

Sno-King School Retirees



November 2005

www.sksr.org

The SKSR Bulletin

A message from our co-presidents

Lucky Us!



Though we complain about our weather here and joke about having wet feet, right now we can't begin our message without being thankful for living here. It's not possible to read a newspaper, look at TV or listen to the radio without being aware of more shocking news of one natural disaster after another—hurricanes, earthquakes, mudslides and more. The deaths, injuries, homelessness, hunger and disease are almost incomprehensible. We, here, are indeed blessed, and each of us is trying to mitigate as best we can the suffering of those facing these calamities.



Our state organization is establishing a database of all the volunteer activities of its members. We are not folks who just sit and eat cookies and gab. Though we are retired, we support our communities in dozens of different ways. Volunteers are the backbone of our society, serving young to old. We can be proud of what we do. We are asking all of you to let us know about your volunteering: Fill out a card at one of our meetings, send us a note or give one of us a call and let us know what you are doing.

We are also asking all of you to help with WSSRA's Veterans' Project, which is working to compile a history of World War II from those in the service, as well as those on the home front. As those of us who lived through those times are aging and passing away, this cannot be put off.

We have awarded 11 grants of \$200 each to active teachers for special learning activities. Six went to new SKSR members. By granting more this year, we need to raise another \$800; your pur-

see PRESIDENT on page 6

Alice Bingaman, Co-President

Ellie Bonanno, Co-President

Carol Robinson, Secretary

Donna Murrish, Treasurer/Directory/Mailing

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Bob/Pat Jones, Community Service/Retirement Planning

Gordon Bowers/Warren Rowe, Health Services

Barbara Berg, Scrapbook

Virgil Rayton, Membership Expansion Chair

Bill Borgert/Dick Sacksteder, Membership Expansion

Alice Bingaman/Bob Jones, Retirement Planning

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Cheryl Bickford, Scholarship Lunch

Marilyn Alaniz/Marlene Johnson, Hospitality

Ellie Bonanno/Joan Hertich/Ruthanne Warren, Phone

Linda Fitzgerald/Keith Lindaas, Scholarships

Mary Ellen Gardiner, Scholarship Correspondent

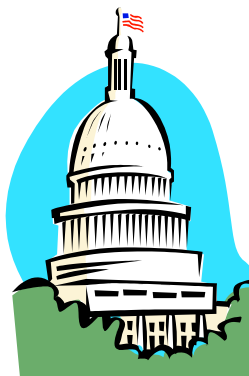
Winnie Smith/Margaret Kernkamp, Sunshine

Jo/Bruce Caldwell, Bulletin Editors

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Do you want more legislative information?



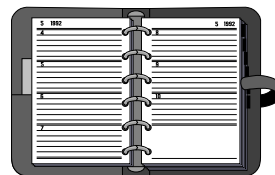
If you would like to know more about what's going on with the SCPP, contact the WSSRA office and ask to be added to the WSSRA Message Line Update e-mail.

Contact Leslie Main at 1-800-544-5219 or leslie@wssra.org, and she will add you to the e-mailing list of recipients.

As always, WSSRA members are strongly encouraged to communicate with their legislators during the Interim. General communications with legislators as to the need for Plan 1 benefit improvements, especially the recovery of lost purchasing power for long-time TRS/PERS 1 retirees, are essential.

You can contact your legislators via the hotline (1-800-562-6000) or the Legislature's website, www.leg.wa.gov.

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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

November 17	General Meeting—7:00	The Shoreline Center 18560 First Avenue NE, Seattle
Lewis and Clark Program—Sgt. Gass		
February 17	General Meeting—1:00	Edmonds School District ESC
March 18	Joint Meeting with East King	
April 20	Scholarship Luncheon—12:00	Edmonds Unitarian Church
May 18	Joint Meeting with Sno-Isle	Sno-Isle Hosts
June 5-7	WSSRA Convention and Leadership	Yakima
July ??	SKSR Picnic	Edmonds City Park

www.sksr.org

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

November 11	April 14
February 10	May 12
March 10	

Very special meeting the evening of November 17 Lewis and Clark Expedition to come alive at the Shoreline Center

