 12



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

- April 21 ..... Scholarship Luncheon, 12:00  
Edmonds Unitarian Church  
Swandee Family Singers
- May 19 ..... General Meeting—1:00  
Edmonds School District ESC
- June 6-8 ..... WSSRA Convention and Leadership  
Pasco
- July 22 ..... SKSR Picnic  
Edmonds City Park

# Scholarship Luncheon

Thursday, April 21, 2005—12:00 Noon

## What?

We hope you and your friends will join us for our Spring Scholarship Luncheon at the Edmonds Unitarian Church, 8109-224<sup>th</sup> SW, Edmonds, at noon on April 21, 2005.

Following the luncheon we will be entertained by the Swandee Family singing and playing "Country, Jazz, and Blues."

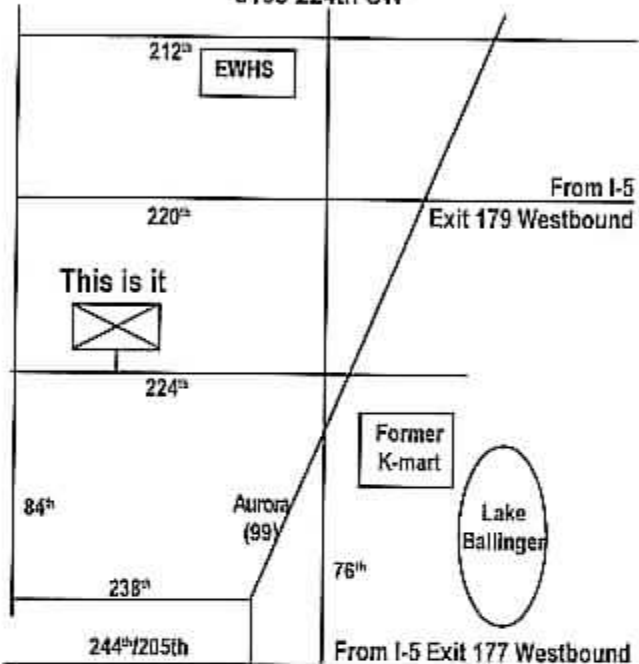
If you haven't had a chance to sign up for the salad luncheon please call Cheryl Bickford, 206-363-2731, or Betty Odle, 206-525-8276, by Monday, April 18, for reservations for the \$5 donation luncheon. If you would like to contribute food for the luncheon, let Cheryl or Betty know.

If you are not able to attend the luncheon but would like to support the scholarship fund, you can make a donation to the Sno-King School Retirees Scholarship Fund using the form below.

This is a great time to invite one or more of your retired school employee friends to the luncheon. Our members always furnish wonderful food, and the entertainment for this meeting sounds like a lot of fun.

## Where?

Edmonds Unitarian Church  
8109 224<sup>th</sup> SW



## The SKSR Scholarship Fund—how can I help?

Remember, we will take donations to the Scholarship Fund at any time. Simply use the form below to send a check and we will use the funds toward this year's scholarships. The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors who will major in education, from Edmonds, Northshore and Shoreline school districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$ \_\_\_\_\_ EITHER as a special gift \_\_\_\_\_

OR in memory of \_\_\_\_\_ OR in honor of \_\_\_\_\_

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

Please send acknowledgment to

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

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Make check payable to *Sno-King School Retirees' Scholarship Fund.*

Mail to

Sno-King School Retirees—PO Box 33962, Seattle WA 98133-0962

Health tips for you

## Challenges for us all

by Gordon Bowers, health chair, 425-778-9202

### Keeping active

Walking alone across to the North Pole, 364 miles at age 50, Helen Thayer set a record. She had given programs for the Sno-King retirees in previous years and is still at it. She walked alone 559 miles in Antarctica (1997) pulling a 265-pound sled; she was 60 then. She and her husband Bill, a retired pilot, hiked 700 miles from the Arctic Circle to the Arctic Ocean to study a den of wolves. It was a little warmer when they walked 1,500 miles through Death Valley and Mojave, and 2,400 miles across the Sahara.

In 2001, Bill (74) and Helen (64) walked 1,500 miles in the Gobi Desert of Mongolia. We can't all be in the Guinness book, but we can get some inspiration from Helen's creed—*Don't let up; be the best you can be.* Anyone want to join Helen and Bill on the next trip?

Source: *Third Age* article, "Thayers Make Indelible Mark on the World" by Teri Baker, February 2005, pp 4, 5, 9.

PS: After all her travels, Helen is recovering from a broken leg caused by her car being rear-ended on Hewitt Avenue in Everett.

### Child poverty in the US?

In case you missed this article, UNICEF's study finds the lowest rate of poverty to be in the Scandinavian countries. There is a close correlation between poverty and health. Those countries include family allowances, day care, sickness and disability (health care) all under their social program budget.

The best rating of countries shows Denmark with only 2.4% of children in poverty, Finland with 2.8%, Norway with 3.4% and Sweden at 4.2%. The lowest rating shows Mexico at 27.7% with the USA at 21.9%. It appears that the US number of children in poverty (percentage) has increased since the 1990 study by UNICEF. The study summarizes the damages of child poverty as educational low achievement, poor health, etc., that result in low pay, unemployment and long-term welfare dependence as adults.

Source: Associate Press article by Bradley Klapper, *Seattle Times*, March 2, 2004, P. A1.



New federal guidelines—  
It's OK to be heavy if you're healthy

The latest *Harvard Health Letter* summarizes the highlights of the guidelines, issued every five years.

It is used mostly by nutritionists, but the effects show up in the food that we find on grocery shelves, in school lunches, at restaurants, etc.

Some of the most important changes: The 2000 calorie a day is not recommended for everyone—it's too much. The best way to reduce calorie intake is to cut back on sugar intake, as in soft drinks, candy, added fats and alcohol. Most of the fat you eat should be polyunsaturated or monounsaturated fat like nuts, fish or vegetable oils found in corn, olive or soybean oils. Putting on even 9-20 pounds during adult years is associated with a higher risk of death, but it's okay to be fat if you are fit. The new guidelines for exercise show an hour a day, but this could be gardening, dancing or 10 minutes of brisk walks or other activities put together.

It's hard to believe that the guidelines call for nine servings of fruit and veggies in a 2000-calorie-a-day diet. *Cum grano salis!*

Source: *Harvard Health Letter*, March 2004, pp 4-5.

### Good news in heart attack diagnosis

The newest instrument is called "Audicor." A field study by the Edmonds-Lynnwood 911 medic teams is one of only two in the US (the other is in Florida). With the Audicor, medics can detect signs of a heart attack before it happens and take appropriate action. This technology has been used in hospitals for some time, but this is the first test to find its usefulness on 911

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*I have several Edmonds district  
employees as references.*

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calls. Our local units were chosen because of their progressive, small and good administration!

Source: *Everett Herald* article by Shannon Sessions, March 6, 2005, P. B2.

#### Confusion about trans fats?

Over the years health experts have blamed trans fats food for causing high cholesterol, producing more LDL (bad) cholesterol. These are found in baked goods such as crackers, cakes, cookies, fried foods and some shortenings and margarines. Trans fats are produced commercially when hydrogen is added to vegetable oils. This is called "hydrogenated." To find if the food contains trans fats, look at the label, and if it shows partially hydrogenated it should be avoided.

Whenever possible, it is better to replace such trans fat foods with healthier ones labeled monounsaturated and polyunsaturated. These use olive oil, peanut oil, canola oil and sunflower oil. The FDA will require better listing of fats on all products, but not until 2006.

Source: *Mayo Clinic Health Letter*, Vol. 25, No. 4, P. 8.

#### Brain teasers

"Yesterday is history, tomorrow is a mystery and today is a gift: that's why they call it the present."

*Eleanor Roosevelt*

"Life in this century is like a parachute jump; you have to get it right the first time."

*Margaret Mead*

## SKSR grants help active members and their students

by Rita Requa, education chair

An important Sno-King project over the years has been to provide grants for current SKSR active teacher members. While the grants are not huge, they do provide our members and their students opportunities for educational experiences that they might not have otherwise.

Julie Moe, a third/fourth grade teacher at Brookside Elementary in Shoreline, used her grant money to purchase supplies for special art projects taught by Eva Isaksen and Jan Silver, parent volunteers. Eva, a professional artist, described their latest project.