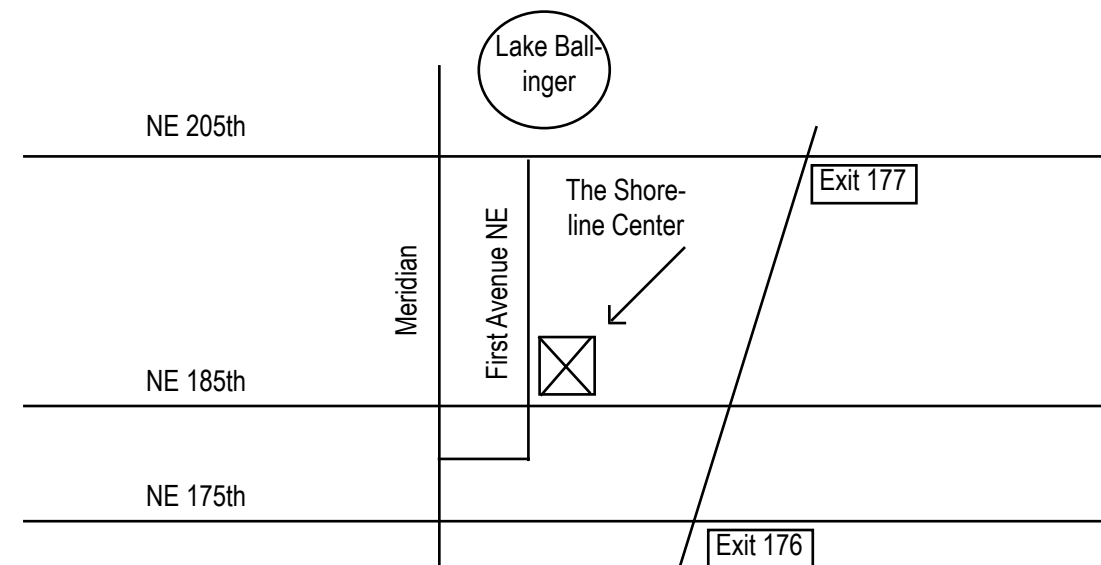
The November 17th meeting will be at the Shoreline Center, 18560 First Avenue NE, at 7:00 PM. The featured speaker will be Gary Lentz from Discovery Presentations in Waitsburg, Washington. He will take on the persona of Sgt. Gass, who was a member of the Lewis and Clark Expedition.

Members, non-members, families, active teachers, their children and students—anyone interested in the Lewis and Clark Expedition—are invited to attend.

Those who attended the WSSRA convention in Pasco last June saw Gary's presentation. He is first class—entertaining and educational! Mark your calendar and plan to attend.



At last June's WSSRA convention, keynoter Gary Lentz from Discovery Presentations captivated the audience assuming the persona of Sgt. Gass as he told of his adventures on the Lewis & Clark expedition.



Health tips for you Caring for the mind and body as we age

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

Helpful hints to keep the mind clear

In its "Art of Aging Studies," the Harvard Medical School has focused on dementia, especially the loss of memory and the loss of ability to plan, organize and manage. As a part of all of this, Harvard has concentrated on another dimension—music and art. Mentally challenging occupations have been credited with fewer cases of Alzheimer's. Music seems to break through the fog of dementia, helps to control disruptive behavior and helps to regain long term memory. Case studies of patients who could not remember family members

showed those patients could sing old songs—in tune and with the correct lyrics. Also, the National Endowment for the Arts is funding research to determine whether participation in choral music can improve the mental health of older people.

Dementia causes patients to be very passive with little desire to participate in music or art, but exposure to music can encourage some who can't even talk to enter a choral group and fit in. For some patients, art can be the sparkplug—an example was painter William de Kooning, who was a great success. He was a very productive artist, averaging a world-class painting per week for four years. He had Alzheimer's beginning in his seventies, but lived to age 92 (he died in 1992).

Some Alzheimer's/dementia patients develop music or art skills they never had before. Apparently, damage to the left side of the brain that controls logical thinking, communication, etc., unleashes and kick-starts activity in the right side of the brain that controls nerves involved in music and art creation. The lesson is that art and music might help us be mentally and physically healthier. Use what you have or lose it!

Source: *Harvard Health Letter*, September 2005, P.

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)
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How to avoid a heart attack—new technology

For many years the best way to prevent a heart attack was for the patient developing angina pains in the chest, shoulders, etc., to have cardiac catheterization done by making an incision in the groin and snaking a small cable camera up an artery to examine the heart and connecting arteries. Blockages show up via x-ray; the procedure is called an angiogram. Not a fun project! And if there was a blockage, the same procedure was followed with a tiny balloon attached to the cable. The balloon was inflated, pushing the artery wall out and letting the blood through, and then a stent (coiled spring) was inserted to keep the channel open.



Time Magazine ran an excellent article on September 5 providing information that makes angiograms unnecessary in most cases. CT (computed tomography) is now used to scan the blood vessels and heart. MRI (magnetic resonance imaging) gives an even sharper detail, with no surgery or discomfort. About five and a half million people go to hospitals each year complaining of cardiac chest pains. Most are not having a heart attack, but it's hard to tell. New technology makes it crystal clear without surgery for those who have just a narrowing of the vessels that can be treated by a variety of drugs.