"We did monotype (one of a kind) prints today using a small portable etching press. First, we painted a small piece of paper with watercolors. Then we inked up a zinc plate with an even layer of black ink. We subtracted ink from this plate by using Q-tips. Everyone made his/her own design and came up with his/her own image.

"When we were done subtracting the black ink, we put the zinc plate on the press bed. Then we put glue on the back of the watercolor piece and put the watercolor face down on top of the zinc plate. Over the back, we put another bigger piece of paper, and then we printed it all through the press. The prints we ended up with were black with colorful areas and lines, with a clean paper border all around. They are all beautiful, and everybody is impressed with the prints!"

Member Julie Moe's students show their projects. For several years SKSR grants have provided funds to help active teachers.



### PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington.

For information call

**G.F. Moore Painting (Warren)**

**425-466-2729 or 425-485-4570**

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# Sno-King meetings have value for members

February 17, 2005 Sno-King Retirees Meeting—Edmonds School District Educational Service Center

Rachel Lake and Barbara Landrock both spoke about the key WSSRA issues for the 2005 Legislative Session. They both encouraged us to contact our Legislators about these issues.

Barbara Landrock, WSSRA representative for the NW-1 Region, spoke about several items. One was that the June convention this year will combine the convention and leadership during three days at Pasco. She also mentioned that Governor Gregoire has proclaimed March 21-27 at Retired School Employees Appreciation Week.

Jim Hills, *Enterprise* newspapers publisher, was the main speaker. He started with the *Seattle Times* after graduating from the UW, worked in Provo, Utah, and then returned to work for the *Everett Herald* as the city editor and sports editor. In 1995, he was given the job of starting the Shoreline neighborhood newspaper. In 1996 it melded with the *Enterprise* newspapers. He now holds the job of publisher of the *Enterprise* community newspapers with editions for Shoreline, Edmonds, Lynnwood, and Mill Creek. They print 75,000 copies per week, with 80% of them carried by 600 carriers to single-family homes.

He spoke of his early experience covering President Clinton's appearance at Shoreline Community College. He explained how he gives beginning journalists at the *Enterprise* a good background that they can carry forward in their careers. He feels that the *Enterprise* is a strong supporter of public schools and tries very much to cover public education. He said that a community newspaper is about the people in the community who keep the community vital and ongoing.



Barbara Landrock

Phyllis Fiege spoke about her recent experience to Washington, DC. Congressman Jay Inslee asked her to come to Washington to speak at a Roundtable Discussion on Social Security. She had two hours notice before she had to be on the airplane. A large group of people spoke about how Social Security affects them. Most speakers were seniors who spoke about the

secure base provided by Social Security. They were not in favor of President Bush's ideas for privatization. Present at the discussion were two members of committees working on Social Security.

After the discussion, the press interviewed the individuals who had spoken. In the evening she received a ticket from Congressman Inslee to attend the State of the Union Address by



Phyllis Fiege

President Bush. She said she had a great seat in the Ladies' Gallery of the House of Representatives for the address. She looked right across to the podium where the president was speaking. It was an exciting and exhausting three-day trip.



Jim Hills



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# Business and pleasure mix together

*March 17, 2005 Sno-King /East King Luncheon—Newcastle Golf Club*

The annual joint luncheon meeting with the East King School Retirees Association was held at the beautiful Newcastle Golf Club. All the Sno-King members noted that the view was spectacular, as was the food. The club sits at the top of Newcastle, with a 180+ degree view of Bellevue, Seattle and the Olympic Mountains, not to mention Puget Sound and some of the surrounding southern suburbs.

This meeting mixed a little business with a lot of pleasure. Most of the time members from the two units simply visited with each other. There were four tables, and there were members from both units at each table. With only a slight pause to order meals, conversation was the real order of the day from the time members arrived until the program began after everyone had eaten.



*The Silver Chords entertain with several numbers at the luncheon. The group was a hit with the assembled members.*



*Karen Keller*

The business meeting opened with a presentation by WSSRA membership coordinator Karen Keller. Karen spoke about the importance of growing our membership and gave several examples of how each current member could contribute. "Just one more member" was the theme of her presentation.

But too much business at any one time can make for a dull afternoon. The entertainment arrived as Karen was concluding, and the combined units were treated to several numbers sung by the Silver Chords, a barbershop quartet composed of four retirees, including one former educator.

Following the music, WSSRA executive director Ed Gonion updated the members on the progress being made in the current legislative session. He told about

the coalition which has been formed of all the retirement groups in the state and how they are focusing on the needs of retirees.

He also talked about our membership needs and especially commented on some of the benefits now

available to WSSRA members with the new affiliation with AMBA.

Also speaking at the meeting was Paul Nichols, member of the Seattle unit and candidate for president-elect of WSSRA. He spoke of his passion for retirees' issues and his commitment to the association.

SKSR co-president Donna Murrish thanked the East King membership for hosting the luncheon. That concluded the "business" and everyone went back to the "pleasure" of socializing and enjoying the view. Next year, SKSR will host the event.



*Ed Gonion*

*Members of both units enjoy conversation as they await their meal. The Saint Patrick's Day event brought out the green in clothing, though in black and white—all looks gray.*





Our membership chair speaks

## Do you believe?

by Virgil Rayton

### IF you believe . . .

- . . . Legislators need to hear the needs of retired school employees;
- . . . retired school employees deserve adequate and affordable health care
- . . . in continuing to support classrooms through mini-grants;
- . . . in having the best teachers by making scholarships available to facilitate their training;
- . . . in supporting a generous community service project;
- . . . in maintaining social contact with old and new colleagues,

### THEN . . .

We need your help in membership expansion. The dues we collect from members are needed to accomplish these things.

### You can help us by . . .

- . . . bringing in a new member to share the benefits you enjoy;
- . . . offering an hour per week to phone or write letters;
- . . . helping us locate current addresses/phone numbers if you have some computer savvy.

## The legislature inaction

by Jack Rogers, legislative chair

The Select Committee on Pension Planning had prepared a compromise package that would save the state money and give an increased COLA to our members. This was largely heralded as a "win-win" situation for the state and the pension funds. It garnered a broad base of support from a coalition of pension plan lobbyists. The content of the proposed legislation is embodied in HB 1324 and SB 5246.

Unfortunately, neither bill was voted out of committee by the deadline. However, the Legislature has been in a holding pattern on financial issues until the governor releases her proposed budget, so our package still has some life and hope. We encourage all Sno-King members to contact their legislators and the governor's office to urge support of this important legislation. For an update call the WSSRA message line in Olympia, 1-800-221-1269.

Kudos are in order for SKSR board members who came early to the last meeting to send personal membership invitations to 85 colleagues. Thanks also to those who have given time to visit active school employees at worksites to talk with prospective members. We're sure that they'd like to support improvements in retirement benefits for their own future.

If you can help, call Virg Rayton for application forms or other membership-related information at 425-774-9413.

## AARP Driver Safety Program (55 Alive)

AARP's Driver Safety Program (formerly 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. Graduates may have a 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, contact Bob Jones at 425-787-2727 or [bobjones@premier1.net](mailto:bobjones@premier1.net). Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



### Spring 2005 dates

March 14-15  
April 18-19

May 23-24  
June 27-28



**PRESIDENT** *from page 1*

Karen Keller, state membership coordinator, gave an enthusiastic presentation and ideas for membership. She challenged each and every one of us to get "one new member" each year. Paul Nichols also spoke to us. He's from the Seattle unit and is running for president-elect for our state organization.

Don't forget about the Veteran's History Project, AARP and the Library of Congress agreed to collect material and the History Channel will collate and present programs on our war history from World War II on. I have more information if you need it.

Our nominating committee is planning for next year. If asked, do give it serious consideration. The legislative committee has been down to Olympia working

very hard, plus keeping us informed, pushing us to contact our legislators.

Retirement seminars have been held every Wednesday in March. Our retirement committee helped with those. The membership committee has gone into the schools to encourage actives to think about retirement now. The board helped by addressing letters to people already retired who have not joined. It's been a busy month.

The state convention dates are June 6-7-8, 2005. We are eligible for 26 delegates. It's a rewarding experience so let us know if you can attend.

Don't forget to sign up for the Scholarship Luncheon. See you there!