There are several choices in heart scans. EKG (electrocardiogram) shows any deviation of rhythm, alerting the doctor, but does not give information on what ails the heart or where the problem is located. Nuclear Stress Testing involves a radioactive substance being injected into the bloodstream and gamma ray cameras following the radioactive tracks to gather data on how well circulation is proceeding. It takes five hours or more. Echocardiograms use ultrasound with computer analysis to give movement data inside the hear. All

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these and more, along with CT and MRO, are used to avoid surgery when possible.

Source: *Time Magazine*, September 5, 2005, pp 58-68.

Are you smarter now that you're older?

The *AARP Magazine* gives a surprising new look at the aging brain. "Secrets of the Mind" in the September/October 2005 issue are written by many knowledgeable people relating real-life experiences that sharpen the mind.

Wisdom was what smart older people were credited with in past years. Maybe we are smarter than we thought. As Duke University neurobiologist Lawrence Katz says, "But what is wisdom really? You can't buy that richness and you can't get it from a pill. There's a reason we don't have 20-year-olds running Fortune 500 companies."

The authors hope you will read and use the wisdom offered to keep your noodle in the best possible shape.

Source: *AARP Magazine*, September/October 2005

More on caregiving

The most stressful caregiving is probably taking care of an Alzheimer's patient who is unable to care

for him or her self. Communication becomes difficult; problems multiply for the 24/7 around-the-clock caregiver dealing with personality and behavior changes that impair judgement. It becomes difficult to maintain a schedule, and the caregiver needs to be alert to unexpected events, such as the patient being gone and lost.

Sue Schepp is the education coordinator for Western and Central Washington chapters of the Alzheimer's Association. She points out that the caregiver may be so focused on the needs of the patient that his/her health may become too affected to adequately care for the patient.

Although the Alzheimer's caregiver carries a heavy burden, anyone caring for patients with disabilities has much the same problem. We have a sister-in-law who has cared for a son 24/7 for 52 years. She is now fortunate at age 80 to have some help from a daughter and son (and spouse) who help with needs. Not all caregivers have respite relief—even just a few hours away on their own—from family or friends available to help. Many do not have funds to hire help.

Source: *Med-Info*, Northwest Hospital, October 2005, P. 3.

Affordable Living for Exceptional People

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a non-profit group of individuals committed to education.

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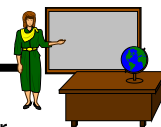
PRESIDENT from page 1

chasing an Entertainment Book will help. We will also have a small box at our November meeting, where you may contribute to our grant/scholarship fund.

Mark your calendar for November 17 and plan to attend our special evening meeting. The program is something you won't want to miss. See more information about it on page 3.



SKSR BULLETIN BOARD



Scholarship fund donors

Thank you to the following for donations made to the Scholarship Fund:
Judith Liden for a gift to Scholarship Fund
Don and Ruthanne Warren in memory of Harold Wiitala

Entertainment Books continue with good sales

The Entertainment Books for 2006 are continuing to sell very well. So far about 40 of them have been sold. Your old book expires in November so be sure to get your new book while there are still some left. Out of the \$30 you pay for the book, \$6 goes towards the Scholarship Fund. Call or e-mail me to arrange for pickup or delivery: 206-363-5753 or donnamurrish@comcast.net.
Donna Murrish

AMBA Benefits

Most of us are familiar with the AMBA benefits that were offered to us last year. There have been over 4,000 personal contacts made to members around the state and only 30 to 40 complaints. That is a good record but as Ed Gonion, WSSRA executive director, says, "Even one complaint is too many." There should be no cold calls or harassment. If you have any problem, do let WSSRA know by calling the office at 1-800-544-5219. If you experience any problem, jot down the (1) day and time, (2) name of victim, (3) who contacted the person and (4) if you are not the victim, give your relationship to them. Report all that information to the state office and they will try to solve the problem. All contacts from AMBA should have an appointment and an identification card. If they do not, please inform the office so problems can be averted in the future.

Remembering ...

Joseph Henry Pettelle passed away September 30, 2005. Born November 19, 1921, at Hastings-on-Hudson, New York,



he moved to Vashon Island in 1924 where he grew up on a farm. He graduated from Vashon High School in 1940 and served in the Army during World War II.

SKSR Member
Joseph Pettelle

After his discharge, he returned to the Seattle area and married Patricia King. After attending Seattle University, he transferred to the University of Washington, earning a BA in primary education. After teaching in Seattle for six years, he moved to the Shoreline School District where he was a teacher and administrator until his retirement in 1977.

He was committed to education, and served as a delegate to several NEA conventions. He was honored as the Principal of the Year in the Shoreline School District and he

came an active member of SKSR.

Joe and Pat were founding members of the Edmonds Unitarian Church and were also active in the Sakgit Unitarian Church after moving to Mount Vernon in 1992. He also had been active with the Shoreline Historical Museum and the Vashon Heritage Association.