Past president Bob Jones' group recognized

**Sound Singers recognized with a community service award.**

**Sound Singers of Edmonds – Winner**



*Marilyn Beck and Bob Jones*

The Sound Singers were recently recognized for community service by the Leisure Care Retirement Communities Lighthouse Awards program.

The group was nominated for the impact it has been making on seniors for the past six years. The group is an all-

also sings and drives the bus that transports the choir and emcees their performances. The assistant director, Marilyn Beck, sings, plays the piano and arranges their engagements. The group has grown to a membership of more than 50 volunteers and focuses on helping seniors and shut-ins by entertaining them with memory-filled songs. "Many times the audience joins in. Sometimes you will see a few wet cheeks at the fond memories this music evokes. The healing and comfort the music provides is very evident at their performances."

*The Sound Singers in a recent performance. The enthusiasm of the singers often causes the audience to join in making music.*

senior choir that was started in 1997 by the South County Senior Center. The purpose was to help seniors who like to sing and remain active and productive.

They have performed in Olympia for the governor and currently receive more requests for performances than they can meet. They donate numerous hours each month to practice and perform. The director, Bob Jones, is a retired school teacher and accomplished pianist. He

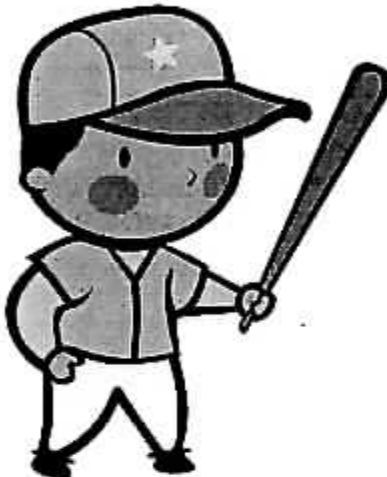




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# Go Mariners!

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

The deadline for the next newsletter is 8:00 AM, **Sunday, April 17.**

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, [sksr@wmea.org](mailto:sksr@wmea.org), fax 425-776-1795, phone 425-778-9390.

Address, phone or e-mail changes should be sent to Donna Murrish, [donnammurrish@comcast.net](mailto:donnammurrish@comcast.net) or 206-363-5753.

If you know of illness, please call Sunshine Co-Chairs, Winnie Smith (425-778-3979) or Pat Jones (425-787-2727).

To help with mailing our next *Bulletin* on Tuesday, May 3, call Betty Odle (206-525-8276),

Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).



## Members on the move

<i>Page</i>	<i>Change of Address</i>
18	Bruce, Cindy R-633 Main St, Apt 101, Edmonds 98020-3070
18	Bynum, Julie M-23317 Cedar Way, Apt L101, Mt Lk Terrace 98043-4348
20	Childs, Arthur L-16506 W. Rock Springs Ln, Surprise, AZ 85374-6441
20	Clatterbaugh, Martha L-23832-45th Ave SE, Bothell 98021-9019

- 22 Crabb, Jerry E-835 Maple Street, Edmonds, WA 98020-3338
- 22 Cunningham, Francis-822 NW 70th St, Seattle 98117-5135
- 29 Goodrich, Lisa M-9926 NE 144th Ln, Apt 307, Bothell 98011-4599
- 42 Marsh, Katherine L-10875 W Cambridge Ave, Avondale, AZ 85323-5807
- 44 Merlino, Edward J-6404 S Bay Rd, Freeland, WA 98249-9572, 360-331-4532b, [ejmerlino@comcast.net](mailto:ejmerlino@comcast.net)
- 44 Merlino, Jane E-6404 S Bay Rd, Freeland 98249-9572, 360-331-4532, [ejmerlino@comcast.net](mailto:ejmerlino@comcast.net)
- 52 Ramslead, E. Maureen-6520-196th St SW, Apt 251, Lynnwood 98036-4502
- 54 Robinson, David C-6541 Cascade Ave SE, Snoqualmie, WA 98065-9778
- 58 Sischo, Julla P-159 SW 192nd St, Normandy Park, WA 98166-4147
- 62 Uchida, Jody T-217 Arbor Terrace, Camano Island 98282-8512
- 65 White, Carolyn E-2312 Bigelow Ave N, Seattle 98109-2123

### *New Members*

- 58 Snook, Erma J-6007-188th St SW, Lynnwood 98037-7245, 425-776-2067