Survivors include his wife, Pat, daughters Monica and Hollie, and four grandchildren.

WSSRA Veterans' History Project

Are you a veteran?

Did you participate in the home front activities?

Do you have memories of our military conflicts?



If you can answer yes to any of the above questions we need your help. WSSRA is looking to create a history of members who are/were veterans, family of veterans, and others who have been involved in World War I, World War II, Korea, Vietnam, Desert Storm, and/or the present conflicts in Iraq and Afghanistan.

We are hoping to create a file of stories, experiences, memories, memorabilia and anything else we can contribute to the project. This project is based on the Library of Congress History Project but refined for WSSRA.

The Tuesday night banquet at the 2006 WSSRA Convention will be featuring contributions by members from all over the state. We would love to have our unit,

SKSR, and your participation part of that activity. For a copy of the project instructions, see co-presidents Ellie Bonanno or Alice Bingaman, or WSSRA Community Service Committee member and SKSR Community Servicechair Bob Jones. You may also contact the WSSRA office at 1-800-544-5219 (ask for Michelle Guerin), or e-mail michelle@wssra.org.

We know there are a number of you special people out there, so please notify Ellie, Alice or Bob if you would be willing to be interviewed. We also would like to know if you are willing to be an interviewer. We want to honor Sno-King members who have served, and this is a great opportunity to do that.

NO news is GOOD news.

The *SKSR Bulletin* is published only eight times each year.

The *Bulletin* is NOT published in December or January.

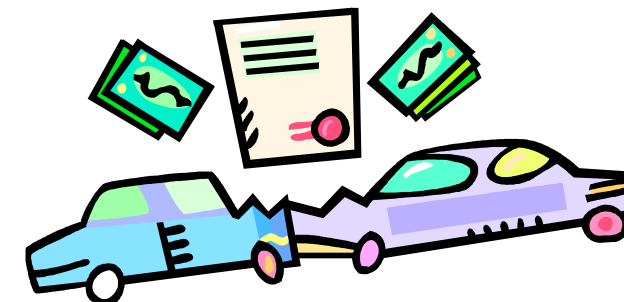
Enjoy the holiday season.

We'll be back in your mailbox in February.



AARP Driver Safety Program

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. Note that the class is a "two-consecutive-days class," which can be selected during





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*Enjoy all the holidays
 See you next year!*

HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is 8:00 AM, Sunday, January 15.

Send news and other materials to

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

Address, phone or e-mail changes should be sent to Donna Murrish, donnamurrish@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, January 31, call Betty Odle (206-525-8276),

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

Member on the move



Change of Address:

PLEASE NOTE: all Lynnwood addresses North of 164th have changed zip codes to 98087

- Pg 14 Barr, Carol Ann-4521 Forest Dr, Everett 98203-2050
- Pg 18 Butz, John E Jr-6318-129th Pl SE, Snohomish 98296-4250
- Pg 20 Clark, Victoria L-10414 Nottingham Rd, Edmonds 98020-5146
- Pg 22 Cromwell, Judith A-2307-162nd St SE, Mill Creek 98012-7835
- Pg 23 Day, Lynn U-6412 23rd Ave S, Seattle 98108-3602
- Pg 26 Feller, Catherine S-change apt # to 306P and zip to 98275-5120
- Pg 28 Galbraith, John H-5722 Wonderland Rd, Snohomish 98290, 360-568-8986, JohnGoneSurfing@aol.com
- Pg 28 Giger, Janet M-152 Cleveland St, Port Hadlock, WA 98339-9755
- Pg 34 Jacobs, Leslie E-21413-16th Dr SE Apt K301, Bothell, WA 98021-6992
- Pg 38 Koon, M. Bette E-add email address: bettek2@verizon.net
- Pg 43 McHeffey, N. Jim-change email address to: paladinguy@verizon.net

- Pg 49 Pearson, William E-2714 Fairview Ave E #103, Seattle 98102
william.pearson@comcast.net
- Pg 50 Perry, Mary G-19924 Sunnyside Dr N, Apt 1102, Shoreline 98133-2762, 206-364-2043
- Pg 55 Sallup, Susan R-PO Box 322, Hansville, WA 98340-0322
- Pg 62 Troxel, Maryon P-change zip code to 98087-5892 (same address)
- Pg 63 VanNess, Robert E-change zip code to 98087-6601 (same address)

New Members:

- Pg 23 Dauer, Marilyn M-8015-214th Pl SW, Edmonds 98026, 425-774-7445
- Pg 59 Stenseth, Natalie J-8722 NE 142nd St, Bothell 98011-5047

Deceased:

- Pg 50 Pettelle, Joseph H-October 7, 2005 (Shoreline District)
- Pg 65 Wiitala, Harold A-September 26, 2005 (Lk Wash District)